Physical Education

Subject Vision

Physical activity is the beating heart of the PE curriculum. Through a wide range of health, well-being and practical activities, students improve fitness levels as well as developing and applying their knowledge. A life-long love of physical activity is nurtured through the development of socially, physically and emotionally strong and confident young women.

Topics/Units being studied

Key Stage 3

Year 7	Year 8	Year 9	
6 week block on each	4 week block on each	4 week block on each	
activity:	activity:	activity:	
Netball	Netball	Netball	
Basketball	Basketball	Basketball	
Athletics/Fitness	Athletics	Athletics	
Outdoor Adventurous	Fitness	Fitness	
Activities	Outdoor Adventurous	Rounders	
Cricket/Rounders	Activities	Badminton	
Dance	Rounders	Football	
	Dance		
	Gymnastics	PLUS	
	Badminton		
	Football	1 week taster session on	
		each activity:	
		Handball	
		Cricket	
		Yoga	
		Tag Rugby	
		Dodgeball	
		Gymnastics	
		Cycling	
		Dance	
		Boxercise	
		Orienteering	

Year 10 Core PF Lessons – Bro

Core PE Lessons – Bronze Duke of

Edinburgh's Course

- Skill section
- Physical section
- Volunteering section
- Expedition section

The following units help support the completion of the above DofE sections. Students get to choose which they study for these sections.

Expedition Training

- Equipment
- Cooking
- Camping
- External Considerations
- Navigation

Leadership

- Introduction into leadership
- Planning a session
- Delivering a session
- Evaluating a session
- Umpiring
- Event planning

Personal Exercise Programme

- Components of fitness
- Fitness testing
- Gym induction
- Programme planning
- Training programme completion
- Evaluation

St John's Ambulance First Aid Award

- Minor injuries
- Intermediate injuries
- Major injuries

Cambridge National in Sports Studies

This is an additional course that students opt to take. This is the equivalent of a GCSE grade.

- Unit R184 Contemporary Issues in Sport
- Unit R185 Performance and Leadership in Sports Activities
- Unit R187 Increasing Awareness of Outdoor Adventurous Activities

Year 11

Core PE Lessons – Mindfulness Curriculum

Students take part in a range of practical and classroom based activities to destress, be empowered and practice mindfulness in this examination year for them.

Ways To Keep Fit and Destress

- Basketball
- Badminton
- Cricket
- Rounders
- Ultimate Frisbee
- Dodgeball
- Fitness
- Benchball
- Netball
- Cycling

Life Skills and Mindfulness

- Emotions through film
- Nutrition documentary
- Gratitude
- Women Empowerment
- Lionesses/Inspirational Women in Sport
- Deep Breathing
- Visual Imagery
- Positive Distractions
- Self Defence
- Tai Chi
- Massage
- Meditations
- Yoga

Cambridge National in Sports Studies

Continuation of course from Y10

- Unit R184 Contemporary Issues in Sport
- Unit R185 Performance and Leadership in Sports Activities
- Unit R187 Increasing Awareness of Outdoor Adventurous Activities

Year 12	Year 13
Level 3 Sports Leaders	Students with
Unit 1: Developing Leadership Skills	anything
 Unit 2: Plan, lead and evaluate a sports/physical activity event 	outstanding
 Unit 3: Lead safe sport/physical activity sessions 	for their Duke
 Unit 4: Plan, lead and evaluate sport /physical activity sessions in your community 	of Edinburgh's Award or
Unit 5: Plan, lead and evaluate sport/physical activity sessions for children	Sports Leaders
 Unit 6: Plan, lead and evaluate sport/physical activity sessions for disabled people 	Award will be able to continue with
Silver/Gold Duke of Edinburgh's Award Skill section Physical section	this in Y13 – but nothing new will be started.
Volunteering sectionExpedition sectionResidential section	

Additional information

We are trialling a new curriculum in Y7 this academic year and if 6 week blocks work better for staff and students we will be rolling this out into Y8 and then Y9.

Year 8 students complete a DofE Cadets Award as part of their OAA lessons

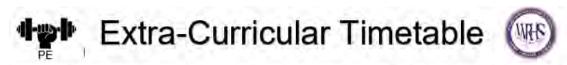
Year 11 students get inducted and have access to the GLL gym as part of their post 16 fitness lessons

MMU regularly come in to give health talks to our KS3 classes

Y7&8 students have the opportunity to complete learn to ride a bike and complete Level 1 and Level 2 qualifications with Bikeability.

Extra-Curricular

All students from Y7-11 can access any of the after school clubs, these are held 3-4pm.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OL LUNCH	Daily Mile & Hire Shop Y7 EBU Football Y8	Daily Mile & Hire ShopY8 DMU/VNE Football Y7	NO CLUBS	Daily Mile & Hire Shop Y9 RDV/JLA Football Y10 & Y11	Daily Mile & Hire Shop Y10 & Y11 SCA Football Y9
AFTER SCHOOL	Football MUFC Coaching	Netball JOB/RDV/EBU Level 3 Sports Leaders DMU	Sports Leaders JLA / VNE Badminton DMU	Football JLA Basketball SCA Fitness EBU	Athletics VNE

Contact information

If you have any questions on the curriculum that your daughter will be studying, please contact one of the following:

Head of Faculty: Mrs R Davison

Assistant Head of Faculty: Miss S Clarke