

## PE

### Brief overview and aims of teaching PE

In all PE lessons we aim to develop a huge range of characteristics which will help our students develop in a variety of ways. Students will be encouraged to develop specific skills related to specific sports; some of these will be interchangeable between sports. As well as improving these sport specific skills, aspects such as confidence, leadership, teamwork and communication skills will be developed. Strategical and tactical components of sports will also be looked at and developed in order to help students outwit their opponents in all sports. We also use our lessons to help students understand the importance of living a healthy and active lifestyle.

### KS3

#### Topics taught:

	Y7 girls	Y7 boys	Y8 girls	Y8 boys
Autumn ½ term 1	Throughout year 7 girls will participate in – netball, gymnastics/dance, football, badminton/table tennis, athletics and rounders.	Throughout year 7 boys will participate in – football, rugby, basketball, badminton/table tennis, athletics and cricket.	Throughout year 8 girls will participate in – netball, gymnastics/dance, football, badminton/table tennis, athletics and rounders.	Throughout year 8 boys will participate in – football, rugby, basketball, badminton/table tennis, athletics and cricket.
Autumn ½ term 2				
Spring ½ term 1				
Spring ½ term 2				
Summer ½ term 1				
Summer ½ term 2				

As well as this curriculum offer there is also a huge extra-curricular offer which covers a lot of sports and activities.

#### How will students be assessed in PE?

Students are assessed in all sports using our new assessment policy. For each sport students will receive a score out of 25, this is linked very specifically to the AQA GCSE PE specification.

#### What homework is to be expected in PE?

In Key Stage 3, occasional homework will be set in line with the school policy; these will be linked to rules and tactics in the sport/activity being studied. Students are also encouraged to attend extra-curricular clubs as part of the homework offer.

#### What extra-curricular activities /enrichment will be offered to students in this subject?

As a PE department we have an extra-curricular timetable which changes termly. We offer a huge range of sports over the year. These include – football, netball, dance, gymnastics, table tennis, trampolining, American football, rugby, athletics, rounders, futsal, cricket and tennis. We also compete in a lot of tournaments against other schools in a large range of sports, thus giving our students a lots of opportunities to represent the school in competitive sport.

Any useful websites that students could use for support or extra information

Any national governing body website for individual sports will provide great information on rules and competitions.

## KS4

Exam board and specification:

AQA GCSE PE

OCR Cambridge National – Sport Studies.

Exam information:

How many papers?

GCSE PE has 2 papers and Sport Studies has one external exam which assesses one whole unit. Both courses only have one tier.

How long are the papers?

GCSE papers are both 1 hour and 15 minutes long and are out of 78 marks. Sport studies exam is 1 hour and is out of 60 marks.

Weighting of exam/centre assessed work.

GCSE PE -3 sport all worth 10% each, coursework worth 10% and the 2 exams are worth 30% each.

Sport studies -4 units of work. All out of 60 marks. One is an external exam; the other three units are centre assessed.

Topics taught

	Y9	Y10	Y11
Autumn ½ term 1	Musculoskeletal system	Sport psychology	Recap of paper one work
Autumn ½ term 2	Cardio-respiratory system	Sport psychology	Recap of paper one work
Spring ½ term 1	Effects of exercise – anaerobic and aerobic	Socio Cultural influences	Recap of paper two work
Spring ½ term 2	Movement analysis and physical training	Socio Cultural influences	Recap of paper two work
Summer ½ term 1	Principles of training and injury prevention	Coursework	Revision/Exam
Summer ½ term 2	Use of data in sporting contexts	Coursework	

## How will students' progress be assessed throughout the course?

**GCSE PE** - Students will be assessed at the end of each scheme of learning, usually every 5-6 weeks. This is done using a milestone assessment piece which is created using previous exam questions.

In GCSE PE practical sports are delivered in 8 week blocks. These are assessed throughout the full scheme of learning in line with our new assessment policy. Each student on the course is awarded a score out of 25 for each sport in line with AQA expectations.

**Sport Studies** – Students complete 4 units of work over the duration of the course. Each unit is worth 60 marks. The 4 units studied are –

RO51 – Contemporary issues in sport, this is assessed through the one hour exam externally at the end of the unit. During the scheme of work for this assessments are carried out at the end of each learning objective. There are 4 of these.

RO52 – Developing sport skills, in this unit students are assessed on their ability to perform in one team and one individual sport. They are also then asked to identify strengths and areas for development. This is centre assessed.

RO53 – Sports leadership, students are tested on how they organise and lead a sports event. This is centre assessed.

RO54 – Sport and the media, students are assessed on a range of aspects linked to sport and the media. This is centre assessed.

## What homework will students expect?

Homework will be set every 2 weeks in line with the school homework policy.

## Any useful websites or information that students can use to support their learning?

All sport specific governing bodies websites have a plethora of information which will be useful.

BBC bitesize is useful for GCSE PE theory help.