

Subject: Physical Education

Curriculum Staff: CW, JMc, TNI, EFa, JFi, VSi, MBG, SWa, JDi



How does Physical Education & Sport develop:	
Respect	Pupils have the opportunity to participate alongside students with a range of beliefs, morals and behaviours, this helps students to accept and compete as one to meet a common goal. Students have the opportunity to use a range of specialist equipment and facilities which requires care and consideration, further prompting the need to respect the people they work with and the equipment they use.
Courage	PE provides students with the opportunity to be accountable and take responsibilities for their own actions. Having the courage to volunteer to lead a warm ups or captain a side can provide a student with many new skills, but having the courage to volunteer for such a role is commendable.
Community	PE provides the students with opportunities and the ability to function and grow collectively to reach a common goal. Community and team cohesion is paramount to achieve many challenging tasks in PE.
Wisdom	“Coach Me and I will Learn; challenge me and I will grow; believe in me and I will win” a very well known quote from Dr Halgren which demonstrates that belief in yourself and belief in others is a key factor in successful sports participation. In PE we will support your learning, we will challenge you and we will believe you have the ability to achieve.

<p><u>Numeracy through the key stages:</u> Elements such as scoring within games, measuring distance and timing accurately in athletics, graph making and plotting data accurately in health & fitness, using normative data and interpreting data in fitness testing lessons, percentages and target heart rate zones in health related fitness, understanding angles for optimal release in throwing and jumping events and basic numeracy skills are all used within the key stages.</p>	<p><u>Literacy through the key stages:</u> Skills such as listening, writing, speaking and reading are all developed through the key stages. From providing feedback on performance to peers, to analysing game play and supplying strengths and areas to improve written. Listening to rules and regulations during game play and applying these during officiating roles. Researching homework tasks appropriately and developing answers. Writing extended pieces of work in forms of coursework and exam assessments.</p>
---	---

Key Stage 3 - Intention Statement: Inspire all pupils take part in sport and physical activity. Develop students physically to support their health and fitness in a fair and respectful way.

Intention Overview:

Curriculum Knowledge	
<p>Year 7 begins with baseline testing. Here we take the opportunity to test the students fundamental skills which should have been established in primary school. This is done by providing the students with opportunities to take part in team games, individual fitness tests and individual coordination challenges. The students will then begin to study content from the National Curriculum for PE, students will participate in a wide variety of activities covering invasion, racket, striking and fielding, aesthetics and athletics. Year 8 will continue to follow the National Curriculum for PE again taking part in a variety of activities, continuing to develop the basis of all the movement, balance, and co-ordination that are essential in every sport. Year 9 will continue to develop their fundamental physical skills in a variety of practical activities, with the added addition of leadership and coaching opportunities within lessons. Throughout the KS3 journey the students will be taught specific terminology needed for KS4 study and beyond.</p>	
Essential Skills to Develop	
<p><u>Subject Specific Skills:</u> - Developing teamwork, leadership and interpersonal skills.</p>	<p><u>Supportive Learning Skills and Attributes:</u> - Physically developing fundamentals</p>

<ul style="list-style-type: none"> - Builds movement competence and confidence. - Provide knowledge for understanding what a healthy and active lifestyle is. - Encourage participation and inspire our pupils to lead a healthy active lifestyle. - Provide opportunities for students to compete and participate in a range of activities and sports. - Opportunities to lead, coach and officiate their peers. 	<ul style="list-style-type: none"> - Verbal and non verbal communication - Team work - Resilience - Leadership and coaching responsibilities - Problem solving in a practical environment - Forming opinions on current issues in sport - Respecting staff and peers alike
Cultural Capital (opportunities and experiences)	
<ul style="list-style-type: none"> - Visiting different schools within Hull and the surrounding areas to represent the academy in activities and sports. - Opportunities to visit different countries to compete in sports, we have previously visited Spain and Malta and competed against local teams. - Discussions and information about current issues in sport. Providing students with opportunities to develop knowledge, understanding and opinions regarding the issues impacting on the organisation and participation of sport today, this could be the kick it out campaign and mental health and sport - Discussions about sport and the media and how some sports are promoted over others, this can instigate discussions on certain subjects such as gender equality in sport (democracy). - Opportunities to develop and improve their self discipline and resilience will be given this will allow the students to win and lose which will help the students develop their understanding of both outcomes. (individual liberty) - A range of social skills are required in PE lessons, this to interact positively with students from different religions, backgrounds and ethics, all in the pursuit to create a strong team bond. Students are taught to respect the leader / umpire during games and are encouraged to respect the calls and decisions made by the umpire despite their own opinion (respect and tolerance) 	

Implementation:

- Challenging and enjoyable range of activities with educational content embedded through the age ranges.
- Ensure all elements of the national curriculum are embedded and delivered through the curriculum.
- Selected activities coincide with the extra curricular calendar as set by the Hull schools calendar.

Measuring Impact:

- Engagement in PE is consistent through the key stage.
- Students develop a personal awareness of their health and wellbeing and are able to articulate how and why PA and PE is important.
- Gain a love of sport and exercise to ensure the students maintain a lifelong love and appreciation for sport and exercise.

Key Stage 4 - Intention Statement: Inspire all pupils take part in sport and physical activity. Develop students physically to support their health and fitness in a fair and respectful way.

Intention Overview:

Curriculum Knowledge
<p>All students in year 10 & 11 will have 2 core PE lessons over the 2 week lesson timetable. The students will cover all the core requirements set by the national curriculum. However we take the opportunity to provide the students with experiences of world sports such as tchoukball, spike ball and american football. This provides students with a greater variety of sports alongside the more recognised net & wall, invasion, striking and field and athletic events.</p> <p>The aim of the core lessons is to further develop a lifelong understanding of sport and exercise and promote the unusual sports as another way of maintaining engagement through these years.</p> <p>Some students in year 10 & 11 will be completing a program of study from OCR in Sport Studies. The students will complete the certificate in Sport Studies. The certificate consists of 4 units including 1 externally sat exam in contemporary issues in sport. The other 3 units required are centre assessed OCR moderated units in RO52 Developing sport skills. RO53 Sports leadership and RO54 sport and the media. Students will be assessed practically and in their ability to write extended pieces of coursework. Students are required to take part in team and individual sports also learning the rules and regulations in order to officiate the selected sports. The students will also need to have a possession for sport, the students will be required to use their sporting knowledge to develop theory by using real world sporting examples.</p> <p>This qualification is selected as the units are practically focused which suits our students needs. The units provide the students with a range of opportunities and experience which will have an impact on their life skills.</p>

Essential Skills to Develop

<p>Subject Specific Skills</p> <ul style="list-style-type: none"> - Developing teamwork, leadership and interpersonal skills. - Builds movement competence and confidence. - Provide knowledge for understanding what a healthy and active lifestyle is. - Encourage participation and inspire our pupils to lead a healthy active lifestyle. - Provide opportunities for students to compete and participate in a range of activities and sports. - Opportunities to lead, coach and officiate their peers. 	<p>Supportive Learning Skills and Attributes</p> <ul style="list-style-type: none"> - Physically developing fundamentals - Verbal and non verbal communication - Team work - Resilience - Leadership and coaching responsibilities - Problem solving in a practical environment - Forming opinions on current issues in sport - Respecting staff and peers alike - Numeracy (scoring, measuring distance and timing) - Use the word walls and SPAG in their planners to support their literacy during DIRT and extended writing tasks.
<p>Cultural Capital (opportunities and experiences)</p>	
<ul style="list-style-type: none"> ● Students will have the opportunity to take part in sporting fixtures against other schools representing the academy. ● Students will have the opportunity to travel to and compete in their selected sport in other areas of the city and county. ● Students will be provided with opportunities to compete in their sport during lessons and inter class competitions. ● Students studying OCR will have the opportunity to widen their knowledge and understanding of the sporting world and the environments which sport impacts and interacts with. ● Students will have the opportunity to extend their understanding of sport via visitors and experienced leaders in the world of sport. ● Studying OCR Sport Studies provides the students with a bridge to further develop their study of sport. At KS5 and the students will study the Cambridge Technical in Sports and Physical Activity. 	

Implementation:

- Students begin their journey in year 9 where the scholarship students complete the Level 1 Sport Leadership qualification. This helps support the Leadership in Sport unit which can be studied in year 10 & 11.
- OCR runs 2 course options Sports studies or sports science. We selected to run the Sport Studies course as the units are the most practical and reflect the needs of our learners.

Measuring Impact:

- Develop a range of transferable skills which will be invaluable in higher education.
- Students develop a passion for sport by understanding the finer aspects of the elite sporting world and the current issues and the impact of media on sport.
- Develop transferable skills which will be valuable in later life. The continued appreciation for lifelong physical activity is paramount.

Key Stage 5 - Intention Statement: Provide 6th form with the skills, knowledge and opportunities to further their understanding to support their careers in sport and exercise, be mindful that these young adults will inspire the next generation of students.

Intention Overview:

Curriculum Knowledge

Students in year 12 & 13 will be completing a program of study from OCR in Sport and Physical activity. The students will complete the certificate in sport and physical activity during year 12 which consists of 2 units. Unit 1 Body systems and the effects of physical activity (externally assessed exam) and unit 2 Sports coaching and activity leadership (internally assessed and moderated).

The students will have the opportunity to progress onto the extended certificate in year 13 where the students will complete a further 3 units. Unit 3 Sports organisation and development (externally assessed exam), unit 8 Organisation of sports events (internally assessed and moderated) and 1 more 60 credit optional internally assessed and moderated unit TBC.

Essential Skills to Develop

<p>Subject Specific Skills</p> <ul style="list-style-type: none"> - Developing teamwork, leadership and interpersonal skills. - Builds movement competence and confidence. - Provide knowledge for understanding what a healthy and active lifestyle is. 	<p>Supportive Learning Skills and Attributes</p> <ul style="list-style-type: none"> - Leadership and coaching opportunities - Exam skill preparation - Time management for deadlines - Support and management of workloads and
--	---

<ul style="list-style-type: none"> - Encourage participation and inspire our pupils to lead a healthy active lifestyle. - Provide opportunities for students to compete and participate in a range of activities and sports. - Opportunities to lead, coach and officiate their peers. 	<p>expectations.</p> <ul style="list-style-type: none"> - Respecting staff and students - Relisiance - Communication skills - Forming and sharing opinions of current issues in sport.
<p>Cultural Capital (opportunities and experiences)</p>	
<ul style="list-style-type: none"> ● Students have the opportunity to visit the University of Hull in year 12 and year 13 because of the partnership with them and scholarship. ● Students will have visits from local professional team personnel including, sports nutrition, sports injuries and sports analysis. ● Students will be provided with a range of information about jobs linking to the sports industry and will have support identifying where their strengths match with sports careers. ● Students will be provided with information about local courses to improve their experience and employability. ● Students will be provided with support identifying sports courses and university locations. 	

Implementation:

- Students that have completed the level 1/2 Sport Studies qualification in year 10 & 11 understand the OCR methods of assessment.
- Staff teaching the subject are experienced at teaching 6th form and the OCR qualification format.
- The units are sequenced according to the importance of covering the mandatory units to secure the basic qualification in year 12

Measuring Impact:

- Completion of the certificate is gained in year 12 and we can add value in year 13.
- Develop a rage of transferable skills into both further education and employment.
- The course units provide the students with a vast knowledge which is transferable into their life beyond education.