Physical Education – Aims/Intent

Students build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Students understand what makes a performance effective and how to apply these principles to their own and others' work, developing confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Our intent is to provide opportunities for students to:

1. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounder's, rugby, dodgeball and tennis]
2. Develop their technique and improve their performance in other competitive sports [for example, athletics, table tennis and gymnastics]
3. Develop their levels of fitness and gain the knowledge as to why fitness is important and what they can do to improve their fitness over time
4. Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
5. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
6. Take part in competitive sports and activities outside school through community links or sports clubs.
7. Understand what it means to be a sportsperson and the career paths open to them

Implementation

Core PE:

Key Stage 3:

Students develop their thinking skills to plan tactics and strategies for use in a variety of situations. They develop their skills in games, gymnastics and athletics, as well as looking at different aspects of fitness. Students are encouraged to work as part of a team through various problem-solving tasks, developing key qualities such as trust, communication and perseverance. They will focus on how to lead a healthy balanced lifestyle through everyday tasks. Within Key Stage 3, all students will have the opportunity to learn and be active within a variety of 18 different sporting activities over the two years.

All students continue to follow an active programme with the focus still on promoting healthy, active lifestyles. They will take on different roles within sports and activities, such as a coach, official and organiser. More of an emphasis is put onto the student to select the sporting pathways that they wish to participate in, in order for high levels of engagement and enjoyment.

BTEC Tech Edexcel Specification

Key Stage 4:

In Y9/10/Y11 students have the option of choosing to study Physical Education in more depth and gaining a qualification in this subject. Currently, students opting for Physical Education in Year 9 follow BTEC Tech Award in Sport, Activity and Fitness. This qualification links the theory and practical work and will cover topics such as injuries in sport, evolution of technology in sport, leadership and fitness testing.

OCR Specification

Key Stage 5:

In Y12/13 students study an OCR Physical Education programme which covers topics such as Anatomy and Physiology, Skill Acquisition, Biomechanics, Sports Psychology and Sport and Society. On top of this students are also assessed in one practical sport in both years and they have to complete a verbal assessment evaluating the performance of another student in their chosen sport.

Impact

Students know what it means to maintain a healthy balanced lifestyle. Students develop teamwork skills that support other areas of the curriculum.

Physical Education helps students develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations. Students know the career pathways open to them in sports.

Enrichment Opportunities-

We run many after school clubs and events including: Rugby/Badminton/Football/Netball/Rounders/Cricket – At CHA we compete in Local, County and National competitions. We also have the opportunity to visit the performance Lab at Bucks New University. This year we are starting to introduce rewards trips for students who excel within PE towards the end of the academic year.