

# Physical Education

## Statement of Intent

The Physical Education programme is designed to support, contribute to and complement the overall aims of the school. The department aims to provide an enjoyable, challenging and balanced programme, giving all students the opportunity to develop control over their bodies, to learn and develop new skills and to experience a variety of situations, which require problem-solving skills, as well as sports leadership. The department aims for the development of self-confidence and self-esteem through challenging, differentiated schemes of work, to encourage pupils to work together in a spirit of co-operation and to appreciate and respect strengths and weaknesses in self and others.

The department place great emphasis on a holistic approach to developing the physical literacy of all our pupils, creating lifelong skills that permit the person to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations.

## Key Stage 3 Curriculum

Students have two hours of PE across the academic week where they experience a wide range of sports, including invasion games, net and wall, striking and fielding, and fitness. In year 7, the students are assessed and placed into ability sets to enable suitability of provision.

Each unit of learning aims to develop a well-rounded understanding of the sport or activity being covered. Emphasis is placed not only on developing students' physical abilities, but also on improving their literacy and vocabulary within each activity or unit of study through the regular links made to GCSE level terminology.

Students are assessed using the 'Head, Heart, Hands' framework. This allows students to demonstrate a range of understanding and competency in the activities covered by demonstrating their understanding of key rules, strategies and concepts (Head), their determination, resilience and teamwork (Heart), as well as their practical application of skills and techniques within game situations (Hands.)

## Key Stage 4 Curriculum

The Y10 and 11 students study the new BTEC Tech Award in Sport. This award is

comprised of three mandatory units; two internally assessed pieces of work and one externally marked exam unit. The Award gives learners the opportunity to develop sector-specific applied knowledge and skills through realistic vocational contexts, and the successful completion of this course will prepare students to study Sport at Key Stage 5.

Learners will have the opportunity to develop applied knowledge and skills in the following areas; Investigating provisions for sport including equipment and facilities to enhance sport, planning and delivery of sport drills and sessions, and fitness for sport including fitness testing and methodology.

## Key Stage 5 Curriculum

Students follow the OCR Cambridge Technical Level 3 qualification. Students can choose to undertake the extended certificate pathway (equivalent to one A-Level) or the diploma (equivalent to two A-Levels). Students complete units related to sports coaching and leadership which includes a combination of internal and external assessment. Units include Sports Coaching, Exercise for Specific Groups, Performance Analysis and Sport Psychology. Successful completion of this course will prepare students to study a Sport based course at University level, or alternatively, provide the skills and knowledge needed for those looking to enter into an sport or exercise based apprenticeship.

## Extended Learning

### What we offer to extend the learning of our students

We are extremely proud of our co-curricular programme which offers opportunities to participate for enjoyment or to further develop skills in individual and team activities. Pupils are encouraged to participate in fixtures against other schools and Raynes Park has achieved an excellent reputation at local, County and National levels in a range of different activities. Our students benefit from our links with external clubs and organisations such as; Fulham Football Club, Lions Basketball Club, Malden Wanderers Cricket Club, Wimbledon Hockey Club, and also the Tim Henman foundation. These links not only allow us to offer students high level coaching across a wide range of sports, but also provide students with clear pathways to wider participation outside of school.

### What parents can do to support extended learning in this subject

Promote fitness and well-being at home by encouraging children to reflect upon their own levels of fitness and health. Find opportunities to go and see sporting and dance events in the local area.