

## Statement of Intent

The Physical Education and Dance 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. Students experience one hour of Dance per week in a term, rotating with Drama and Music.

## Key Stage 4 Curriculum

In Physical Education, the students complete the BTEC First Level 2 Sport qualification. Over two years, the students complete four units of study, one of which is examination based. Students are given the opportunity to undertake leadership and coaching as well as receiving exposure to the fitness industry.

Dance students undertake the BTEC Tech Award in Performing Arts. Students complete three components over the two years which include exploration of Dance, developing skills and techniques in Dance and finally, responding to a brief which is a synoptic, external assessment.

The three components focus on the assessment of knowledge, skills and practices. These are all essential to developing a basis for progression and, therefore, learners need to achieve all components in order to achieve the qualification. The components are interrelated, and they are best seen as part of an integrated whole rather than as totally distinct study areas.

## 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.

## 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.

### 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.

## KS3 Curriculum Map

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
<b>Year 7</b>	Boys Group <ul style="list-style-type: none"> <li>Football</li> <li>Table Tennis</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Netball</li> <li>AdiFit</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Functional Movement Skills</li> <li>AdiFit</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>AdiFit</li> <li>Indoor Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Indoor Athletics</li> <li>Hockey</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Invasion Games Principles</li> <li>BoxFit</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Indoor Cricket</li> <li>Touch Rugby</li> </ul> Girls Group <ul style="list-style-type: none"> <li>BoxFit</li> <li>Basketball</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Hockey</li> <li>Futsal</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Handball</li> <li>Hockey</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Short Tennis</li> <li>Football</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Touch Rugby</li> <li>Short Tennis</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Cricket</li> <li>Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Rounders</li> <li>Athletics</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Rounders</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Tennis</li> <li>Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Kwik-Cricket</li> </ul>
Dance	Letters from the Lighthouse	Cartoon capers/gladiators	Letters from the Lighthouse	Cartoon capers/gladiators	Letters from the Lighthouse	Cartoon capers/gladiators
<b>Year 8</b>	Boys Group <ul style="list-style-type: none"> <li>Football</li> <li>Table Tennis</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Netball</li> <li>AdiFit</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Handball</li> <li>Table Tennis</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>AdiFit</li> <li>Indoor Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Indoor Athletics</li> <li>Hockey</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Hockey</li> <li>BoxFit</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Indoor Cricket</li> <li>Touch Rugby</li> </ul> Girls Group <ul style="list-style-type: none"> <li>BoxFit</li> <li>Basketball</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Touch Rugby</li> <li>AdiFit</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Handball</li> <li>Hockey</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Short Tennis</li> <li>Football</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Basketball</li> <li>Short Tennis</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Cricket</li> <li>Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Rounders</li> <li>Athletics</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Rounders</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Tennis</li> <li>Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Kwik-Cricket</li> </ul>
Dance	Bollywood	African	Bollywood	African	Bollywood	African
<b>Year 9</b>	Boys Group <ul style="list-style-type: none"> <li>Football</li> <li>Table Tennis</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Netball</li> <li>AdiFit</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Handball</li> <li>Table Tennis</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>AdiFit</li> <li>Hockey</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Basketball</li> <li>Table Tennis</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Hockey</li> <li>BoxFit</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Indoor Cricket</li> <li>Touch Rugby</li> </ul> Girls Group <ul style="list-style-type: none"> <li>BoxFit</li> <li>Basketball</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Touch Rugby</li> <li>AdiFit</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Handball</li> <li>Basketball</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Short Tennis</li> <li>Football</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Basketball</li> <li>Short Tennis</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Cricket</li> <li>Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Rounders</li> <li>Athletics</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Rounders</li> </ul>	Boys Group <ul style="list-style-type: none"> <li>Tennis</li> <li>Athletics</li> </ul> Girls Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> </ul> Mixed Group <ul style="list-style-type: none"> <li>Athletics</li> <li>Kwik-Cricket</li> </ul>
Dance	African	Bollywood	African	Bollywood	African	Bollywood

## KS4 Curriculum Map

### BTEC Firsts Level 2 Sport

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Year 10	Unit 1: Fitness for Sport and Exercise <ul style="list-style-type: none"> <li>Know about the components of fitness and the principles of training</li> </ul>	Unit 1: Fitness for Sport and Exercise <ul style="list-style-type: none"> <li>Explore different fitness training methods</li> </ul>	Unit 1: Fitness for Sport and Exercise <ul style="list-style-type: none"> <li>Investigate fitness testing to determine fitness levels</li> </ul>	Unit 3: Applying the Principles of Personal Training <ul style="list-style-type: none"> <li>Design a personal fitness training programme</li> <li>Know about key systems and their effects on the body during fitness training</li> </ul>	Unit 3: Applying the Principles of Personal Training <ul style="list-style-type: none"> <li>Implementation of self-designed training programme</li> </ul>	Unit 3: Applying the Principles of Personal Training <ul style="list-style-type: none"> <li>Personal fitness programme review</li> </ul>
Year 11	Unit 2: Practical Performance in Sport <ul style="list-style-type: none"> <li>Understand the rules, regulations and scoring systems for selected sports</li> </ul>	Unit 2: Practical Performance in Sport <ul style="list-style-type: none"> <li>Practically demonstrate skills, technological and tactics in selected sports</li> </ul>	Unit 2: Practical Performance in Sport <ul style="list-style-type: none"> <li>Be able to review sports performance</li> </ul>	Unit 5: The Sports Performer in Action <ul style="list-style-type: none"> <li>Know about the short-term responses and long-term adaptations of the body systems to exercise</li> </ul>	Unit 5: The Sports Performer in Action <ul style="list-style-type: none"> <li>Know about the different energy systems used during sports performance.</li> </ul>	

## KS4 Curriculum Map

### BTEC Tech Award in Performing Arts

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Year 10	Component 2: Developing Skills and Techniques in the Performing Arts <ul style="list-style-type: none"> <li>Developing skills and techniques for performance.</li> </ul>	Component 2: Developing Skills and Techniques in the Performing Arts <ul style="list-style-type: none"> <li>Apply skills and techniques and in rehearsal and performance</li> </ul>	Component 2: Developing Skills and Techniques in the Performing Arts <ul style="list-style-type: none"> <li>Review own development and contribution to the performance</li> </ul>	Component 1: Exploring the Performing Arts <ul style="list-style-type: none"> <li>Examine professional practitioners' performance work</li> </ul>	Component 1: Exploring the Performing Arts <ul style="list-style-type: none"> <li>Examine professional practitioners' performance work</li> </ul>	Component 1: Exploring the Performing Arts <ul style="list-style-type: none"> <li>Explore the interrelationships between constituent features of existing performance material.</li> </ul>
Year 11	Component 1: Exploring the Performing Arts <ul style="list-style-type: none"> <li>Explore the interrelationships between constituent features of existing performance material.</li> </ul>	Component 3: Responding to a brief <ul style="list-style-type: none"> <li>Understand how to respond to a brief</li> </ul>	Component 3: Responding to a brief <ul style="list-style-type: none"> <li>Select and develop skills and techniques in response to a brief</li> </ul>	Component 3: Responding to a brief <ul style="list-style-type: none"> <li>Apply skills and techniques in a workshop performance in response to a brief</li> </ul>	Component 3: Responding to a brief <ul style="list-style-type: none"> <li>Evaluate the development process and outcome in response to a brief</li> </ul>	

## KS5 Curriculum Map

### OCR Cambridge Technicals Level 3 Sport – Extended Certificate

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Year 12	Unit 1: Body Systems and the Effects of Physical Activity <ul style="list-style-type: none"> <li>Understand the skeletal system in relation to exercise and physical activity</li> <li>Understand the muscular system in relation to exercise and physical activity</li> </ul>	Unit 1: Body Systems and the Effects of Physical Activity <ul style="list-style-type: none"> <li>Understand the cardiovascular system in relation to exercise and physical activity</li> <li>Understand the different energy systems in relation to exercise and physical activity</li> </ul>	Unit 3: Sports Organisation and Development <ul style="list-style-type: none"> <li>Understand how sport in the UK is organised</li> <li>Understand sports development</li> </ul>	Unit 3: Sports Organisation and Development <ul style="list-style-type: none"> <li>Understand how the impact of sports development can be measured</li> <li>Understand sports development in practice</li> </ul>	Unit 2: Sports coaching and Activity Leadership <ul style="list-style-type: none"> <li>Know the roles and responsibilities of sports coaches and activity leaders</li> <li>Understand the principles which underpin coaching and leadership</li> </ul>	Unit 2: Sports coaching and Activity Leadership <ul style="list-style-type: none"> <li>Be able to use methods to improve skills, techniques and tactics in sport</li> <li>Be able to plan sports activity sessions.</li> </ul>
Year 13	Unit 2: Sports coaching and Activity Leadership <ul style="list-style-type: none"> <li>Be able to deliver sports activity sessions</li> <li>Be able to review sports activity sessions</li> </ul>	Unit 19: Sport and Exercise Psychology <ul style="list-style-type: none"> <li>Know the different factors that affect motivation for sport and exercise</li> <li>Understand attribution theory in relation to sport and exercise</li> <li>Understand effects of anxiety, stress and arousal in sport and exercise</li> </ul>	Unit 19: Sport and Exercise Psychology <ul style="list-style-type: none"> <li>Understand the importance of group dynamics in team sports and group exercise</li> <li>Understand the psychological impact of sport and exercise on mental health and wellbeing</li> </ul>	Unit 18: Practical Skills in Sport and Physical Activity <ul style="list-style-type: none"> <li>Be able to apply skills, techniques and tactics in an individual sport</li> <li>Be able to apply skills, techniques and tactics in a team sport</li> </ul>	Unit 18: Practical Skills in Sport and Physical Activity <ul style="list-style-type: none"> <li>Be able to apply skills and knowledge in outdoor and adventurous activities</li> <li>Be able to officiate in sport and physical activity</li> </ul>	

## KS5 Curriculum Map

OCR Cambridge Technicals Level 3 Sport – Diploma (Units in addition to Extended Certificate pathway)

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Year 12	Unit 5: Performance Analysis in Sport and Exercise <ul style="list-style-type: none"> <li>Understand performance profiling</li> <li>Be able to carry out performance profiling</li> </ul>	Unit 5: Performance Analysis in Sport and Exercise <ul style="list-style-type: none"> <li>Be able to analyse performance</li> <li>Be able to give feedback on sports performance</li> </ul>	Unit 8: Organisation of Sports Events <ul style="list-style-type: none"> <li>Know the different types of sports events and their purpose</li> <li>Know the different roles and responsibilities involved in the planning and delivery of sports events</li> </ul>	Unit 8: Organisation of Sports Events <ul style="list-style-type: none"> <li>Be able to plan and promote a sports event</li> <li>Be able to participate in the delivery of a sports event</li> <li>Be able to review the planning and delivery of a sports event</li> </ul>	Unit 17: Sports Injuries and Rehabilitation <ul style="list-style-type: none"> <li>Know common sports injuries and their effects</li> <li>Be able to minimise the risk of sports injuries</li> <li>Be able to respond to acute sports injuries when they occur</li> </ul>	Unit 17: Sports Injuries and Rehabilitation <ul style="list-style-type: none"> <li>Know the role of different agencies in the treatment and rehabilitation of sports injuries</li> <li>Be able to plan a rehabilitation programme for a specific sports injury</li> </ul>
Year 13	Unit 4: Working Safely in Sport, Exercise, Health and Leisure <ul style="list-style-type: none"> <li>Understand emergency procedures in sport, exercise, health and leisure</li> <li>Understand health and safety requirements in sport, exercise, health and leisure</li> <li>Understand how to minimise risk in sport, exercise, health and leisure</li> </ul>	Unit 4: Working Safely in Sport, Exercise, Health and Leisure <ul style="list-style-type: none"> <li>Know first aid requirements for sport, exercise, health and leisure</li> <li>Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure</li> </ul>	Unit 13: Health and Fitness Testing for Sport and Exercise <ul style="list-style-type: none"> <li>Be able to use a range of fitness tests</li> <li>Be able to complete a client health and fitness consultation</li> <li>Be able to plan a fitness testing session</li> </ul>	Unit 13: Health and Fitness Testing for Sport and Exercise <ul style="list-style-type: none"> <li>Be able to deliver a fitness testing session</li> <li>Be able to interpret the results of fitness tests and provide feedback</li> </ul>	Unit 11: Physical Activity for Specific Groups <ul style="list-style-type: none"> <li>Know about the provision of physical activity for specific groups</li> <li>Know the benefits of and barriers to participating in physical activity for specific groups</li> </ul>	Unit 11: Physical Activity for Specific Groups <ul style="list-style-type: none"> <li>Know the exercise referral process</li> <li>Be able to plan physical activity sessions for specific groups</li> </ul>