



PE DEPARTMENT

Curriculum Overview



The curriculum of the school reflects the demands of the National Curriculum. It is designed in order to provide all pupils with a broad, balanced education relevant to their needs both now and in the future.

Departmental Overview

Our aim in PE is to encourage and enable all students to fulfil their true potential through a broad and balanced range of activities encompassing all areas of the National Curriculum. We also seek to give students the necessary skills, knowledge and understanding so they continue to participate in physical activity and lead healthy lifestyles, once they have left full time education. We also promote pupils to become physically confident in a way which supports their health and fitness. We strive to inspire all pupils to succeed in competitive sport and other activities to build character and help embed values such as fairness and respect.

Since moving into the brand new school back in 2010, our sporting facilities have improved dramatically. We now have an excellent 4 court multi-use sports hall, which is situated on the first floor above the 4 large changing rooms on the ground floor. This facility is used all year round, to include many activities such as Badminton, Basketball, Handball and also indoor cricket nets. We also have a purpose built health and fitness suite, which is an excellent space to either deliver fitness and/or table tennis based activities. We have an outdoor Multi Use Games Area (MUGA), which is a hard court surface, which accommodates 4 full size tennis areas. Other facilities include 1 large sports field, which many games based lessons such as Rugby and Football take place. In the summer term, this changes to accommodate cricket based markings. Also in the summer term, we have an 'off site' large athletics facility (situated on Quarry Field, the old school site). This includes all the key track/field events such as 300m running area, 2 x 100m sprint areas, 2 x jumping pits and designated throwing area. Finally, we also have access to Peter Lloyd's facilities (off-site) adjacent to the school. This is booked throughout the academic year, which includes areas such as 4 x Astro Football pitches, also Fitness/Gym suite (cardiovascular equipment and resistance machines). We also regularly use off site facilities, through school/club links to play extra-curricular sporting fixtures/events, such as Sefton Rugby Club; Maiden Lane Football Pitches and Alder Cricket Club.

The PE Department is comprised of 6 specialist teachers as follows: -

Departmental Staff

Mr N Zachariades	Head of Physical Education
Mr K Jones	KS3 Physical Education and Primary Liaison Co-ordinator
Mr M Thomas	Physical Education Teacher
Mr F Fawcett	Physical Education Teacher
Mr S Byrne	Physical Education LSA
Mr C Parkinson	SLT Line Manager

Year 7 Physical Education (KS3 Core PE)

Topics Covered

Students will develop knowledge and understanding of Physical Education through the following activities - **Athletics, Tennis, Football, Cricket, Gymnastics, Badminton, Table Tennis, Rugby, Football and Health related fitness**. The pupils will be required to develop their understanding of health related fitness such as stamina, speed, strength, and agility and how these relate to each of the 8 activities.

Curriculum Overview

The initial aim is clearly to provide the students with a varied and enjoyable programme from which they will gain areas of skill and interest on which to build. All work is based on a gradual and phased introduction of activities that may be largely unfamiliar to new entrants to secondary school. Work within Physical Education lessons will incorporate various teaching and learning methods involving individual, small group or large group work. The groups may be mixed ability or like ability. Year 7 have one lesson per week. Each activity lasts approx. 8/9 weeks. Students will be expected to understand the need to warm-up for particular activities and recover afterwards. Students will practice and perform a range of basic skills related to each activity. Students will learn associated rules and understand simple tactics of each sport. Students will begin to evaluate their own and others' work.

Examinations/Key Assessments

Students will be assessed through; practical performance; knowledge and understanding of rules/tactics; ability to plan sequences and evaluation skills, being able to comment on their own and others' performances. Teachers assess students work in PE as they are working during lessons. Teachers record the progress made by students against the scheme of work and learning objectives for their lessons. At the end of a unit of work, teachers make a judgement using the PE assessment scores and record this information on the students' individual progress sheets.

Homework

Students may be asked to research certain subject areas and complete specific homework pieces e.g. Components of Fitness (Cardiovascular Fitness or Muscular Endurance) and Observation Skills (How to observe, evaluate performance). In addition students need to practice and develop movement skills for each activity covered.

How Parents can Help

1. By ensuring that your son has the correct P.E. kit for each activity as shown on his timetable. (Indoor/outdoor lessons, football boots are essential in the winter months)
2. By naming all items of his P.E. Kit.
3. By ensuring that your son participates fully in the physical education programme.
4. By encouraging your son to attend clubs or after school practices/matches. Your support at the games field will be much appreciated.

Year 8 Physical Education (KS3 Core PE)

Topics Covered

Students will develop knowledge and understanding of Physical Education through the following activities - **Athletics, Tennis, Football, Cricket, Gymnastics, Badminton, Rugby, Football and Health related fitness**. The pupils will be required to develop their understanding of health related fitness such as stamina, speed, strength, and agility and how these relate to each of the 8 activities.

Curriculum Overview

During year 8 the students become more confident in their skills and techniques, and learn how to apply them according to their ability. They start to understand what makes an effective performance and how to apply these principles to their own and others' work. They are encouraged to develop a range of tactics and strategies to outwit opponents through both team and individual activities such as football and badminton. Students are expected to develop their technique and refine their performance in other competitive sports such as athletics and gymnastics. They will also have the opportunity throughout the year to compare their performances with previous ones in order to achieve their personal best and set targets for future performance. Year 8 have two lesson per week. Each activity lasts approx. 8/9 weeks. Students will be expected to plan and perform more effective warm-up routines for themselves/others; Students will be expected to extend and apply their range of skills in each physical activity. Students will develop a deeper understanding of rules/tactics in games. They will be able to create sequences in answer to set tasks in aesthetic activities. Students will evaluate their own and others' performances.

Examinations/Key Assessments

Students will be assessed through; practical performance; knowledge and understanding of rules/tactics; ability to plan sequences and evaluation skills, being able to comment on their own and others' performances. Teachers assess students work in PE as they are working during lessons. Teachers record the progress made by students against the scheme of work and learning objectives for their lessons. At the end of a unit of work, teachers make a judgement using the PE assessment scores and record this information on the students' individual progress sheets.

Homework

Students may be asked to research certain subject areas and complete specific homework pieces e.g. Benefits of Physical Activity (Physical, Mental and Social) and Components of Fitness (Physical Fitness). In addition students need to practice and develop movement skills for each activity covered.

How Parents can Help

1. By ensuring that your son has the correct P.E. kit for each activity as shown on his timetable. (Indoor/outdoor lessons, football boots are essential in the winter months)
2. By naming all items of his P.E. Kit.
3. By ensuring that your son participates fully in the physical education programme.
4. By encouraging your son to attend clubs or after school practices/matches. Your support at the games field will be much appreciated.

Year 9 Physical Education (KS3 Core PE)

Topics Covered

Students will develop knowledge and understanding of Physical Education through the following activities - **Athletics, Tennis, Football, Cricket, Gymnastics, Badminton, Table Tennis, Rugby, Football and Health related fitness**. The pupils will be required to develop their understanding of health related fitness such as stamina, speed, strength, and agility and how these relate to each of the 8 activities.

Curriculum Overview

The overall aim in year 9 is for students to build upon the solid foundation in years 7 and 8 and improve or refine their physical, mental and social skills in Physical Education. In each activity they should aim to become more competent, confident and expert in their techniques and apply them across different sports and activities. They should understand what makes an effective performance and how to apply these principles to their own and others' work. Comparing performances with previous ones to achieve their personal best is very important in year 9. Throughout the year students will be given opportunities to engage in health promoting physical activity. They will also be encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Year 9 have two lessons per week. Each activity lasts approx. 8/9 weeks. Students will be expected to understand why it is essential to be fit and healthy. They will also be expected to practice and perform more complex skills associated with each activity covered. Students will be expected to plan and apply tactics and adapt them accordingly to changing situations in game play. They must work effectively with others to plan sequences/compositions. Students will also be expected to critically evaluate their own and others' performances. Students will develop their leaderships skills, in particular developing a variety of roles within lessons such as captain, umpire, coach etc.

Examinations/Key Assessments

Students will be assessed through; practical performance; knowledge and understanding of rules/tactics; ability to plan sequences and evaluation skills, being able to comment on their own and others' performances. Teachers assess students work in PE as they are working during lessons. Teachers record the progress made by students against the scheme of work and learning objectives for their lessons. At the end of a unit of work, teachers make a judgement using the PE assessment scores and record this information on the students' individual progress sheets.

Homework

Students may be asked to research certain subject areas and complete specific homework pieces e.g. Components of Fitness (Physical and Skill Related Fitness) and Analysis Skills (How to analyse performance, perfect model). In addition students need to practice and develop movement skills for each activity covered.

How Parents can Help

1. By ensuring that your son has the correct P.E. kit for each activity as shown on his timetable. (Indoor/outdoor lessons, football boots are essential in the winter months)
2. By naming all items of his P.E. Kit.
3. By ensuring that your son participates fully in the physical education programme.
4. By encouraging your son to attend clubs or after school practices/matches. Your support at the games field will be much appreciated.

Year 9-11 Physical Education (KS4 Examination)

Examination/Specification Board

EDEXCEL (BTEC)

Curriculum Overview

This is a vocational qualification (Edexcel) and has been designed to provide an engaging and stimulating introduction to the world of sport. This course is also popular and effective because it encourages learners to take responsibility for their own learning and to develop skills that are essential for the modern day workplace. Some of these skills include: teamwork, working to deadlines, presenting information effectively. Students can be awarded Level 1 Pass; Level 2 Pass, Level 2 Merit, Level 2 Distinction and Level 2 Distinction*. The course consists of 4 units. One unit will be externally assessed with an online exam. The other three units will be internally assessed (coursework). Topics include:

- Fitness for Sport and Exercise
- Practical Sports Performance
- The Mind and Sports Performance
- The Sports Performer in Action
- Training for Personal Fitness
- Leading Sports Activities
- Anatomy and Physiology for Sports Performance
- Lifestyle and Well-being
- Injury and the Sports Performer

Examinations/Key Assessments

One of the Units is externally assessed by completing an online exam. The other units will have approximately 3 to 4 assignment tasks. Each unit contains statements of evidence that you have to produce in order to receive a pass, merit or distinction. Evidence for assessment can include assignments, work-based assessments, role play projects, performance observation, verbal presentations, case studies and time constrained assessments.

Homework

Homework is an essential part of the BTEC Sport course. You need to be well organised to co-ordinate a variety of tasks for each assignment. You must be confident in terms of self-study and research as well as disciplined to meet deadlines. Your teacher will set homework for each task and expect it to be done by an agreed date. Deadlines must be met.

How Parents can Help

Assignment tasks need to be completed within two to three weeks of the hand-out date. Therefore parents can help by ensuring that their child is up to date with each task. They can support and guide the pupils when they are researching and planning their work.

All homework will be set via 'Show my Homework'.

Year 12/13 Sports and Exercise Science (KS5 Examination)

Examination/Specification Board

EDEXCEL (BTEC)

Curriculum Overview

A BTEC National in Sport is one of the most popular BTEC courses. It is a vocational qualification that will help prepare you for a huge range of careers. You may be thinking of pursuing a career either as an elite sports performer or as a coach. At present, there are around 1.2 million coaches in Britain. You may be considering joining the health and fitness industry as an exercise professional. Research demonstrates a clear link between an active lifestyle and good health. As a result, the health and fitness industry has grown substantially over the last 10 years. There is a huge demand for exercise professionals, and there are good employment opportunities. In your BTEC course, you will be studying a wide range of units; all related to sport. You will learn about your body and how it responds to exercise. This will help you to understand how and why your body responds to training and how training programmes can be devised for health, sport and well-being.

Examinations/Key Assessments

This is a combination of external assessment, exam and case study (67%) along with internal assessment coursework and practical performance (33%). You need to be well organised to co-ordinate a variety of tasks for each unit and assignment. You must be confident in terms of self-study and research as well as disciplined to meet deadlines. Your teacher will set homework for each task and expect it to be done by an agreed date; deadlines must be met.

Homework

Homework is an essential part of the BTEC Sport course. You need to be well organised to co-ordinate a variety of tasks for each assignment. You must be confident in terms of self-study and research as well as disciplined to meet deadlines. Your teacher will set homework for each task and expect it to be done by an agreed date. Deadlines must be met.

How Parents can Help

Assignment tasks need to be completed within two to three weeks of the hand-out date. Therefore parents can help by ensuring that their child is up to date with each task. They can support and guide the pupils when they are researching and planning their work.

All homework will be set via 'Show my Homework'.