

P.E (Core)

Curriculum Intent

The Physical Education Department at Turves Green Boys School pride themselves on delivering a diverse curriculum which promotes an enjoyment for physical activity and the importance of lifelong skills. Through encouragement, equality and innovation, we can all access a healthier, active and consistent curriculum at Turves Green Boys School. The aims of the curriculum are that young people should become successful learners, confident individuals and responsible citizens. The curriculum will impact on young people's ability to enter work and adult life as confident and capable individuals who can make a positive contribution to society. With such facilities, access and experience, we consider physical education at key stage three and four a vital part of the school's culture. Pupils who choose to study physical education at key stage four would be timetabled three lessons a week with a mixture of theory and practical that would benefit their understanding of the course expectations and requirements.

PE Program of Study

Year 7 - Core Skills

Year 8 – Advanced Skills

Year 9 – Selecting and Applying

(pupils must in a game-like situation selecting and applying skills)

Year 10 – Leadership, Coaching and Officiating

(pupils must lead tasks and drills)

Year 11 CORE Physical Education: P L A Y

KS3

In Year 7, 8 and 9 pupils receive 2 PE lessons both 1 hour long in duration per week. The time is split equally between indoor and outdoor activities.

The units followed in Key Stage 3 cover a range of the following activities: Football, Basketball, Handball, Fitness, Badminton, Touch Rugby, Hockey, Gymnastics, Volleyball, Table Tennis, Cricket, Tennis, Rounders/Softball and Athletics.

At present in Key Stage 3 all physical education is taught in mixed ability groups.

Teaching and Learning at Key Stage 3 – The Physical Education department would like to optimise motivation through directly focusing on 'how learning works.' Eric Jensen (1995) stated the following features are essential for engagement within learning:

(1) Learning must have some kind of relevance and meaning that is related to needs of each pupil. By promoting transferrable skills, pupils will be able to link activities to one another. (2) There should be flexible goals that are low stress and high challenge, allowing all pupils to access the lesson from start to finish. (3) Hope – there must be belief that the learning outcomes can be seen at all times and achieved during the lesson.

At Key Stage 3 pupils are assessed in 5 key area:

Character

Performance and Tactics

Evaluate and Improve

Leadership

Health and Fitness

Character

Respect – To demonstrate respect to all, players, officials consistently

Determination – To demonstrate the ability to keep going in to achieve a goal

Sportsmanship – To demonstrate fairness and generous behaviour or treatment of others during competition

Resilience – To demonstrate the capacity to recover quickly from difficulties

Teamwork – To demonstrate selflessness, working for the team and not the individual

Performance and Tactics

Replication – Demonstrates consistent and repetitive technique

Creativity – Select and adapt performance depending on the situation

Accuracy – Demonstrate precision in executing a sporting action

Control – Demonstrates coordinated movement with discipline and fluency

Intensity – Perform with a high level of effort and vigour

Evaluate and improve

Tactics – To demonstrate a range of different concepts and ideas in order to outwit an opponent

Problem Solving – To demonstrate the ability to adapt performance in a range of situations

Strategy – To formulate a plan of action to overcome a difficulty

Influence – To demonstrate the ability to have an impact on their own and their team's performance

Positioning – To demonstrate the ability to stand or move in such a way that benefits the overall performance of the group or team

Leadership

Communication – To demonstrate the ability to clearly exchange information with others through speaking, listening and body language

Confidence – To demonstrate and convey the impression of self-belief, self-assurance in performance

Organisation – To demonstrate the ability to plan and run an activity

Knowledge – To demonstrate clearly their understanding of rules, regulations, skills and techniques in a sporting context

Evaluate – To demonstrate justification and evaluation of their own and others performances

Health and Fitness

Training Methods – Different ways of training to improve specific components of fitness (i.e. Stamina, Speed, Strength, Suppleness etc.)

Active – Being physically busy and recognising why this is important in developing a healthy lifestyle

Types of Fitness – Understanding how different sports have different demands on the body and demonstrating how fitness levels impact on sports performance

Participation – Taking part in sport is a lifestyle choice based on the known benefits to physical, social and mental well-being

Anatomy – Understanding the structure or internal workings of the body

By the end of key stage three, pupils should be able to highlight core skills, advanced skills and select and apply a plethora of skills in a conditioned or game situation. Theoretically, pupils must be able to identify strengths, weaknesses and ways to improve performance. Finally, pupils must be able to create ways of improving and suggest barriers which may impact their ability to progress.

KS4

In Key Stage 4 pupils must complete 1 hour of compulsory core sport per week this time is split equally between indoor and outdoor activities, on a rotation basis.

The units followed in Key Stage 4 cover a range of the following activities: Football, Basketball, Futsul, Handball, Health-Related Fitness, Badminton, Table Tennis, Cricket, Tennis, Rounders, Softball and Athletics.

Teaching and Learning at Key Stage 4 - The aims of the curriculum are that young people should become successful learners, confident individuals and responsible citizens. Our curriculum has considerable impact on young people's ability to enter work and adult life as confident and capable individuals who can make a positive contribution to society. Increase pupils' ability to autonomously make a decision in a given situation. During Year 8 and 9 and further into Year 10/11, pupils will learn advanced skills (within sport) and the skills required to reflect and improve their capabilities within a given situation.

Emphasise the importance of reflecting on performance.

Improve all aspects of literacy through Q&A.

Promote healthy lifestyle.

Encourage participating in a range of sports through collaboration.

Promote independent enquires.

Encourage creative thinkers.

Explore the benefits of teamwork.

Managing emotions and building relationships.

Adaptable to ideas as circumstances change.

By the end of key stage four, pupils should be able to expand on their KS3 knowledge and funnel the information based on criteria expectations. For Level 2 OCR Sports Studies pupils must be able to highlight skills in relation to practical, coaching, socio-cultural influence and media impacts on sport. When leaving Turves Green Boys School pupils should be able to move on and build on this knowledge and learning experience to succeed at College, Sixth Form and University or Apprenticeships.

GCSE Exam

Turves Green Boys' School has prided itself on providing a key stage four option in physical education for many years. With such facilities, access and experience, we consider physical education at KS4 a vital part of the school's culture. However, with varying specifications and performance indicators, it is essential that the department offer a course that ensures accessibility is accounted for. Pupils who choose physical education would be timetabled to three hours per week with a mixture of theory and practical that would benefit their understanding of course expectations and requirements.

Pupils would be assessed against OCR Sport course criteria

All theory work and feedback would be based on KS4 PE course criteria

Pupils will be required to sit exams in January and May of Year 11

KS4 expectations & results at Turves Green Boys School have been the foundation of the school's success and constant improvement. Pupils are aware of the reward of achieving their target grade in each KS4 subject and the expectations of applying for further education or similar pathways. All pupils are constantly reminded of their target grades, possible grades and how their attendance and ATL influences their overall grade

The units that would be delivered as part of the OCR Sports Studies course are:

Unit 1 – Contemporary Issues in Sport (60 Minute Exam Paper)

Includes topics such as: issues with participation in sport, drugs in sport, etiquette and respect in sports and the role of governing bodies.

Unit 2 – Developing Sports Skills

Practical unit which focuses on team sport, individual sport and a written evaluation of performance in selected sports covering strengths and areas for development.

Unit 3 – Sports Leadership

Involves planning and leading a coaching session, and writing an analysis of different coaching qualities and styles which are demonstrated by effective sports leaders.

Unit 4 – Sport in the Media

Explores the relationship between sport and the media, and how this has changed over time.

Career Prospects

How can sport impact on lifestyle and other areas of your life?

Virtues Sport can allow us all to demonstrate in different aspects of our life:

Team player – thinking about the team rather than as an individual

Communication skills – group tasks, matches, interviews, presentations, instructions

Acceptance of defeat/failure – dealing with defeat is a skill in itself

Organisation – being prepared

Compassion – understanding people's feelings

Dignity and Integrity for others – willing to help each other and support people who need it

Respect – respecting friends, teachers, managers, supervisors, opponents

Responsibility – being responsible for your own actions. Every action has an outcome

Following successful completion of this course pupils will be able to follow an 'A' Level in Sports Studies or Sports Science which can lead onto a University degree or a BTEC National Level 3 both of which can lead to a University degree course. The skills developed studying OCR Sports Studies lend themselves to a wide range of careers but in particular these skills are valued by employers in industries / organisations that specialise in: sports coaching, sports nutrition,

physiotherapy, the leisure industry, swimming instructor, gym instructor, personal trainer, media, sports development, working within a sporting authority, physical education teaching, sports masseuse and much more.