

KS3 PE curriculum

Throughout our key stage three curriculum students have the opportunity to explore a variety of activities that range from traditional sports such as Rugby and Football, to up and coming sports such as Frisbee and Yoga. In key stage three we aim to develop our student's skills and experiences of sports so they become lifelong learners and develop a healthy active lifestyle. A broad and balanced curriculum is offered over three years and students will develop their skill in using a range of tactics and strategies to overcome opponents in direct competition through team and individual games, develop their technique and improve their performance in competitive sports, and finally, analyse their performances compared to previous ones and demonstrate improvements to achieve their personal best. We also offer an extensive extra-curriculum programme where students can take part in competitive sports and activities both inside and outside school through community links or sports clubs. The school facilities include a large sports hall (4 badminton courts), a gymnasium, 3 trampolines, two tennis courts and a small eleven a side football pitch. Each year students have the opportunity to visit Warwick University where they use the Athletics track for our annual sports day.

KS4 PE GCSE

At KS4 students have the opportunity to take part in the AQA GCSE PE full course. If they chose to do this then they will have both theory and practical lessons. Students will take part in a range of practical and individual sports. At the end of KS4 students will sit two theory papers which will account for 60% of their mark. The remaining 40% will come from a combination of grades from three sports. Students are encouraged to work independently and use the GCSE PE bite size website, along with the AQA GCSE (9-1) text book. They will also be expected to complete homework and where possible compete in sports through our extensive extra-curricular programme and community sports links. Often students are given the opportunity to watch elite athletes to support their learning. Opportunities are given during curriculum time where students may be given the chance to observe a Badminton championship, or extra-curricular provision where they may be taken to various football stadiums to watch champions league or international football games.

KS4 PE CORE

All students in Y10 and Y11 will take part in core PE as part of their curriculum. In KS4 students will develop their ability to use and develop a variety of tactics and strategies to overcome opponents in team and individual games, develop their techniques and improve their performance in other competitive sports and physical activities, and evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. They are also encouraged to take part regularly in competitive sports and activities outside of school through our extensive extra-curricular programme and community links. Y10 and Y11 focuses on the importance of students adapting a healthy active lifestyle and the importance of PE in schools and how it can assist with student's performance academically. Throughout the year opportunities may arise for students to gain a sports leaders qualification and various coaching/refereeing qualifications that can be used both internally and externally through our wider club links.