



St Martins School

Selfless ❖ Self-assured ❖ Successful

Physical Education Curriculum

2020/21



At St Martins School, the PE department aim to provide an exciting, stimulating and engaging programme of study that provides a positive and safe learning experience for all students to achieve their full potential.

Intent

- To provide and deliver a broad, balanced and inclusive curriculum that is enjoyable, safe and challenging.
- To develop students' physical and social skills, and personal confidence.
- To promote health awareness and the value of adopting and leading a healthy lifestyle.
- To develop leadership skills, responsibility and self-awareness.
- To develop positive attitudes in students by demonstrating and understanding moral values; respect for others and promoting sportsmanship.
- To support the development of self-esteem through improving physical confidence and resilience by helping pupils cope with both success and failure in competitive activities.
- To offer a variety of extra-curricular activities for students to develop their talents and interests.

Implementation- Key Stage 3 Curriculum

	Group	Autumn Term –		Spring Term-		Summer Term	
		Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 6 weeks	Summer 2 6 weeks
Year 7	All year 7 PE groups are in tutor groups with a mixture of boys and girls.	Rugby Netball	Netball Football	Swimming Basketball	Handball Badminton/ table tennis	Athletics Cricket Rounders' Softball	

Year 8	Boys Group 1 and 2	Rugby	Football	Swimming Basketball	Handball Badminton/ table tennis	Athletics Softball	Athletics Cricket
	Girls Group 1 and 2	Netball Rugby	Netball Football	Swimming Basketball	Handball Badminton/ table tennis	Athletics Rounders'	Athletics Rounders'

Year 9	Boys Group 1 and 2	Rugby	Football	Swimming Basketball	Handball Badminton/ table tennis	Athletics Softball	Athletics Cricket
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	Girls	Netball	Netball		Swimming	Handball		Athletics	Athletics
	Group 1 and 2	Rugby	Football		Basketball	Badminton/ table tennis		Rounders'	Rounders'

Physical Education is valued as an important part of the curriculum for all pupils. In year 7, the students are taught in their form groups which consist of boys and girls. From years 8 to 11, boys and girls are taught separately. The sequencing of subject content contributes to a strong curriculum by establishing key topics/ sports which escalate in each year. There is rigour and challenge in the curriculum, ensuring each year, the skills taught are more demanding as students increase their experience in each sports.

Students in Key Stage 3 will take part in a range of activities and be assessed in the following areas:

- Football, Netball, Rugby, Handball, Basketball (Invasion games)
- Badminton, table tennis, (outwitting an opponent)
- Athletics, Fitness (Performing at maximum levels)
- Rounders, Cricket and Softball (Striking and fielding)
- Swimming, water safety and life-saving skills (Exercising safely)

At the end of year 9 students should be able to play a diverse range of sports, in a competitive setting. They will be able to use core and advanced skills in each sport. Students will be able to reflect on their strengths and weaknesses within the activities they are taught.

If you came into a typical lesson, you will see engaged students who are willing to participate and learn safely. You will see live assessment and different types of feedback, ensuring students' progress, and enjoy their lessons.

The major contributing factors to our results are a balanced theory and practical curriculum for GCSE students. Students are prepared for GCSE through a challenging and rigorous curriculum in Key Stage 3. We also have a broad extra-curricular programme throughout year groups, which enables all students to build on their skills and experiences.

Assessment

Each activity consists of 8-12 lessons. During each unit of work, the students are taught skills, tactics and strategies to develop their knowledge and understanding of the activity areas. Students are being assessed throughout the unit of work and are given a GCSE PE grade for each activity as well as a grade for behaviour and attitude to learning (1= excellent, 2= good, 3= satisfactory, 4= poor). All students in Key Stage 3 will be given a learning booklet where they will be required to complete tasks on the activity they are focusing on.

Key Stage 4 Curriculum

	Group	Autumn Term		Spring Term		Summer Term	
		Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 5 weeks	Summer 2 Beginning of June—to beginning of exams
Year 10	Boys	Rugby	Football	Swimming	Handball	Athletics Softball	Athletics Cricket
	Girls	Rugby Netball	Netball Fitness	Badminton Table tennis	Basketball Handball	Rounders' Athletics	Cricket Athletics

Year 11	Boys	Rugby	Football Fitness	Swimming	Handball	Athletics Cricket / Softball	
	Girls	Rugby Netball	Netball Fitness	Badminton Table tennis	Basketball Handball	Athletics Rounders	

In key stage 4, the curriculum ensures pupils, and are offered a ranges of activities to develop their personal fitness and whilst promoting correct choices, enjoyment and healthy active lifestyle.

At the end of year 11 students will hopefully be engaged and enjoy sport and PE, and be empowered to develop healthy habits though which they may become lifelong participants of physical activity. Students who study GCSE PE, will be able to perform in three spots, to a competitive level and to be able to reflect their own and others' strengths and weaknesses.

Pearson BTEC Sport First Award in Sport.

<https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html>

From September 2020, the PE department will be offering a new and exciting BTEC Sport course to complete throughout year 9 and 10. The title of the course is: BTEC First Award in Sport (2018). This will be completed over 3 hours per week in addition to the 2 hours of practical PE. If students do not select this course, they continue with the 2 hours of compulsory PE per week. This course consists of 4 units: Fitness for Sport and Exercise, Practical Performance in Sport, Applying the Principles of Personal Training and Leading Sports Activities.

Edexcel GCSE Physical Education 1-9.

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

This is an exciting two year course which they start in September of year 10 and sit two exams in the May of year 11. Unlike previous course, this course is 60% theory and 40% practical. The course is composed of six theory units, a coursework and practical assessment. The theory units include: Physical Training, Health and Well-being, Anatomy and Physiology, Sport Psychology, Movement Analysis and socio-cultural influences.

The Personal Exercise Programme (PEP), is a 1500-word Coursework. In this coursework, students must identify their strengths and areas of development regarding their components of fitness by conducting the relevant fitness test. The students must compose a suitable 6-week training programme, with the main aim to improve certain components of fitness so they can compete in their chosen sport at a higher level.

During the Practical Assessment, students will be assessed in three sports that they can select from a list of a variety of sports given by the exam board, Edexcel. Students must select one individual sport, one team sport and their third choice can either be an individual or team sport. In each sport, the student can gain a maximum 10 marks by performing a certain isolated skill under pressure and a further 25 marks in an official competitive situation.

Applying Personal, Learning and Thinking skills (PLTs) in PE and Sport at Key Stage 3 and 4.

The framework comprises **six groups of skills** that are essential to success in learning, life and work. In essence, the framework captures the essential skills of: managing self; managing relationships with others; and managing own learning, performance and work. It is these skills that will enable young people to enter work and adult life confident and capable. Below are the six groups of skills:



For each group, there is a focus statement that sums up the range of skills. This is followed by a set of outcome statements that are indicative of the skills, behaviours and personal qualities associated with each group.

Each group is distinctive and coherent. The groups are also interconnected. Young people are likely to encounter skills from several groups in any one learning experience. For example, an independent enquirer would set goals for their research with clear success criteria (reflective learner) and organise and manage their time and resources effectively to achieve these (self-manager). In order to acquire and develop fundamental concepts such as organising oneself, managing change, taking responsibility and perseverance, learners will need to apply skills from all six groups in a wide range of learning contexts.

Further Education and careers in Sport.

After completing GCSE PE or BTEC Sport, students can go to college to study a range of Sport courses. Level 3 BTEC Sport courses studied at college or sixth form centres include, Sport and Exercise Science, BTEC Sports Coaching, BTEC Sports Nutrition and BTEC Sports Management to name a few. After completing these courses, students go on to work in the Sport and Leisure industry. Many BTEC Sport or GCSE PE students go on to study PE and A levels.

Following on from this, students can study a wide range of degrees in Sport at Universities or focus on the non-practical side of sport and go into Sports Media and Sponsorship.

Termly themes

Throughout the year, sporting themes will feature in PE lessons that are linked to national and international sporting events/ tournaments, such as the Olympics for example. This is a great opportunity to encourage the students to watch or engage in that particular sporting event and hopefully that will inspire them to participate in that sport. For example, following the Women's Football World Cup, we have seen an increase in the amount of girls engaging in football.

As a result, we have included football and rugby in the girls' PE curriculum. This is brilliant, as girls are playing football for the school team and some girls have started to play Rugby at the local Rugby club, Oswestry RC.

Extracurricular activities and opportunities

At St Martins School, we offer a wide range of extracurricular activities to all students in both Key Stage 3 and 4. These weekly after school training sessions which run all year round include: football, netball, rugby, badminton, table tennis, trampolining, rounders', cricket, softball and athletics.

We enter local and nationwide tournaments in many sports giving your child the chance to be part of a team which promotes sportsmanship and resilience as well as other important social aspects. There are also many opportunities for students to be selected to represent North Shropshire, Shropshire and further in many sports. In addition to school sport, we offer the Duke of Edinburgh Award, Sport Leaders Award and Combined Cadet Force (CCF).

Every two years, we take a group of students to represent the school in football and netball at a Sports Festival near Udine, Italy. This is a great opportunity to experience playing sport abroad and to also learn about another culture.



