

## Physical Education Intent

### **CURRICULUM INTENT**

Physical activity is a critical life-skill which will impact on an individual's health and well-being. Our curriculum is designed around high-quality experiences in a varied and broad spectrum of physical activity and sport. Students are encouraged to find an activity that engages, challenges and inspires them to participate in a 'life-long' active pursuit. Students experience a variety of roles such as official, coach & choreographer and are given the opportunity to develop their Leadership skills through the Sports Leader Award. As our student's progress, they should be able to participate, organise, lead active learning challenges and be confident in accessing physical activity outside of school.

### **Aims**

Our aim is to provide a supportive atmosphere, promoting and enhancing students' experiences and enthusiasm for physical activity. Students should experience & develop their core skills & fitness which apply across the range of activities. Students gain knowledge in the key theoretical aspects of the subject which will enable them to lead an active healthy lifestyle.

*Our curriculum for Physical Education aims to ensure that all students:*

- Experience a large range of activities to inspire an active life-long participation
- Become and remain physically active
- Have the opportunity to select and study the subject at GCSE level
- Are able to fulfil their potential in any given activity or sport
- Develop the confidence & knowledge to access physical activity and sport outside of the school environment

### **Subject content**

Students are taught to develop their fitness & core skills and apply these effectively in both competitive and performance based activities. They will develop their ability to evaluate and improve performance increasing their proficiency in ever more challenging situations.

### **Extra-Curricular**

Students are encouraged to participate in recreational activity, alongside intra & inter school competitions. Students have access to a wide range of clubs and competitions throughout the year and their success is celebrated at the Annual Sports Awards Presentation Evening.


### **Career opportunities**

Physical fitness & health are crucial to all aspects of life. There are many opportunities to pursue a career in the field of physical activity:-


- Leisure Management
- Physiotherapist
- Professional Sportsperson
- Sports Scientist/Consultant
- Coach/Personal trainer
- Diet & Fitness Instructor
- PE Teacher



**ST CLEMENT'S**  
**HIGH SCHOOL**

	Half Term	Year 7	Year 8	Year 9	Year 10 (CORE)	Year 11 (CORE)
Autumn Term 2020	1	<p><b>YEAR FOCUS;</b> Development of fundamental skills and techniques in a range of sports from the PE National Curriculum</p> <ul style="list-style-type: none"> <li>Stages/principles of a warm up</li> <li>Stages / principles of a cool down</li> </ul>	<p><b>YEAR FOCUS;</b> Progression of fundamental skills to advanced skills and techniques in a range of sports from the PE National Curriculum. Skills and techniques applied through defensive and attacking principles.</p> <ul style="list-style-type: none"> <li>Immediate effects of exercise on the muscular and skeletal system</li> <li>Immediate effects of exercise on the cardiorespiratory system.</li> </ul>	<p><b>YEAR FOCUS;</b> Development of tactics and strategies to create success in a range of sports from the PE national curriculum. Development of leadership skills through a Sport Education programme where possible.</p> <ul style="list-style-type: none"> <li>Principles of training</li> <li>The implications of key principles when planning a training programme</li> </ul>	<p><b>YEAR FOCUS;</b> Sports Leader UK award delivered within Core PE lessons. All students have option of completing qualification. Practice sessions delivered to other year 10 students, KS3 students primary school pupils. Core PE plan in place with options chosen at start of year. <b>Students are encouraged to be physically active in sports they enjoy.</b></p> <ul style="list-style-type: none"> <li>Communication and Confidence (Leadership)</li> </ul>	<p><b>YEAR FOCUS;</b> Students given opportunity to be physically active to gain both the physical and mental benefits from exercise. Options given to encourage students to be physically active in sports they enjoy.</p> <ul style="list-style-type: none"> <li>Mental Health and Well-being</li> <li>Social Benefits</li> <li>Lifestyle Choices</li> </ul>
	2	<ul style="list-style-type: none"> <li>Name &amp; location of voluntary muscles</li> </ul>			<ul style="list-style-type: none"> <li>Health &amp; Safety (Risk Assessment)</li> <li>Officiating Rules and Regulations</li> </ul>	<ul style="list-style-type: none"> <li>PPE Examinations &amp; preparation for GCSEs</li> </ul>
Spring Term 2021	3	<ul style="list-style-type: none"> <li>Function of the Skeleton and types of bones</li> <li>Name and location of all skeletal bones</li> </ul>	<ul style="list-style-type: none"> <li>Different heart rates and exercise intensities</li> <li>Fitness components and the practical application</li> </ul>	<ul style="list-style-type: none"> <li>Long term effects of exercise on the muscular &amp; skeletal system</li> <li>Long term effects of exercise on the cardiorespiratory system</li> </ul>	<ul style="list-style-type: none"> <li>Sports Injury</li> <li>Broader roles within club environment</li> </ul>	
	4				<ul style="list-style-type: none"> <li>Lifelong Participation (links to local providers)</li> </ul>	
Summer Term 2021	5	<ul style="list-style-type: none"> <li>Types of joints</li> <li>Movements at a joint</li> <li>Structure &amp; function of a joint</li> </ul>	<ul style="list-style-type: none"> <li>Fitness tests: method, purpose and results analysis</li> <li>Methods of training and the practical application</li> </ul>	<ul style="list-style-type: none"> <li>Diet: sources and functions</li> <li>The implications of a sedentary lifestyle</li> </ul>	<p><b>COMPULSORY; SPORTS LEADER AWARD &amp; ATHLETICS</b></p>	<p><b>7 ACTIVITIES COMPLETED</b></p>
	6	<p><b>11 ACTIVITIES COMPLETED</b></p>	<p><b>11 ACTIVITIES COMPLETED</b></p>	<p><b>11 ACTIVITIES COMPLETED</b></p>	<p><b>11 ACTIVITIES COMPLETED</b></p>	 <p><b>ST CLEMENT'S HIGH SCHOOL</b></p>

**Autumn-Spring terms & Summer term activity carousels. Significant changes in place due to COVID restrictions**

	Half Term	Year 10 (GCSE)	Year 11 (GCSE)
Autumn Term 2020	1	<ul style="list-style-type: none"> <li>2.1 Lever systems and the mechanical advantage they provide in movement</li> <li>2.2 Planes and axes of movement</li> <li>1.2 The structure and functions of the cardiorespiratory system</li> <li>1.3 Aerobic/anaerobic exercise and energy sources</li> <li>1.3 Energy use, diet, nutrition and hydration</li> <li>1.4 The short- and long- term effects of exercise</li> </ul>	<ul style="list-style-type: none"> <li>3.1 Engagement patterns of different social groups</li> <li>3.3 Ethical &amp; socio-cultural issues</li> <li>3.2 Commercialisation 3.5.5 PEDS</li> </ul>
	2	<p><b>TABLE TENNIS, BADMINTON, TRAMPOLINING</b></p>	<p><b>PRACTICAL FINAL ASSESSMENT INCLUDING VIDEO EVIDENCE</b></p>
Spring Term 2021	3	<ul style="list-style-type: none"> <li>2.1 Classification of skills &amp; Types of Practice</li> <li>2.3 Guidance and feedback on performance</li> <li>2.4 Mental Preparation</li> </ul>	<p>REVISION/RECALL &amp; PPE PREPARATIONS</p> <p>PAPER 1 &amp; PAPER 2</p>
	4	<p><b>FOOTBALL, DANCE, NETBALL</b></p>	<p>PREPARATION FOR PRACTICAL MODERATION</p>
Summer Term 2021	5	<p>COURSEWORK PREPARATION, DATA COLLECTION</p> <p>PEP WRITE UP</p>	<p><u>Exam dates:</u></p> <p><b>MAY 2021</b></p> <p><b>PAPER 1 &amp; PAPER 2 DATES TBC</b></p>
	6	<p>ATHLETICS</p>	 <p><b>ST CLEMENT'S</b> HIGH SCHOOL</p>

**Duration of each practical activity varies depending on the cohort's strength**