

Physical Education CURRICULUM PROGRESSION PATHWAY: Our course is delivered to reflect the objectives of our Trust's knowledge-rich curriculum ensuring its intent is specific so that content is clearly stated and delivered in varied ways, across different timeframes and allocations to be appropriate to student age related needs, capabilities, interests and aspirations. Its implementation is cumulative taking into account the diversity and differing needs of learners; offering regular points of choice and flexibility to match students' growth, development and changing interests. The course provision is enriching so as to be well-rounded assisting all, regardless of ability, ethnicity, cultural background, gender, socio-economic circumstance etc. whilst promoting the love of physical activity and sport. Study, be it to up to examination level or beyond, aids the development of physical competence, enhances knowledge of tactics and strategies whilst developing analytical and evaluative skills. Physical Education aims for students to foster a passion and desire to lead a healthy and active lifestyle during their school years and beyond. Our course's preparatory design constantly seeks to prepare and encourage students to access further studies relevant to students' current and future lives, experiences, environments and aspirations aiding a socially and economically prosperous future while respecting our country's past, culture, values and traditions. Our PE curriculum is impactful because it is rigorous ensuring content is suitably demanding, well sequenced and regularly revisited to coherently balance breadth and depth of study making learning meaningful for learners with regard to their age, interest and ability. Physical Education has a rightful place in our curriculum and is worthy of study and we aim to encourage students to select it for further study.

Why is the study of Physical Education important?

Physical Education should inspire all students to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for our students to become more physically competent in ways which supports their health, fitness and wellbeing. Our curriculum offers all students the chance to compete in sport and other activities which build character and help to embed values such as fairness and respect.

Students should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Across the study students will be taught to:

- Explore and develop a variety of tactics and strategies to overcome opponents in team and individual games
- Develop technique and improve performance in competitive sports and physical activities
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse and evaluate their own and others' performances and demonstrate improvements
- Take part in competitive sports and activities outside school through community links or sports clubs.

How does your study of Physical Education support your study in other subjects?

The study of any subject in our curriculum takes full advantage of links with other subject areas - we term these as interdisciplinary links and we make the most of them because we know that deep learning requires the transference of knowledge and skills from one topic of learning to another. Once you can transfer your learning across topics and subject areas then you are really mastering what you know and how to apply your understanding and skills.

Physical Education touches on so many other subjects such as mathematics, literacy, biology, music, geography and life. You will learn methods of analysis and evaluation that are widely applicable to other subject areas helping your thinking in all subjects. You will develop an array of skills comprising of how to outwit an opponent, how to

work as a team and problem solve whilst instilling a resilience and self-confidence to persevere. Through developing these skills and qualities you will be equipped with the knowledge and understanding to overcome adversity and succeed.

Research suggests that being physically active generates a whole host of benefits including;

- Reducing the risk of diabetes, asthma, sleep disorders and other illnesses
- Increasing academic performance through increased concentration levels and more directed, composed behaviour
- Enhancing social assimilation. Activities in PE help students develop social interactions and explore the benefits of working with a variety of different students in an array of different situations
- Improving mental health and wellbeing
- Developing self-discipline as well as stretching students beyond their perceived physical capabilities.

How can you deepen your understanding of Physical Education?

The Physical Education department offers lots of great opportunities for you to really engage with this fabulous subject. Throughout all year groups, a variety of enrichment activities are offered to further enhance sporting opportunities at all levels. You have the opportunity to take part in sport and physical activity after school either for recreation, health and fitness or to represent the school competitively.

You can compete in intra-school and inter-school fixtures, area and county events, sports days and Outwood Family of Schools' competitions.

How are you assessed during Year 7 & Year 8 in Physical Education?

During key stage 3 you are assessed using the following assessment objectives which ensure that you can cumulatively build your subject understanding in preparation for future qualifications. There are 6 assessment points each year that we term Praising Stars©. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical education curriculum.

Key Assessment Objectives

- Lead, healthy, active lifestyles
- Develop competence to excel in broad range of physical activities
- Use a range of tactic and strategies to overcome opponents in direct competition
- Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best.

How are you assessed during Key stage 4 in Physical Education?

For those of you who opt to study a PE/Sports qualification at key stage 4, you will be assessed according to the qualification specification and unit content. As in key stage 3, there are 6 assessment points (Praising Stars©) where you will be assessed based on a range of criteria; classwork contribution, coursework/assignments, practical performance and theoretical exams. You will also receive an effort level at each of these points.

Qualifications available at Outwood Academy Freeston from September 2018 are:

WJEC Level 1/2 Vocational Award in sport and coaching principles

GCSE Edexcel and OCR Sports Studies will no longer be offered from September 2019

** Whether you have continued your study of Physical Education as a qualification or not, you will still have access to core PE lessons weekly, up to the end of key stage 4.*

How can Physical Education support your future?

Of course we offer the study of Physical Education/Sports qualifications at key stage 4 and 5 and we encourage your continued study in this fantastic subject. Yet we know that choice and personal interest are important aspects of worthy study.

There are a variety of courses at a range of universities where you can continue your study in this area. For example, some popular courses include; Sports Science, Physical Education and Sports Development and Coaching, as a single honours or a joint honours subject studied alongside other disciplines.

Some careers that the study of Physical Education or Sport supports include:

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Fitness instructor and personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

Curriculum Pathway for Year 7 & Year 8 in Physical Education

Students will participate in a wide range of sports and physical activities throughout the academic year. Revisiting these sports yearly will deepen their knowledge, understanding and improve their performance and competence.

Assessment Framework	Year 7	Year 8
Lead healthy, active lifestyles	<p>Students will explore a variety of sports:</p> <p><i>[Rugby League, Football, Netball, Badminton, Basketball, Athletics, Rounders, Fitness, Gymnastics and Dance]</i></p> <p>As a minimum expectation students will:</p> <ul style="list-style-type: none"> ● Understand how to exercise safely ● Describe how their body feels during an activity ● Give reasons why warming up is important ● Give reasons why physical activity is good for health 	<p>Students will explore a variety of sports:</p> <p><i>[Rugby League, Football, Netball, Badminton, Basketball, Athletics, Rounders, Fitness, Gymnastics and Dance]</i></p> <p>As a minimum expectation students will:</p> <ul style="list-style-type: none"> ● Explain and apply basic safety principles in preparing for exercise ● Describe what effects exercise has on their bodies and why it is important to health
Develop competence to excel in a broad range of physical activities	<ul style="list-style-type: none"> ● Copy, remember and repeat simple skills and actions with control and coordination ● Link actions that suit activities ● Select and use basic skills, actions and ideas 	<ul style="list-style-type: none"> ● Link and apply basic skills, techniques and ideas accurately and appropriately ● Attempt some complex skills and use them successfully on occasion ● Show some precision, control and fluency
Use a range of tactics and strategies to overcome opponents in direct competition	<ul style="list-style-type: none"> ● Identify the difference between attack and defence in different activities ● Begin to show some understanding of simple tactics and basic compositional ideas 	<ul style="list-style-type: none"> ● Understand tactics and composition ● Vary their response in defence and attack
Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best	<ul style="list-style-type: none"> ● Describe and comment on their own and others actions ● Use this understanding to improve theirs and others performance 	<ul style="list-style-type: none"> ● Compare and comment on skills, techniques and ideas used in their own and others work ● Understand how to improve their performance

Curriculum Pathway for Key Stage 4 in Physical Education

Please note: GCSE Edexcel and OCR Sports Studies courses will be no longer running from September 2019

All students will participate in weekly core PE lessons in years 9, 10 and 11 and be provided with an effort grade during the 6 assessment windows.

Those students opting for an exam subject within Physical Education will be assessed through the criteria outlined below.

Qualification	Content to be cover	Assessment method
WJEC Level 1/2 Vocational Award in sport and coaching principles	<p>Unit 1 - Improving Sporting Performance</p> <ul style="list-style-type: none"> ● Understand factors affecting sporting performance ● Understand how to measure sporting performance ● Understand how to improve sporting performance ● Be able to review options for improvements in sporting performance. <p>Unit 2 - Fitness for Sport</p> <ul style="list-style-type: none"> ● Knowledge of adaptations to body systems resulting from exercise. ● Understand the importance of the components of fitness for different physical activities. ● Understand the role of training in achieving improvements in fitness. ● Be able to plan fitness training programmes. <p>Unit 3 - Coaching Principles</p> <ul style="list-style-type: none"> ● Knowledge of the skills and responsibilities of a sports coach ● Understand the coaching process ● Be able to coach. ● Review coaching performance 	<p>Internally assessed assignments = 30% of the total course:</p> <ul style="list-style-type: none"> ● Throughout this component students will be assessed through a variety of methods. This could include a written report containing an opportunity for extended writing, a blog, leaflet or a PowerPoint® presentation. <p>External assessment = 40% of the total course:</p> <ul style="list-style-type: none"> ● The online external assessment will be available from June 2019 and in the June of each year thereafter. A paper version will be available to centres who choose not to offer onscreen assessment. ● Details of the external assessment are as follows: ● Duration: 90 minutes ● Number of marks: 90 <p>Internally assessed (synoptic) assignment = 30% of the total course:</p> <ul style="list-style-type: none"> ● Students will use their knowledge and understanding to plan and lead an engaging activity session. ● This component is designed to be synoptic (drawing together knowledge from the previous components) and taken near the end of the course.