



# Willingdon

COMMUNITY SCHOOL

Sept 2023

CURRICULUM BOOKLET

# Physical Education

# Our School Curriculum Intent

The curriculum at Willingdon Community School offers a broad, balanced, personalised and challenging educational experience, which builds on students' experiences in the primary phase of their education.

It aims to provide all students with the knowledge, understanding, skills and attitudes which are necessary if they are to become successful learners who enjoy learning, make progress and achieve the best they are capable of.

## Subject Vision

We believe that Physical Education is an essential part of a student's education development and in promoting lifelong engagement in physical activity and sport. PE embeds the importance and understanding of physical and mental health and well-being.

As a department, we aim to provide all students with a high quality and broad curriculum that not only provides active participation but also challenges all students regardless of ability and supports the whole school Personal Excellence ethos.

We are committed to providing an environment where pupils can work outside of their comfort zone to utilize an understanding of teamwork, determination, resilience, fairness, respect and boost their confidence and self-esteem.



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# Key Concepts in Physical Education

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. Studying PE at Willingdon Community School will provide opportunities for pupils to become physically confident in a way, which supports their health and fitness both physically and mentally. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.



The national curriculum for physical education aims to ensure that all pupils:

-  **Develop competence to excel in a broad range of physical activities.** We offer a wide range of activities that are suitable for students of all abilities. These include the traditional sports such as invasion games, net games, fitness and aesthetics. Students at Willingdon Community School can also benefit from mountain biking, student leadership opportunities and the Duke of Edinburgh qualification.
-  **Are physically active for sustained periods of time.** Students participate in PE lessons twice a week for 50 minutes and can also attend extracurricular activities during lunch times and after school, all free of charge.
-  **Engage in competitive sports and activities.** Willingdon Community School has a successful competitive sports reputation in the local partnership. All students are invited to train as part of the sports teams and compete against other schools in competitive situations.
-  **Lead healthy, active lives.** Empower students to choose to be physically active adults and know why lifelong participation is important.
-  **Develop a range of life skills for adulthood** including teamwork, respect, resilience, co-operation, communication, skill development, tactical awareness, compassion, independence, leadership and sportsmanship.





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# Programme of Study

## Key Stage 4

During Key Stage 4 core PE; all students will have the opportunity to participate in a range of activities as listed below with the aim to develop personal fitness and to become an active adult:

 Netball	 Athletics
 Gymnastics	 Tennis
 Football	 Rounders
 Dance	 Cricket
 Trampolining	 Stoolball
 Table Tennis	 Fitness
 Basketball	 Handball
 Rugby	 Outdoor & Adventurous Activities

Students will use and develop a variety of **tactics and strategies** to overcome opponents in team and individual games.

**Develop their technique** and **improve their performance** in competitive sports or other physical activities.

Take part in further outdoor and adventurous activities in a range of environments which present **intellectual and physical challenges** and which encourage pupils to **work in a team**, building on trust and developing skills to **solve problems**, either individually or as a group

**Evaluate** their performances compared to previous ones and demonstrate improvement across a range of physical activities to **achieve their personal best**

Encouraged to continue to **take part regularly** in competitive sports and activities outside school through community links or sports clubs.



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# Physical Education

## KS4 Options

Students can choose to do an extra PE qualification during their core PE lessons. This gives them an extra qualification by studying the NCFE Level 1 or 2 Technical Award in Health and Fitness. This extra option cannot be taken if a student is already studying a PE option.

We offer the **Edexcel GCSE PE** and the **NCFE Level 1 or 2 Technical Award in Health and Fitness**.

### **Edexcel GCSE Physical Education**

#### Coursework

30% of the final GCSE grade comes from the student's practical ability. These performances are assessed during the general presentation of the fine skills and during the performance of tactics and techniques. (Individual and team games). Students are assessed in three different sports.



Over the two years' students will be assessed during lessons in:  
Invasion games, Net games, Trampolining and Athletics

Students who participate in sports outside of school, not covered by the curriculum above, may still be assessed as long as that particular sport is on the Edexcel syllabus and students are prepared to submit footage meeting the expectations.

For one sport, students will have to complete a PEP (Personal Exercise Programme) as part of their assessment. This contributes to 10% of the final grade.

#### **Final Examination**

60% of the final grade is achieved through two written examinations.







-  Fitness and Body Systems.
-  Health and Performance.

Students will receive a well-rounded and full introduction to the world of PE, Sport and Sport Science by developing an understanding of how the mind and body works in relation to performance in physical activity.

### **NCFE Level 1/2 Technical Award in Health and Fitness**

This qualification consists of one unit with multiple content areas.  
The regulated unit title 'understands health and fitness'.

Students will cover the following content:

-  Structure and function of body systems
-  Effect of health and fitness activities on the body
-  Health and fitness and components of fitness
-  Impact of lifestyle on health and fitness
-  Applying health and fitness analysis and setting goals
-  Structure of a health and fitness programme and how to prepare safely

#### **Examined assessment**

Externally set written examination: 80 marks. 1 hour 30 minutes a mixture of multiple choice, short answer, and extended response questions (40% of overall award)  
Synoptic project – 22 hours (60% of the overall award)





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# Assessment Plan for Key Stage 4

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Year 10 **GCSE PE:**

## **Component 1: Fitness and Body Systems**

- 🏆 Topic 1: Applied anatomy and physiology
- 🏆 Topic 2: Movement Analysis
- 🏆 Topic 3: Physical Training

## **Component 2: Health and Performance**

- 🏆 Topic 1: Health, fitness and well-being
- 🏆 Topic 2: Sport psychology

Year 11 **GCSE PE:**

- 🏆 **PEP (Personal Exercise Programme)** written and practical coursework.
- 🏆 **Practical Moderation-** three sports.
- 🏆 **Topic 3: Socio-cultural influences**
- 🏆 **Exam preparation**
- 🏆 **Exam Revision**

## **Year 10 NCFE Level 1 or 2 Technical Award in Health and Fitness**

- 🏆 **Unit 1- Body Systems and Principles of Training**

## **Year 11 NCFE Level 1 or 2 Technical Award in Health and Fitness.**

- 🏆 **Preparing and planning for Health and Fitness. (Controlled Assessment).**



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# Programme of Study

## Key Stage 3

During Key Stage 3, all students will follow a broad range of physical activities and study the following activities:

	Netball		Tennis
	Gymnastics		Rounders
	Football		Cricket
	Dance		Stoolball
	Mountain Biking		Fitness
	Table Tennis		Cross-country running
	Basketball		Handball
	Rugby		Outdoor & Adventurous Activities
	Athletics		

During term 1, **Year 7** students will follow a **Gifted and Talented Programme of Study**. The PE teacher will assess each student to ensure they are placed in the correct group, giving them the opportunity to work with peers of similar ability.

**Year 8** and **Year 9** PE groups are set based on their previous end of year assessment and overall attainment across the activities.

The range of activities delivered at Key Stage 3 **promotes an active and healthy** lifestyle in a **challenging environment**. Students will develop **leadership skills** and **confidence**, taking responsibility for leading aspects of learning and building up a sense of **camaraderie** and **team work** amongst their peers.

**Parents can help** to engage their child by ensuring they are prepared **each lesson** with **indoor** and **outdoor** appropriate PE kit.






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## Assessment Plan for Key Stage 3

Students are assessed based on their practical ability and engagement during each term to give a final teacher assessment. Students will often be assessed against GCSE criteria to prepare them for Key Stage 4.

They will be expected to:

-  **Demonstrate, apply** and **analyse** the factors that underpin performance and involvement in physical activity and sport.
-  **Demonstrate** and **apply** relevant skills and techniques in physical activity and sport.
-  **Analyse** and **evaluate** own performance to identify areas of improvement

Pupils are given regular feedback from their teacher and their peers to develop their practical performance. Students are expected to be reflective and critical of their practical ability to ensure they improve. Video analysis is also used to allow students to unpick their own practical ability.

Homework is set once a term to support the learning completed in lesson time. This is in the form of a literacy task which will be graded by their teacher and contribute to the students' final grade.



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# Literacy in PE

PE has a huge literacy focus with discussions, verbal feedback and leadership. During a unit of work, students will be introduced and exposed to key words and sporting terminology to increase their vocabulary.

Learners are encouraged to discuss their ideas and opinions in a range of situations and challenge each other to be creative by giving critical feedback.

# Numeracy in PE

PE provides a range of opportunities for mathematical learning. Students are keep score of games and analyse data. For example, heart rates before, during and after exercise.

Students time events, measure distances during competition and create results tables and leadership boards during tournaments.

# Broadening Horizons in PE

Students are given the opportunity to participate in a range of curricular and extra-curricular activities. These activities range from those that are played locally (stoolball) to those which are popular around the world (handball).

Our extra-curricular programme gives all students the opportunity to experience sports teams at club and international level at venues across the country.

In order to develop cultural capital, students are provided with residential trips to Morfa Bay in Wales and Austria to experience snow sports.



# Raising aspirations in PE

By exposing students to new opportunities within the curriculum, we aim to raise their self-esteem, motivation and confidence.

We continually reinforce students to be the best version of themselves and not to see barriers to their learning and development.

By exposing students to role models within sport and external coaches, it not only develops their understanding of what is needed to achieve to a high level but to also realise that we can learn from failure and setbacks.

Potential career pathways include:

-  Sports Coach
-  Physiotherapist
-  Sports scientist
-  PE Teacher
-  Referee
-  Professional Athlete
-  Official
-  Nutritionist
-  Health Professional
-  Sports Team Manager
-  Governing Body Representative
-  Outdoor Adventurous Instructor



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# **DEVELOPING PERSONAL EXCELLENCE**

**AMBITION RESPECT COMPASSION  
COURTESY HONESTY**