



Willingdon

COMMUNITY SCHOOL

“Lifelong participation”

“I would like to thank you for all the support you have given to our daughter in these years, not only on an academic level, but you have also helped her build her confidence and perseverance, and this is all because of PE.”

Parent of a Year 11 student, Summer 2024

CURRICULUM BOOKLET

Physical Education

JULY 2025

Our School

Curriculum Vision

At Willingdon Community School we provide a broad and balanced curriculum which motivates, challenges and engages our students.

Our vision is to provide a syllabus fit for our students' future, building on the successes of their past and paving the way for post 16 and life. This allows our students to be safe, happy and well-informed global citizens who have experienced a 5-year progressive and dynamic curriculum whereby students have the opportunity to aspire, achieve and embody our school's values of 'Personal Excellence' which is inclusive and reflective of our local needs.

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.



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 students:

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 60 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.

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

During term 1, Year 7 students will follow a rotation of subjects. 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 and by supporting the department by encouraging their child to actively partake in all lessons .





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

Students 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 series of tasks to form a project, which will be graded by their teacher and contribute to the students' final grade.

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
- Football
- Trampolining
- Table Tennis
- Basketball
- Rugby
- Athletics
- Tennis
- Rounders
- Cricket
- Stoolball
- Fitness
- Handball

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.



Physical Education KS4 Options

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.





Assessment Plan for Key Stage 4

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



British Vales

Democracy

Pupils are taught about the need for different roles and different responsibilities, including teamwork and decision making.

pupil voice for PE & School Sport (e.g. re curriculum, extracurricular activities, kit). Pupils know how to behave in PE in a way that is acceptable socially. Pupils understand and accept the roles of captain, vice-captain, team players, coaches and volunteers. Pupils can work individually and in teams and make informed choices. Pupils are fully engaged in all lessons. The extra-curricular programme is inclusive and activities are well attended.

The Rule of Law

Pupils are taught about age appropriate rules, fairness and respect, through a variety of PE activities. Pupils learn to work individually and in groups. An established ethos in PE with regard to how to win and lose fairly and understand good sportsmanship. Competition against oneself is encouraged in addition to competition against others.

Individual Liberty

PE recognises individual differences. There is an ethos where the views of individual pupils are listened to and respected within an acceptable framework.

Pupils are taught safely and about safety. Pupils respect individual differences and are confident to express their opinions and respect others' views. Pupils are able to make judgements about their own and others' performances. Pupils are taught about historical, cultural and religious differences, through a variety of PE activities. The culture in PE respects cultural differences. Pupils are taught about the environment and different activity contexts. There are appropriate rewards and sanctions in PE for inappropriate behaviour. The school engages in competition and encourages competition within and across the community

Mutual Respect and Tolerance

Pupils will know, understand and be able to articulate different styles of dance and the historical aspects of various activities. Pupils avoid stereotyping groups. Pupils can articulate their own beliefs. Pupils respect PE equipment and school buildings/facilities. Pupils respect the countryside and venues during off site visits. Pupils know the values of the school and PE, contribute to their development, and accept rewards and sanctions.



SMSC

SMSC is embedded in the Physical Education curriculum at Willingdon Community School. Students learn a lot about themselves socially when exposed to challenging and competitive situations. These situations occur in lessons and competitions held against other local schools. By undertaking a variety of roles including performer, coach and official, students develop their compassion and empathy for others. This is developed further through providing opportunities for students to coach and officiate activities for one another. Students are provided with ample opportunity during their lessons to be imaginative and creative and also reflect upon their experiences. This is particularly evident when studying dance and gymnastics. Students develop morally at KS3 and KS4 by participating in a range of physical activities. Part of this participation involves learning the laws and rules of the varying activities. Based on this knowledge, pupils develop decision making skills to enable them to participate and compete effectively. Pupils learn to deal with the consequences of making decisions which both comply with or break the rules. All students are expected to participate, adhering to traditional values of fair play and sportsmanship. Students develop their skills in responsibility, self-control and the management of others.

Across both key stages students work collaboratively building upon skills to develop teamwork and the ability to problem solve with others. Students work in a variety of groupings and are respectful of others' opinions as part of their criteria for success. Activities include both single sex and mixed gender sports in order to develop a respect for others in the community.

Students are provided with a vast array of opportunities to experience activities and respond with a willingness to get involved. The programme of study involves activities from a wide range of cultural and historical contexts. Sport is embraced as a global interest and pupils develop knowledge and understanding of the global relevance of sporting events; for example, the Olympics. Through GCSE PE, students study factors and influences which affect a person's participation in sport and gain an understanding of why participation in sport and physical activity is about lifelong participation.

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.

Careers

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