

Subject Curriculum Intent: Physical Education

Definition of Subject

“Hard work beats talent when talent fails to work hard.”

Time Notke

The vision of the PE department is to provide every pupil at ARK Blake with a consistently outstanding and engaging education to develop the pupils physically, mentally, emotionally and socially. We aim to provide every pupil with the opportunity to develop their skills and understanding in a broad range of sports and activities, and develop the understanding of how to lead a healthy active lifestyle.

PE at Ark Blake will...

- be both exciting and relevant for all pupils;
- inspire a fascination in sport that will stay with pupils for life
- develop strategic and tactical skills in all pupils
- develop pupils’ ability to communicate using specific and accurate PE language
- foster respectful and mature relationships with peers
- develop the ability to lead their peers
- inspire pupils to take part in sport/activity outside of school

Nature of Subject

The whole game of PE

It is our aim that pupils should *play the whole game of PE* throughout all key stages. Beginning in year 7, Ark Blake pupils will develop the different skills needed in invasion games forms to develop their strategic and tactical thinking.

The PE concepts below should be taught explicitly through the variety of sports and activities specified in the PE program of study.

The key concepts within PE have been identified as:

1. Performing skills and techniques in isolated situations
2. Applying skills, techniques and decision-making under pressure during conditioned practices and competitive situations.
3. Understand the contribution that physical activity and sport can make to health, fitness and well-being.
4. Analyse and evaluate how to improve performance in physical activity.
5. Understand how physical activities benefit health, fitness and well-being.

By studying ‘junior versions’ of these PE concepts, pupils will develop a body of knowledge, understanding and skills that will allow successful progression through KS4, KS5 and beyond.

The purpose of Physical Education is to ensure pupils are able to leave with currency they require to be able to lead an active, healthy lifestyle. Pupils will study Physical education to get a flavour of a multitude of sports and activities. Our assessment rubric *Me in PE* has been designed so pupils can reflect on their progress as an individual as we attempt to grow pupils in a number of facets.

The *Me in PE* is intended to build pupils character and identify where they can improve. This is fundamental to pupils attempting to seize their greatness as it is imperative that pupils continue to exercise and lead a healthy active lifestyle throughout their life.

Design of Subject

Working back from A Level and GCSE to Key Stage 3

PE curriculum unit plans have been devised by working back from the key content and skills needed to achieve the highest grade at A Level and in turn the content and skills that pupils need to achieve the highest grade at GCSE. From this it is possible to identify what a pupil needs to be able to do by the end of each year, starting from year 7, in order to reach this end point and achieve the highest grades at GCSE and A Level. Both concepts and skills will be assessed at the end of each term, allowing tracking of both the development of pupils' skills and the progression of their understanding of the key concepts.

Framing content using enquiry (fertile) questions

The PE content that pupils need to cover within each unit is framed using an over-arching **enquiry (fertile) question**, each of which is thought provoking to require the pupils to think deeply about the skills they are learning.

Framing content as an enquiry (fertile) question allows pupils to engage in PE enquiry that is both relevant and engaging while developing skills and contextual knowledge.

PE Curriculum Map

The PE Department's curriculum maps out the PE curriculum for key stage 3. There will be a separate curriculum map for GCSE and A level PE when the time permits. The curriculum maps out the enquiry questions, concepts and learning statements for each unit of teaching along with details of the skills in both the formative and summative assessments for each unit.

Curriculum Unit Planning

Each unit of study across the stages is planned using a curriculum unit planning template headed with an enquiry question. Each plan will include:

- **Key learning questions** that will outline what questions pupils need to ask themselves to monitor their own progress through the enquiry.
- **The junior versions, core concepts & skill strands** that underpin the unit.
- **The language and literacy** (vocabulary) demands of the unit.

• **The formative and summative assessment** being used to monitor pupil learning and provide effective feedback.

- **Homework** opportunities for pupils to develop independent learning capabilities.
- **The key content, intentions, possible activities and academic language** to be developed in a lesson by lesson summary.

Extension of Subject

A wide range of enrichment activities are linked to Physical Education that have direct links to the taught curriculum. On occasion pupils will have the opportunity to tackle a new activity/sport that is not offered on the curriculum to broaden their horizons. Pupils will be able to attempt to play competitively in a sport of their choice against other local schools. As the academy grows the enrichment offer in relation to Physical Education will increase. As part of the enrichment program offered by the Academy, the PE department runs enrichment/after school sessions each week. The enrichment timetable will change every term to ensure a variety of sports/activities are offered. Enrichment activities are not limited to merely participating in sport, we will endeavour to fulfil our vision the PE department to take pupils on tour in the UK or Europe. In addition, we will visit professional sporting environments from sporting offices (to understand business management) to stadiums. We will attempt to get current athletes as well as retired athletes into the academy to share their experiences.

Physical Education at KS3, KS4 & KS5 attaches itself to a wide range of courses from universities across the country. A list of some of the courses that can be pursued are below (this list is not exhaustive):

- Sport and Exercise Science BSc
- Sports Coaching, Fitness and Rehabilitation BSc
- Physical Education and School Sport with QTS BSc
- Physical Education Primary BSc
- Applied Personal Training and Specialist Exercise Instruction BSc
- Exercise and Fitness Management BSc

Physical Education can lead pupils to a joyous career in sports and fitness as well as other parts of industry that are not considered initially. For example, many nutritionists, physical therapists and individuals who work in the travel industry.

Careers that could be pursued are below (this list is not exhaustive):

- Sports science
- PE teacher
- Physiotherapist
- Professional sportsperson
- Sports coach/consultant
- Sports policy at local and national level
- Diet and fitness instructor
- Personal trainer