

## Core Physical Education

Provision for students in core Physical Education lessons is outstanding. Key Stage 3 students receive three hours of PE per week split into a 2 hour and a 1 hour lesson. Key Stage 4 students receive a 2 hour lesson each week.

The PE programme aims to develop a range of practical and social skills as well as encourage students to be more aware of health related activities as they contemplate an active lifestyle. Consideration for others is fundamental and physical endeavour is seen as the basis for success.

### **Programme of Study**

The curriculum will be organised into the following areas of experience, Athletics, Dance, Games, Gymnastics, Outdoor Education, and Health Related Exercise. These will be presented as challenges which reflect competition, physical development, matching and practice, guided discovery and problem solving.

The arrangements to cater for differing rates of student development will vary with particular experiences. The department streams groups and teachers will be encouraged to use a range of teaching styles and select a variety of strategies to meet the needs of the individual learner.

Teaching material is planned by breaking down the curriculum into schemes of work and then into units of work. Activities that are currently delivered include;

- Gymnastics
- Trampoline
- Olympic Wrestling
- Dance
- Netball
- Basketball
- Football
- Rugby
- Hockey
- Short Tennis
- Table Tennis
- Badminton
- Volleyball
- Rounders
- Cricket
- Softball
- Athletics
- HRE

### **General Aims of the Programme**

- To provide situations in which all students can experiment, consolidate and practice in an enjoyable manner.
- To widen the range of activities of the students and to promote interest in modern recreation pursuits.
- To develop existing and newly acquired skills in the pursuit of excellence.
- To develop an awareness of the uses and limitations of technological developments in Physical Education.
- To develop qualities of determination, conscientiousness, consistency, fairness and honesty.
- To foster leadership, social relationships, co-operation, self-discipline, tolerance and self-esteem.
- To accept responsibility for making decisions and deal with consequences positively.

### **Assessment, Recording and Reporting**

The curriculum is based around Units of Study. Practical assessments are recorded on student profiles at the end of each block of work. In Physical Education, as in the rest of the Academy, formal assessments are completed in eight week cycles which are staggered across the year groups. These subject data assessments are based upon current level, behaviour, effort and progress and are recorded on the Academy computer assessment programme. Regular parental contact is encouraged via subject teacher consultation evenings, academic tutoring sessions and annual reports.

Students set targets and review their own work regularly. Many of our systems focus on this important area of self-evaluation.