

Why is PE important?

Physical Education is a statutory requirement of the National Curriculum at all four Key Stages. It is not simply about 'letting off steam', but a subject that can educate students through a variety of physical activities, developing life skills that will make them competitive in the modern world.



Research has shown that young people today are becoming increasingly unfit, overweight and far more likely to get degenerative diseases in adult life because of their inactivity as children. Poor diet, endless hours in front of the television or home computer and being transported around by car, bus and train, all underline the necessity for regular physical activity in schools. It is our role to inspire students to want to maintain a healthy lifestyle now and in the future.

The PE curriculum at William Howard develops skills in six different areas: cognitive, social, physical, personal, creative and health. It is through these areas that students develop skills that can be transferred and used in every situation in life; if you can outwit on the hockey field then you can outwit in the board room!

And finally, there is strong research to suggest that students who undertake regular physical activity perform better academically than those who do not. The subject also acts as an essential vehicle in delivering the whole school values of Respect, Responsibility and Resilience.

Summary of the Department

The PE department are an experienced team with a variety of specialist areas between them as well as being very versatile and adaptable in their approach. The department has a leadership team consisting of Mr Green as Curriculum Leader; Mrs Holliday is second in charge and has responsibility for KS4 specifically. Mr Green has responsibility for Sport BTEC and Mr Anderson is the department lead for A Level as well as running a number of school teams. Mrs Holliday is the Primary School Sports Co-ordinator, working with our feeder primary schools. She also leads the Sports Leadership academy developing young leaders through sport. Mrs Croucher leads the department's Team Inspire Initiative. Other department members are Mr Davies, Mr Tidmarsh, Ms Carruthers, Miss Balmer, Ms Pigdon and Mrs Trickett (currently on Maternity Leave).

How does it link to the local community?

The department work closely with our feeder primary schools to deliver an outstanding primary school sports programme. Regular festivals and competitions are organised for primary pupils to experience a wide range of sporting activities. A physical education programme is also run where experienced secondary PE staff deliver PE lessons in our local primary schools to support the development of the subject.

Key Stage 3

A variety of sports are used to deliver the outcomes of the curriculum that is based around six key areas of development:

- **Social:** This focuses on developing and assessing student leadership skills. Students are given the opportunity to experience different roles and responsibilities and learn to lead as well as learn to follow.
 - **Cognitive:** Focusing on developing tactical and strategic thinking and application in different situations to outwit opponents or complete a task in the most efficient way.
 - **Personal:** The personal module focuses on challenge. Students are exposed to challenging situations where resilience and self-confidence are developed and tested.
 - **Creative:** Students develop their creative side in a variety of situations whether it is linking movements in the gym or creating set plays on the sports field.
 - **Health:** Health education is taught in an innovative way to highlight to students the importance of a healthy balanced lifestyle. This also links to the provision of the fitness suite for student use at lunchtimes and after school where it is essential that students know how to plan and administer fitness sessions safely and effectively.
 - **Physical:** A physical development strand runs through every block with the emphasis on students refining the basic and advanced skills that can be transferred into every sporting situation.
-

Key Stage 4 Core

All students in Year 10 and 11 undertake at least one hour of PE a week. The Key Stage 4 curriculum follows the same curriculum as Key Stage 3 with an increased level of challenge every year.

Key Stage 4 Examination

The department offer two courses at GCSE level: GCSE PE and a Cambridge National in Sports Science.

For **GCSE PE** we follow the AQA exam board specification. This requires students to be assessed in three separate sporting activities; analyse their performance in their chosen sport; and plan a personal fitness programme. This is worth 40% of the overall grade. 60% of the course is assessed through two written exam papers. Topics cover: the human body and movement in physical activity and sport (anatomy and physiology); and socio-cultural influences and well-being in physical activity and sport.

The **Cambridge National in Sport Science** is offered to all students. The assessment structure differs from the GCSE PE where there is only one exam and the remaining 3 assessments are written assignments. This course favours those who prefer a more vocational approach to learning and may not have three sports in which they can be assessed in practically. Four units are studied over the two years covering anatomy and physiology, nutritional needs in sport, and fitness programming.

Key Stage 5 Core

All students in Year 12 undertake one hour of PE a week. The curriculum is broad and varied accommodating the different needs in the aim to increase physical activity levels but also act as a social and mental release from the pressures that are often associated with Sixth Form study.

Key Stage 5 Examination

The department offer two courses at this level: A Level Physical Education and BTEC Certificate in Sport Level 3.

In **A Level Physical Education**, students develop knowledge, understanding and skills relevant to physical education. Students gain understanding of the scientific and socio-cultural factors that underpin physical activity, and demonstrate their ability as either performer or coach. They study 3 areas: Physical factors affecting performance (anatomy and physiology), Psychological issues affecting performance and socio-cultural studies forming 70% of the overall grade. Additional to this, students perform or coach in one sport from the list and undertake an oral interview analysing their strongest sport accounting for the remaining 30% of the overall grade.

BTEC Level 3 Extended Certificate in Sport follows a similar specification but is more suited to students who prefer a more vocational approach to their learning. Areas that are covered are:

- Anatomy and Physiology in Sport
- Fitness, training and programming for health, sport and well-being.
- Professional development in the sports industry.
- Practical sports performance

Assessment is through an external exam, internal and external written assignments.

Learning Outside the Classroom

The department run an extensive extra-curricular programme alongside the weekly fixture programme. The school maintains strong performances and participation in the more traditional sports of football, hockey, netball and rugby. The department are always keen to expand the offering and are welcome to new suggestions. The department run a variety of different trips giving student the opportunity to watch high level sport. A football tour to Holland has been a successful addition to the PE offer for students lower down the school. Visits to Universities and organisations are used to supplement the curriculum also.