

PHYSICAL EDUCATION

Megan Plackett (Head of Faculty)	megan.plackett@biltonmail.com
Dean Wragg	dean.wragg@biltonmail.com
Thomas Gleghorn	Thomas.gleghorn@biltonmail.cpm
Chris Clarke	Chris.clarke@biltonmail.com
Natasha Warwood	Natasha.warwood@biltonmail.com
Laura Curley	Laura.curley@biltonmail.com
Gary Teasdale	Gary.teasdale@biltonmail.com

Intent

Our **intent** across **core PE** is for students to become competent, confident and masters in a broad range of physical activities and sport. To be able to analyse and evaluate their own and peer's performance. Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life. To understand and apply long-term participation health benefits of physical activity that promotes an active healthy lifestyle.

Across our **academic courses** our **intent** is to allow students to have a well-rounded view of physical education and sport to ensure that they become confident and masters in the knowledge and understanding of all aspects that affect the sporting world. To be able to analyse and evaluate key theories and concepts and apply to their own practical experiences. To develop the confidence and interest to get involved in exercise, sport and activities in a number of roles out of school and in later life. To understand and apply long term participation health benefits of physical activity that promotes an active health lifestyle.

Curriculum design (KS4)

All students will continue to have 2 hours of core PE at KS4.

VCERT PE

In year 9 and 10 students work towards the unit 1

Unit 01 Introduction to body systems and principles of training in health and fitness

This unit covers-

LO1- The learner will understand the structure and function of the body systems and how they apply to health and fitness.

LO2- The learner will understand the effects health and fitness activities on the body

LO3- The learner will understand health and fitness and the components of fitness.

LO4 The learner will understand principles of training.

Externally assessed. 40%

Year 11 work on unit 2

Unit 02 Preparing and planning for health and fitness.

This unit covers-

LO1- The learner will understand the impact of lifestyle on health and fitness

LO2- The learner will understand how to test and develop components of fitness

LO3- The learner will understand how to apply health and fitness analyses and set goals

LO4- The learner will understand the structure of a health and fitness programme and how to prepare safely.

Internally assessed 60%

Curriculum design (KS3)

Students will receive experiences in a number of different sports which cover all areas of the national curriculum including Outwitting Opponents, developing technique to improve performance, perform dance using advanced techniques and styles, OAA activities to present physical challenges and Analysis of Performance. These areas will allow students to understand what is needed of them if they decide to pick PE as an option for KS4

Assessment for KS3 takes place at the end of every activity and we assess against all areas of the national curriculum stated above.

Homework

All homework will be set via Class Charts.

This will only be in set in PE if you are taking the VCERT. This can take the format of exam questions, writing up coursework or worksheets to consolidate the work learnt in lessons.

Memorable experiences/Extracurricular/links to industry/scheduled trips and visits

There is a PE extra-curricular timetable that changes on a half termly basis.

We take many trips to local teams for stadium tours including Leicester City FC and also Wasps Netball. Please keep an eye out or ask your PE teacher for these trips.