



Physical Education Department

Departmental overview:

Physical education develops pupils' and students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high-quality PE curriculum enables children to enjoy and succeed in many kinds of physical activities. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve upon them. As a result, children develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.

Our curriculum aims for all young people to become:

- Successful learners who enjoy learning, make progress and achieve.
- Confident individuals who are able to live safe, healthy and fulfilling lives.
- Responsible citizens who make a positive contribution to society.

There are a number of key concepts that underpin the study of PE. Pupils and students need to understand these concepts in order to deepen and broaden their knowledge, skills and understanding.

Competence

- Selecting and applying skills, tactics and compositional ideas effectively in different physical activities.

Performance

- Having a desire to achieve and improve.
- Being willing to take part in a range of competitive, creative and challenge type activities, both as individuals and as part of a team or group.

Creativity

- Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.

Healthy and active lifestyle

- Understanding that physical activity contributes to the healthy functioning of the body and mind and is an essential component of a healthy lifestyle.

At Saint Cecilia's we use key processes (essential skills) which pupils need to learn to make progress:

1. Developing skills
2. Making and applying decisions
3. Developing physical and mental capacity
4. Evaluating and improving
5. Making informed choices about healthy and active lifestyles

Our vision for PE is that all pupils and students should experience challenging, engaging and structured lessons which, in turn, will inspire them to enjoy and commit to lifelong participation in physical activity and sport.

Key Stage 3

Pupils work through a range of sports (as outlined below) developing physical competency through one three-hour games-based lesson a fortnight and one two-hour physical education lesson a fortnight.

KEY STAGE 3 CURRICULUM ACTIVITIES	
Boys PE Rugby Football Basketball Handball Gymnastics OAA – orienteering Fitness Athletics Cricket Badminton Softball Dance Trampoline	Girls PE Netball Football Basketball Handball Gymnastics OAA – orienteering Fitness Dance Tennis Rounders Athletics Trampoline Badminton

Key Stage 4

PE is a core subject in Key Stage 4. This means that all pupils get two hours a week of PE with a focus on participation, being physically active and engagement. A variety of sports are delivered at Key Stage 4 including netball, football, trampolining, handball, tag rugby, basketball, badminton.

Years 10 -11: GCSE Physical Education

Pupils may also choose to select PE as a GCSE option for the start of Key Stage 4.

We follow the OCR exam board specification with the following assessment methods:

- 60% written examination in the form of two separate papers
 - Paper 1 – Anatomy and Physiology
 - Paper 2 – Psychology and sociocultural issues
- 30% practical examination through the selection of three different sports
- 10% coursework. Written piece of work focusing on designing a six-week training programme

Key Stage 5: A Level Physical Education

Pupils may also choose to select PE as an option at A Level. We follow the OCR exam board specification with the following assessment methods:

- 70% written examination in the form of three separate papers
 - Paper 1 – Anatomy and Physiology
 - Paper 2 – Sports Psychology
 - Paper 3 – Sociocultural issues in sport
- 20% practical assessment of one chosen sport
- 10% coursework. Analysis of performance and oral response

Extra-curricular Opportunities

Underpinning all our curriculum work is our extra-curricular programme. We offer opportunities for each team to represent the school in the major school sports, training once a week followed by a match the following week.

The teams we run mirror the curriculum offer, which is underlined on the table above. However, this is not exclusive and we do also offer teams in cheerleading, basketball and gymnastics.

PE Fixtures and Protocol

Many of our pupils represent the school with distinction, winning various cups and many borough events. It is a source of great joy for many of the pupils. Representing the school is an honour and it is treasured by our pupils with pride in the values that we instil at Saint Cecilia's. Discipline, teamwork, rigor and competitive spirit are all key elements to us, along with the most important of them all, fun!

Pupils have to meet certain academic conditions in order to be part of a school team. It is of the utmost importance for the school to have an updated email address from parents/carers and a mobile/emergency number.