



# Department/subject: Physical Education

Through the study of PE the central aim of the department is to develop an understanding of the basic skills over a variety of different sports. The sports vary from Football and Netball to Ultimate Frisbee and Rounders. They will learn the different aspects of being an athlete as an individual and as part of a team. This includes the importance of team work, communication and honesty.

## Exam board

OCR

## Key Stage 3

During their time in Key Stage 3, pupils will experience a broad and balanced Physical Education curriculum. Emphasis is placed on both skill development and enjoyment during their lessons, with an ambition to promote a healthy and active lifestyle.

Physical Education Department aims:

- Achievement
- Excellence
- Participation
- Leadership

As part of the Key Stage 3 curriculum at Avanti Hall School, pupils take part in 2 lessons each week, with pupils participating in the same activity for between 5-6 weeks. Pupils participate in different activities covering a variety of the following: Tag Rugby, Football, Basketball, Netball, UniHoc (Hockey), Badminton, Gymnastics, Dance, Health and Fitness, Rounders, Cricket, Softball, Tennis and Athletics. In addition to this, pupils will also have the opportunity to experience GCSE PE taster sessions during the Health and Skill Related Fitness Module. This allows pupils to build their confidence within the subject and make an informed decision when choosing their options at the end of year 9.

## Assessment Opportunities

Pupils will be assessed in each of the activities that they take part in. Assessment is based on: performance, skill development, knowledge and understanding, tactics and analysis. This goes towards their reports in which is assessed against their SATS and CATS tests as well as the age related expectations.

## Key Stage 4

Pupils in KS4 follow a different curriculum than in Key Stage 3, pupils take part in 2 PE lessons a week. Pupils are given the choice as a class of a number to activities they can participate in for a term. Pupils are then given the opportunity to change activity. Activities to choose from include Rugby, Football, Basketball, Netball, UniHoc (Hockey), Badminton, Gymnastics, Rounder's, Cricket, Softball and Ultimate Frisbee.

The purpose of KS4 Core P.E. is to provide pupils with knowledge and understanding on how to perform effectively in sport, to promote a lifelong interest and sport participation.

Unit topic	Unit topic	Unit topic	Unit topic
Physical factors affecting performance: <ol style="list-style-type: none"> <li>1. Applied anatomy and physiology .</li> <li>2. Physical Training .</li> </ol>	Socio-cultural issues and sports psychology: <ol style="list-style-type: none"> <li>1. Socio-cultural influences.</li> <li>2. Sports psychology .</li> <li>3. Health, fitness and well-being .</li> </ol>	Practical performances: core and advanced skills in three activities taken from the approved lists: <ol style="list-style-type: none"> <li>1. One from the 'individual' list .</li> <li>2. One from the 'team' list .</li> <li>3. One other from either list .</li> </ol>	Analysis and evaluation of performance: This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity.
30% of final grade	30% of final grade	30% of final grade	10% of final grade

## Curriculum Enrichment Opportunities

To follow

### Careers

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

## Online resources

Explore websites for more detail:

To follow