



CORE PE

Why is the study of Physical Education important?

Physical education is hugely important in the development of a healthy active lifestyle and a person's wellbeing. In more recent times physical education is essential for the benefits to student's physical, mental and social well-being. Through the teaching of physical literacy and personal development of the whole child; the physical education curriculum at Outwood Kirkby has been designed to better meet the needs of all the students, rather than cater for just a few who enjoy competitive sport. The delivery of this subject has been given more relevance, purpose and currency for all students. The intent is for physical education to be impactful, engaging and meaningful so that all students have positive and meaningful experiences throughout the curriculum studied.

The intent of our PE curriculum is to teach physical literacy and personal development, enabling all students to develop resilience, confidence, ambition, and integrity. We provide all students with high quality PE and sport provision, not only as a participant, but in leadership roles such as coach, official and choreographer. We strive to inspire our students through fun and engaging PE lessons to lead physically active lifestyles beyond the academy day and beyond their years at Outwood Kirkby.

Core PE at Key Stage 3 and 4 offers a blended or hybrid curriculum of developing knowledge of skills/techniques and also recognising and developing holistic qualities. It is delivered through a broad and balanced range of activities ranging from competitive invasion, net and striking and fielding games, aesthetic activities such as dance, gymnastics and trampolining, fitness including indoor rowing, circuit training and Yoga, athletics and personal challenges

In Core Physical education students are taught:

- The knowledge needed to perform a variety of skills/ techniques across a variety of activities
- To develop and demonstrate their motor skills competency, nurturing physical literacy
- The knowledge of rules and tactics to outwit opponents in a variety of activities
- To grow and development personal qualities and attributes that aid meaningful development of the wider child
- To explore problem solving, team building and physical challenges that instil transferable life skills
- Healthy participation to increase lifelong chances of physical activity

How does your study of Physical Education support your study in other subjects?

The study of any subject in our curriculum takes full advantage of links with other subject areas - we term these as interdisciplinary links and we make the most of them because we know that deep learning requires the transference of knowledge and skills from one topic of learning to another. Once you can transfer your learning across topics and subject areas then you are really mastering what you know and how to apply your understanding and skills.

Physical Education touches on so many other subjects such as mathematics, literacy, biology, music, geography and life. You will learn methods of analysis and evaluation that are widely applicable to other subject areas helping your thinking in all subjects. You will develop an array of skills consisting of how to outwit an opponent, how to work as a team and problem solve whilst instilling a resilience and self-confidence to persevere. Through developing these skills and qualities you will be equipped with the knowledge and understanding to overcome adversity and succeed.

Research suggests that being physically active generates a whole host of benefits including;

- Increased physical health will reduce the risk of diabetes, asthma, sleep disorders and other illnesses
- Increases academic performance through increased concentration levels and more directed, composed behaviour
- Enhances social assimilation. Activities in PE help students develop social interactions and explore the benefits of working with a variety of different students in an array of different situations.
- Improves mental health and wellbeing
- Developing self-discipline as well as stretching students beyond their perceived physical capabilities.

How can you deepen your understanding of Physical Education?

The PE department offers lots of opportunities for you to engage with this fabulous subject. Throughout all year groups a variety of enrichment activities are offered to further enhance sporting opportunities at all levels. You have the opportunity to take part in physical activity after school for either recreation, health and fitness, or for competition; such as representing the school competitively.

The enrichment programme supports the PE curriculum and will be updated regularly, for example each half term. There are opportunities to participate in intra-school competitions and festivals (Sports Day), inter school fixtures and events (School Games competitions, Mansfield Schools Football Association) area and county events, and Outwood Family of Schools' competitions

How are you assessed during Core Physical Education at Key Stage 3 and 4?

Assessment takes place known as Praising Stars, there are 6 assessment points each year. Assessment in PE is based on the 3 pillars of progression:

1. Declarative (cognitive development) knowledge. What do students 'know'
2. Procedural knowledge (Physical development/ literacy). What can students 'show/ demonstrate'
3. Holistic growth (affective development). What personal qualities/ attributes have students 'grown'

Students also receive an effort level at each of the assessment points

Qualifications available at Outwood Kirkby from September 2022 are:

- OCR Level 1/2 Cambridge National in Sports Science - details of this course overview can be found on the website

How can Physical education support your future?

Key Stage 5 Sport/ Physical Education Qualifications can be studied at Sixth Form College or other local colleges and include:

- A levels
- T levels
- Vocational courses e.g. Cambridge Technical, BTEC courses
- Apprenticeships
- NGB coaching qualifications
- There are also a variety of courses at a range of Universities where you could study-
- Sports Science

- Sports Studies
- Physical Education
- Sports Coaching & Development
- Careers that the study of Physical education supports are
- Sports Coach/ Instructor
- Sports Journalist
- Physiotherapist
- Sports Development officer
- Sports Analyst
- Fitness instructor and personal trainer
- Teaching at primary and secondary school
- Sports scientist
- Sports marketing and public relations
- Sports agent
- Sports Photographer
- Leisure Operations and management

