



CORE PE

Why is the study of Physical Education important?

Physical Education should inspire all students to succeed and excel in competitive sport and other physically-demanding activities. It will provide opportunities for our students to become more physically competent in ways which support their health, fitness and wellbeing so they can excel in a broad range of activities. Our curriculum offers all students the chance to compete in sport and other activities which build character and help to embed values such as fairness and respect.

Students will learn what makes a performance effective and how to apply these principles to their own and others' work. They should develop their confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of being physically active for sustained periods of time. Gaining opportunities to get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle will help develop their competence to tackle the most complex and demanding physical activities.

Across the study students will be taught to:

- Explore and develop a variety of tactics and strategies to overcome opponents in team and individual games
- Develop technique and improve performance in competitive sports and physical activities
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse and evaluate their own and others' performances and demonstrate improvements
- Take part in competitive sports and activities outside school through community links or sports clubs.

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 overcome 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 Physical Education department offers lots of great opportunities for you to really 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 sport and physical activity after school either for recreation, health and fitness or competitively by representing the academy.

You can compete in intra-school events such as sports day and inter-school fixtures in your local area, possibly even County, Regional, Nationally and Outwood Family of Schools' events. If PE is selected as an additional option there is also opportunity to gain a recognised qualification.

How are you assessed in Physical Education?

Key Assessment Objectives

- Lead, healthy, active lifestyles
- Develop competence to excel in broad range of physical activities
- Use a range of skills, tactics and strategies to overcome opponents in direct competition
- Analyse and evaluate your own performance and demonstrate improvement across a range of physical activities to achieve personal best.

There are 6 assessment points each year that we term Praising Stars©. We assess whether students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their previous key stage starting points. You will also receive an effort level at each of these points based on classwork contribution.

We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical Education curriculum. The assessment areas (below) address their ability to select and perform appropriately, consistently, precisely and with control and fluency in conditioned, competitive environments, adapting their performance in these key areas to suit a variety of situations.

- Technical ability (range of skills & quality of technique)
- Tactical awareness (rules, strategies & decision making process)
- Physical attributes (components of fitness & contribution during the activity)

During key stage 3 you are assessed in this way to ensure that you can cumulatively build your subject understanding in preparation for future qualifications. For those of you who opt to study a sports qualification at key stage 4, you will be assessed according to the qualification specification and unit content. This will be based on a range of criteria; coursework/assignments, practical performance and theoretical exams.

Qualifications available at Outwood Academy Portland from September 2021 are:

Edexcel GCSE PE and OCR Level 1/2 Cambridge National Certificate in Sports Studies or Sport Science at KS3/4

**** Whether you have continued your study of Physical Education as a qualification or not, you will still have access to core PE lessons weekly, up to the end of key stage 4.***

How can Physical Education support your future?

Of course we offer the study of Sports/Physical Education qualifications at Key stage 3 and 4 and we encourage your continued study in this fantastic subject. Yet we know that choice and personal interest are important aspects of worthy study.

There are a variety of courses at a range of universities where you can continue your study in this area. For example, some popular courses include; Sports Science, Physical Education and Sports Development and Coaching, as a single honours or a joint honours subject studied alongside other disciplines.

Some careers that the study of Physical Education or Sport supports include:

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Fitness instructor and personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

CORE PHYSICAL EDUCATION CURRICULUM PATHWAY AT OUTWOOD ACADEMY PORTLAND

*All students will participate in weekly core PE lessons in years 7, 8, 9, 10 and 11 and be provided with an effort grade during the 6 assessment windows. Those students opting for an exam subject within Physical Education will follow the specification of their qualification, at our academy we **offer courses in OCR Level 1/2 Cambridge National Certificate in Sports Studies, Sport Science and Edexcel GCSE Physical Education.***

| Assessment Framework | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|----------------------|--|--|---|--|--|
| | <p>Students will explore new skills in a variety of activities:</p> <p>Athletics, Badminton, Basketball, Cricket, Football, Fitness, Handball, Hockey, Netball, Orienteering, Rounders, Rugby Union, Table tennis, Tennis, Trampolining, Volleyball.</p> <p>As a minimum expectation student's will:</p> | <p>Students will build and embed their skills in a variety of activities:</p> <p>Athletics, Badminton, Basketball, Cricket, Football, Fitness, Handball, Hockey, Netball, Orienteering, Rounders, Rugby Union, Softball, Table tennis, Tennis, Trampolining, Volleyball.</p> <p>As a minimum expectation student's will:</p> | <p>Students will develop their skills and apply key principles across a range of activities:</p> <p>Athletics, Badminton, Basketball, Cricket, Football, Fitness, Handball, Hockey, Netball, Rounders, Rugby Union, Softball, Table tennis, Tennis, Trampolining, Volleyball.</p> <p>As a minimum expectation student's will:</p> | <p>Students will tackle complex and demanding tasks in a range of activities:</p> <p>Athletics, Badminton, Basketball, Cricket, Football, Fitness, Handball, Hockey, Netball, Rounders, Rugby Union, Softball, Table tennis, Tennis, Trampolining, Volleyball.</p> <p>As a minimum expectation student's will:</p> | <p>Students will tackle complex and demanding tasks in their chosen activities:</p> <p>Athletics, Badminton, Basketball, Cricket, Football, Fitness, Handball, Hockey, Netball, Rounders, Rugby Union, Softball, Table tennis, Tennis, Trampolining, Volleyball.</p> <p>As a minimum expectation student's will:</p> |

| | | | | | |
|--|---|--|---|--|--|
| <p>Lead healthy, active lifestyles</p> | <ul style="list-style-type: none"> ● Understand how to exercise safely. ● Describe how their body feels during an activity. ● Give reasons why warming up is important and be able to lead part of a warm up in a small group. ● Explain some of the benefits of exercise. ● Take part in extracurricular sporting activities. | <ul style="list-style-type: none"> ● Explain and apply basic safety principles in preparing for exercise and be able to lead a warm up in a small group. ● Describe what effects exercise has on their bodies and why it is important to health. ● Explain some short term and long term benefits of exercise. ● Take part in competitive extracurricular sporting activities. | <ul style="list-style-type: none"> ● Demonstrate safety principles in preparing for exercise and be able to lead an effective warm up in a large group. ● Explain most short term and long term health benefits of exercise. ● Take part regularly in competitive extracurricular sporting activities. | <ul style="list-style-type: none"> ● Demonstrate independence and competence when preparing for exercise and be able to pass on that knowledge to others. ● Explain many short term and long term health benefits of exercise. ● Take part in competitive sports and activities outside school through community links or sports clubs. | <ul style="list-style-type: none"> ● Demonstrate independence and competence when preparing for exercise and be able to pass on that knowledge to others. ● Explain many short term and long term health benefits of exercise. ● Take part regularly in competitive sports and activities outside school through community links or sports clubs. |
|--|---|--|---|--|--|

| | | | | | |
|--|--|--|--|---|---|
| <p>Develop competence to excel in a broad range of physical activities</p> | <ul style="list-style-type: none"> ● Copy and repeat some simple skills e.g. throwing with some consistency and coordination. ● Perform fundamental movements e.g. agility while running with a degree of control and fluency. ● Make some contribution to compete and be able to link some basic principles according to the activity type e.g. creating or denying space in invasion games. ● Demonstrate some awareness of the basic rules/ regulations during a competition. | <ul style="list-style-type: none"> ● Copy and repeat most simple skills e.g. catching with some consistency and coordination. ● Perform fundamental movements e.g. balance while jumping with a degree of control and fluency. ● Make a clear contribution to compete and be able to link basic principles according to the activity type e.g. timing in gymnastic activities. ● Demonstrate awareness of the basic rules/ regulations during some competitions. | <ul style="list-style-type: none"> ● Demonstrate simple skills with precision, consistency and coordination and attempt some complex skills. ● Perform fundamental movements e.g. running and jumping with control and fluency. ● Make a clear contribution to compete and be able to link basic principles according to the activity type e.g. creativity or control in striking and fielding games. ● Demonstrate good awareness of the rules/ regulations during most competitions. | <ul style="list-style-type: none"> ● Demonstrate some complex skills e.g. volleying with some consistency and coordination. ● Perform some powerful and precise movements efficiently. ● Make a well-developed contribution to compete and be able to link principles according to the activity type e.g. speed in athletic activities. ● Demonstrate very good awareness of the rules/ regulations during most competitions and is capable of officiating. | <ul style="list-style-type: none"> ● Demonstrate complex skills with consistency and coordination. ● Perform powerful and precise movements efficiently. ● Make a significant contribution to compete and be able to link principles according to the activity type e.g. mobility or balance in net/wall games. ● Demonstrate excellent awareness of the basic rules/ regulations during most competitions and is capable of officiating competently. |
|--|--|--|--|---|---|

| | | | | | |
|--|---|---|---|---|--|
| <p>Use a range of skills, tactics and strategies to overcome opponents in direct competition</p> | <p>Use some strategies such as shielding to overcome opponents and demonstrate some sport specific skills in a competitive environment.</p> <p>Start to show an understanding of simple tactics and basic compositional ideas by making some correct decisions when in and out of possession.</p> | <p>Link strategies e.g. timing to overcome opponents and demonstrate sport specific skills in a competitive environment.</p> <p>Show a good understanding of tactics and compositional ideas by making correct decisions when in and out of possession.</p> | <p>Show various strategies effectively e.g. acceleration and agility to overcome opponents and demonstrate many sport specific skills in a competitive environment.</p> <p>Show a very good understanding of tactics and compositional ideas by making correct decisions when in and out of possession.</p> | <p>Execute some advanced strategies e.g. disguise to overcome opponents and demonstrate some complex sport specific skills in a competitive game.</p> <p>Show a good understanding of advanced tactics and compositional ideas by making correct decisions when in and out of possession.</p> | <p>Demonstrate advanced strategies e.g. creativity to overcome opponents and apply them to complex sport specific skills in competitive games.</p> <p>Show a very good understanding of advanced tactics and compositional ideas by consistently making correct decisions when in and out of possession.</p> |
|--|---|---|---|---|--|

| | | | | | |
|--|---|--|--|--|---|
| <p>Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best</p> | <ul style="list-style-type: none"> ● Identify the key points for a simple technique and be able to use this understanding to improve their own performance. ● Demonstrate some comparable awareness and respond to the actions of others. | <ul style="list-style-type: none"> ● Compare and comment on the key points for a simple technique and be able to use this understanding to improve their own and someone else's performance. ● Use simple communication skills to share information with another person and begin to develop an ability to cope under pressure. ● Demonstrate comparable awareness and respond positively to the actions of others. | <ul style="list-style-type: none"> ● Identify the key points for complex techniques and be able to use this understanding to improve their own performance. ● Use good communication skills to share information with different people and show confidence when under pressure. ● Demonstrate good comparable awareness and respond to the strengths, weaknesses and actions of others. | <ul style="list-style-type: none"> ● Explain the key points for complex techniques and be able to use this understanding to improve their own and someone else's performance. ● Use very good communication skills to share information with others and show confidence to cope well under pressure. ● Demonstrate very good comparable awareness and respond effectively to the strengths, weaknesses and actions of others. | <ul style="list-style-type: none"> ● Explain the key points for complex techniques and be able to use this understanding to improve their own and different people's performance. ● Use excellent communication skills to share information with others and consistently show confidence to cope well under pressure. ● Demonstrate excellent comparable awareness and respond proactively to the strengths, weaknesses and actions of others. |
|--|---|--|--|--|---|