



## CORE PE

### Physical Education Core Curriculum

#### 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 should provide opportunities for our students to become more physically competent in ways which support their health, fitness and wellbeing. Our curriculum offers all students the chance to participate in sport and other activities which build character and help to embed values such as fairness and respect.

Students should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the 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 physical activity.

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. To 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 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 Physical Education department offers lots of great opportunities for you to really engage with this fabulous subject. Throughout KS3 and KS4 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 represent the school competitively.

You can compete in intra-school and inter-school fixtures, area and county events and Outwood Family of Schools' competitions.

### **How are you assessed during Key stage 3 in Physical Education?**

During key stage 3 you are assessed using the following assessment objectives which ensure that you can cumulatively build your subject understanding in preparation for future qualifications. There are up to 6 assessment points each year that we term Praising Stars©. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical education curriculum.

### **Key Assessment Objectives**

- Lead, healthy, active lifestyles
- Develop competence to excel in broad range of physical activities
- Use a range of tactic 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.

### **How are you assessed during Key Stage Academic PE in Physical Education?**

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. As in key stage 3, there are 6 assessment points (Praising Stars©) where you will be assessed based on a range of criteria; classwork contribution, coursework/assignments, practical performance and theoretical exams. You will also receive an effort level at each of these points.

### **Qualifications available at Outwood Academy Freeston from September 2023 are:**

***OCR Level 1/2 Cambridge National Certificate in Sports Studies at KS4 (Yr10 and Yr11)***

***\* 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 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 FREESTON

*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 **OCR Level 1/2 Cambridge National Certificate in Sports Studies at Yr10 and Yr11**. Details of this course overview can be found on our website below is the overview for our core PE provision.*

Assessment Framework	Year 7	Year 8	Year 9	Year 10	Year 11
	Students will explore a variety of sports in:	Students will develop tactics through participation in a variety of sports:	Students will refine tactics in order to outwit an opponent in a variety of sports:	Students will advance their skills in a variety of sports:	Students will compete in a variety of sports:
	<i>Rugby League, Netball, Football, Badminton, Basketball, Dance, Fitness, Gymnastics, OAA, Athletics, Rounders and Cricket</i>	<i>Rugby League, Netball, Football, Badminton, Basketball, Dance, Fitness, Gymnastics, OAA, Athletics, Rounders and Cricket</i>	Rugby League, Netball, Football, Badminton, Basketball, Fitness, Volleyball, Rounders, Athletics and Cricket	Netball, Rugby League, Basketball, Football, Fitness, Badminton, Volleyball, Cricket, Rounders and OAA	Netball, Fitness, Football, Rugby League, Badminton, Basketball, Rounders

	As a minimum expectation students will:	As a minimum expectation students will:	As a minimum expectation students will:	As a minimum expectation students will:	As a minimum expectation students will:
Lead healthy, active lifestyles	<ul style="list-style-type: none"> <li>-Understand how to exercise safely</li> <li>-Describe how their body feels during an activity</li> <li>-Give reasons why warming up is important</li> <li>-Give reasons why physical activity is good for health.</li> </ul>	<ul style="list-style-type: none"> <li>-Describe and apply basic safety principles in preparing for exercise</li> <li>-Describe what effects exercise has on their bodies and why it is important to be healthy.</li> </ul>	<ul style="list-style-type: none"> <li>-Pupils will learn to prepare for and recover from exercise safely.</li> <li>-Develop a deeper understanding of stretches for all major muscle groups.</li> <li>-Highlight the long term health benefits gained from taking part in physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>-Continue to improve fitness levels and explain the benefits of being healthy and living an active lifestyle both during school and post 16.</li> </ul>	<ul style="list-style-type: none"> <li>-Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</li> </ul>
Develop competence to excel in a broad range of physical activities	<ul style="list-style-type: none"> <li>-Copy, remember and repeat simple skills and actions with control and coordination</li> <li>- Link actions that suit activities</li> <li>-Select and use basic skills, actions and ideas.</li> </ul>	<ul style="list-style-type: none"> <li>-Link and apply basic skills, techniques and ideas accurately and appropriately</li> <li>-Attempt some complex skills and use them successfully on occasion</li> <li>-Show some precision, control and fluency</li> </ul>	<ul style="list-style-type: none"> <li>-Develop more advanced skills, techniques and ideas in more competitive situations.</li> <li>Demonstrating high quality performances and accurate replication will be assessed.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop advanced principles of play when replicating core skills.</li> <li>Development of these techniques will be tested through small sided games and conditional situations.</li> </ul>	<ul style="list-style-type: none"> <li>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounders and rugby.</li> </ul>

Use a range of tactics and strategies to overcome opponents in direct competition	<ul style="list-style-type: none"> <li>-Identify the difference between attack and defence in different activities</li> <li>-Begin to show some understanding of simple tactics and basic compositional ideas.</li> </ul>	<ul style="list-style-type: none"> <li>-Understand tactics and composition</li> <li>-Vary their response in defence and attack</li> </ul>	<ul style="list-style-type: none"> <li>-Explain tactics and strategies in individual and team sports, with the ability to outwit opponents.</li> <li>-Continual development and refinement of skills will contribute to producing an improved performance and technique.</li> </ul>	<ul style="list-style-type: none"> <li>-Pupils will further develop the ability to outwit opponents and teams using advanced tactics. Ability to identify space for themselves and others will use this to advance a team forward.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop their technique and improve their performance in conditioned games and regulation games.</li> </ul>
Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best	<ul style="list-style-type: none"> <li>-Describe and comment on their own and others actions</li> <li>-Use this understanding to improve theirs and others' performance.</li> </ul>	<ul style="list-style-type: none"> <li>-Compare and comment on skills, techniques and ideas used in their own and others work</li> <li>-Understand how to improve their performance.</li> </ul>	<ul style="list-style-type: none"> <li>Appropriate questioning on teaching points will develop peer and self assessment skills.</li> <li>-Be able to explain strengths and areas for development in your own and others' performances, providing suggestions on how to improve these areas for development.</li> </ul>	<ul style="list-style-type: none"> <li>To improve analytical skills. Reflect on the core skills used and potential improvements in the use of tactics.</li> <li>-Link transferable skills across similar sport, for example, passing in football and rugby (speed and trajectory)</li> </ul>	<ul style="list-style-type: none"> <li>-Evaluate their performances compared to previous performance and demonstrate improvement across a range of physical activities to achieve their personal best</li> </ul>