



## 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, while also building a better relationship with physical activity. 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 compete in sport and other activities which build character and help to embed values such as fairness and respect. It encourages lifelong participation in sport and physical activity and develops core values, characteristics and life skills which will benefit students beyond their study into employment and enhance their personal lives.

The way we assess our students with our Head, Heart and Hands model looks at the whole student. We look at our students' thinking and physical skills, but also their character. 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 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 cross curricular links - 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.
- Develops skills like teamwork and problem solving which are critical to success in all careers.
- Improves mental health and wellbeing
- Developing self-discipline, resilience 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 represent the school competitively.

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

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

# PE Curriculum



### Intent

To empower lifelong participation in physical activity. To develop physical literacy, knowledge, understanding and confidence to lead a healthy active lifestyle. To enable students to develop core values, character and life skills to equip them for employment in their personal lives.

Physical Education is much more than just playing sport, it is a vehicle for developing the three main domains of PE:



## How are you assessed during Key stage 4 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 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 Ripon* are:

- BTEC Tech Award in Sport
- BTEC Tech Award in Health and Social Care

*\* 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 RIPON**

*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 3 assessment windows in KS3 and 6 in KS4. Those students opting for an exam subject within Physical Education will follow the specification of their qualification at our academy; we offer courses in Sport and Health and Social Care. Details of this course overview can be found on our website below is the overview for our core PE provision.*

7	Activity & Teaching Model																
	Traditional			Cooperative			Traditional/Cooperative			TGFU/Cooperative			Traditional		TGFU/Trad		
	HT1- 7 weeks			HT2- 7 weeks			HT3- 6 weeks			HT4- 6 weeks			HT5-6 weeks		HT6- 7 weeks		
	1-2	3-5	6-8	1-2	3-4	5-7	1-2	3-4	5-6	1-2	3-4	5-6	1-4	5-6	1-2	3-4	5-7
Girls	Mixed games Grouping	Football	Netball	Rugby	Dance	OAA	Badminton	Handball	GYM	Fitness	Football	Netball	Athletics	Rounders	Rounders	Tennis	Cricket
Boys	Mixed games Grouping	Rugby	Football	Basketball	OAA	Football	Handball	GYM Parkour	Badminton	Rugby	Fitness	Basketball	Athletics	Cricket	Softball	Frisbee	Tennis
Mixed	Mixed games Grouping	Football	Tag Rugby	OAA	Netball	Fitness	GYM	Badminton	Handball	Basketball	Football	Fitness	Athletics	Rounders	Tennis	Cricket	Frisbee

8	Activity & Teaching Model												
	Game sense		Cooperative		Traditional/Cooperative		Game sense		Traditional/ Game sense		Game sense/Trad		
	HT1- 7 weeks		HT2- 7 weeks		HT3- 6 weeks		HT4- 6 weeks		HT5- 6 weeks		HT6- 7 weeks		
	1-4	5-8	1-4	5-7	1-3	4-8	1-3	4-6	1-4	5-8	1-2	3-4	5-7
Girls	Football	Netball	Dance/ Fitness	OAA Leadership	GYM	Badminton	Rugby	Fitness	Athletics	Rounders	Rounders	Tennis	Cricket
Boys	Rugby	Football	OAA Leadership	Dance/ Fitness	Badminton	GYM	Fitness	Basketball	Athletics	Cricket	Softball	Ultimate Frisbee	Ultimate Frisbee
Mixed	Netball	Tag Rugby	Dance/ Fitness	OAA Leadership	GYM	Badminton	Rugby	Fitness	Athletics	Rounders	Rounders	Cricket	Tennis

9	Activity & Teaching Model											
	TGFU		Cooperative		TGFU/Cooperative		Sport Education		Traditional		TGFU	
	HT1- 7 weeks		HT2- 7 weeks		HT3- 6 weeks		HT4- 6 weeks		HT5- 6 weeks		HT6- 7 weeks	
	1-4	5-8	1-4	5-7	1-3	4-6	1-3	4-6	1-3	4-6	1-4	5-7
Girls	Netball	Football	Dance	Fitness	Badminton	OAA Leadership	Team games		Athletics		Rounders	Tennis
Boys	Football	Rugby	Basketball	OAA Leadership	Fitness		Team games		Athletics		Tennis	Cricket
Mixed	Rugby	Football	Handball	Team building	Netball/football	Badminton	Fitness		Athletics	Tennis	Rounders	

10	KS4 Pathway	Activity & Teaching Model								
		Game sense/ Cooperative		Cooperative	Cooperative	Sport Education/Coop	Traditional/Games sense	Game sense		
		<u>HT1</u> Wk 1-4/ Wk 5-7		<u>HT2</u> Wk 1-7	<u>HT3</u> Wk 1-6	<u>HT4</u> Wk 1-6	<u>HT5</u> Wk 1-6	<u>HT6</u> Wk 1-7		
Girls	Competitive Sport	Netball	Football	Health & Fitness	Badminton	Team games	Athletics	Rounders	Tennis	
Boys		Football	Rugby	International sports	Fitness for performance	Team games	Athletics	Tennis	Softball	
Mixed	Lifestyle champions	Health & Fitness		Alt Games - 3 weeks Badminton 3 weeks	Alt Games - 3 weeks Badminton 3 weeks	OAA	Rounders/ Tennis	Summer games		
11	KS4 Pathway	Activity & Teaching Model								
		Sport Education/ Cooperative		Game sense/ Cooperative	Sport education		Sport education	Game sense		
		<u>HT1</u> Wk 1-4/ Wk 5-7		<u>HT2</u> Wk 1-7	<u>HT3</u> Wk 1-7		<u>HT4</u> Wk 1-6	<u>HT5</u> Wk 1-6	<u>HT6</u> Wk 1-7	
Girls	Competitive Sport	Invasion Games		Invasion games	Net/wall	Fitness	Team games	Striking and Fielding		
Boys		Invasion Games		Invasion games	Fitness	Netwall	Team games	Striking and Fielding		
Mixed	Lifestyle champions	Health & Fitness	Health and fitness		Alternate games- Rocketball/handball	Fitness	Indoor games	Summer games		