



Physical Education

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 compete 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 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.

What skills will the study of Physical Education teach you?

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, 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 including how to outwit an opponent and how to work as a team and problem solve. The study of PE also builds resilience and the 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 enable them to 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.

What will you know and understand from your study of Physical Education?

Our curriculum does take a more sector-based focus, while also encompassing core sport and physical educational themes. You will have the opportunity to apply theoretical knowledge about different types of sports and physical activity, skills development and sports leadership to your own practical performance. You will learn about contemporary issues in sports such as funding, participation, ethics and role models, and the sport and the media. You will develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport and of how this shapes the sport industry.

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

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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.

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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, and Outwood Family of Schools' competitions.

How are you assessed 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 6 assessment points each year that we term Praising Stars©. We assess how 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 KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical education curriculum, using the head, heart & hands approach.

Key Assessment Objectives (Core PE)

- Lead, healthy, active lifestyles
- Develop competence & understanding to excel in broad range of physical activities
- Use a range of tactic and strategies to overcome opponents in direct competition
- Analyse and evaluate students' own performance and demonstrate improvement across a range of physical activities to achieve personal best.
- Develop resilience to overcome adversity

Key Assessment Objectives

(KS4 OCR Level 1 and 2 Cambridge National Certificate in Sports Studies)

Mandatory:

- R184: Contemporary issues in sport
- R185: Performance & leadership in sports activities

Optional:

- R187: Increased awareness of outdoor & adventurous activities

GCSE PE (New for 2024/25)

- Physical factors affecting performance (30%)
- Socio-cultural issues & sports psychology (30%)
- Practical performance (30%)
- Analysis & evaluation of performance (10%)

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

Curriculum Progression Pathway: Core PE

	Term 1:1	Term 1:2	Term 2:1	Term 2:2	Term 3:1	Term 3:2
7	Baseline/OAA Basketball Football Netball	Badminton (Boys) Football Netball Gym	Table Tennis Rugby Badminton (Girls) Handball	Dodgeball Handball Fitness Racketball	Athletics	Rounders Softball
8	Basketball Football Netball	Badminton (Boys) Football Netball Gym	Table Tennis Rugby Badminton (Girls) Handball	Dodgeball Handball Fitness Racketball	Athletics	Rounders Softball
9	Football Netball Handball	Badminton (Girls) Football Handball	Badminton Handball (Girls) Basketball	Badminton Basketball Fitness	Athletics	Rounders Softball

10	5-A-Side Football Dodgeball Squash	Dodgeball Badminton Rugby	Badminton Fitness Handball	Ultimate Frisbee Volleyball Football	Rounders Athletics Weights	Rounders Softball
11	5-A-Side Football Dodgeball Squash	Dodgeball Badminton Rugby	Badminton Fitness Handball	Ultimate Frisbee Volleyball Football	Rounders Athletics Weights	N/A

*Yr10/11 Core is subject to change, pupil led activities each term.

Curriculum Progression Pathway: OCR Level 1 and 2 Cambridge National Certificate in Sports Studies

	Term 1:1	Term 1:2	Term 2:1	Term 2:2	Term 3:1	Term 3:2
10	Key components of performance Increasing awareness of OAA activities	Key components of performance Increasing awareness of OAA activities	Applying practice methods to support improvement in a sporting activity	Applying practice methods to support improvement in a sporting activity	Organising and planning a sports activity session Leading a sports activity session	Organising and planning a sports activity session Leading a sports activity session
11	Reviewing your own performance in planning and leading a sports activity session.	Issues which affect participation in sport The role of sport in promoting values	The implications of hosting a major sporting event for a city or country The role National Governing Bodies (NGBs)	The use of technology in sport. Revision	Revision	N/A

GCSE

	Term 1:1	Term 1:2	Term 2:1	Term 2:2	Term 3:1	Term 3:2
10	Physical factors affecting performance Practical Performance	Physical factors affecting performance Practical Performance	Physical factors affecting performance Practical Performance	Physical factors affecting performance Practical Performance	Physical factors affecting performance Practical Performance	Socio-cultural issues & sports psychology Practical Performance
11	Socio-cultural issues & sports psychology AEP	Socio-cultural issues & sports psychology AEP	Socio-cultural issues & sports psychology AEP	Socio-cultural issues & sports psychology AEP	Revision	N/A