

## The PE Curriculum at Five Acres High School

*The aim of the curriculum is to provide students with a wide range of opportunities to develop as learners, leaders, competitors, team-mates, winners and losers. Students will experience a Physical Education Curriculum that continually stresses the true value of sporting involvement and physical activity: The key to this is developing every student's Social, Physical and Emotional wellbeing*

### Intent

#### **Why should all pupils learn this subject?**

Our Curriculum Statement of Intent is-

To help our young people develop into adults with a lifelong commitment to sport and/or physical activity.

The aim of the curriculum is to provide students with a wide range of opportunities to develop as learners, leaders, competitors, team-mates, winners and losers. Students will experience a Physical Education Curriculum that continually stresses the true value of sporting involvement and physical activity.

#### **What is the core knowledge in this subject?**

Core knowledge in PE can be broken down into the following components:

- *Physical Competence – Excellent Sporting Performance - Realising potential through Performance and Excellence. Striving to be the best you can be.*
- *Health & Wellbeing. **In promoting health and positive lifestyles through artistic expression and physical activity**, this being of equal importance at all levels of ability*
- *Social Skills – Character & Employability (Personal & Life Skills)- **In developing positive attitudes**, encouraging a sense of responsibility to oneself and others as individuals, whilst generating a sense of fairness, honest involvement and outstanding behaviour*

### Implementation

#### **How is PE taught at FAHS?**

Lessons are centrally planned and resourced with our other Greenshaw Learning Schools which allows us to draw on a wide range of expertise across our family of schools. All teachers are also supported with specifically curated wider reading and CPD material within the school as a whole and within the Expressive Arts faculty. This is supported by a wider development program directed by the Teaching and Learning Lead and the Developmental Drop In (DDI) process which provides every member of staff across the school with an informal lesson drop in every fortnight which highlight areas of strength, and provides staff with an actionable next step to drive their practice on even further.

In terms of physical resources, we have a lot of grass areas which incorporate full-size Football and Rugby pitches in the Football and Rugby term. We also have marked grids as well as 7-a-side and 9-a-side Football pitches. In the summer term these areas are transformed into Softball and Rounders pitches. We also have 2 outdoor Netball courts and a Handball court. We have a Redgra full size running track with three 6-a-side pitches in the middle as well as a long/triple jump pit and throwing circles for Athletics. We also have a mini driving range for Golf and a Cross Country/Mountain Biking

trail which surrounds our perimeter. For indoor facilities we have a Sports Hall and a Main Hall. In KS4 we teach BTEC Sport, for this we have access to a computer room.

Our KS3 PE curriculum at Five Acres High School is ambitious, broad and balanced. We teach a full variety of Sports and they are all linked and assessed with our 'PE Big Ideas' in mind- Movement, Space, Timing, Strategy, Communication and Safety.

A big strength of our PE Department is our commitment to extracurricular activities. We compete in a wide variety of sports and activities ranging from SEN Boccia to Mountain Biking to Indoor Rowing to Golf to the usual Rugby/Football/Netball etc. We take pride in competing at a local, regional and national level.

**What are the key ways students practise in this subject?**

- Non competitive isolated drills
- Competitive drills with competition and pressure introduced
- Conditioned and unconditioned game play.

**Impact**

**What does assessment look like in this subject?**

KS3 PE is assessed using the 5 'Big Ideas' as highlighted in the table below. Students are given a score out of 10 for each component which gives them a score out of 50. This mark from 50 is then turned to a % which forms our ranking

<b>Core PE Big Idea</b>	High quality movement is fundamental to achieving success in any activity, movement underpins key concepts of Components of Fitness (BASSFM & CRAP-B), Motor Skills and Health.
Movement	Understanding how and when to use space provides performers with more time to compete and in games denies opponents time to compete. For example Finding/denying space is key to achieve in attack and defence in games activities or in dance using space effectively in performance.
Space	The ability to coincide movements in relation to plans or external factors. It is a combination of decision making, coordination and reaction time. It enables the performer to get in the right place at the right time. Performers with good timing always seem unhurried and have extra time to make decisions.
Timing	Developing pre competition planning, implementing the plans and then analysing plans are key to continual improvement in competitive situations
Strategy	All activities require interaction between team mates, competitors and officials. Once we can communicate effectively we can influence all the above big ideas.
Communication	High quality movement is fundamental to achieving success in any activity, movement underpins key concepts of Components of Fitness (BASSFM & CRAP-B), Motor Skills and Health.