

PHYSICAL EDUCATION

Curriculum Vision Statement

“Movement is a medicine for creating change in a person’s physical, emotional and mental states”.

Carol Welch

Vision

In the Physical Education (PE) department at Northampton School for Girls we offer a diverse curriculum to inspire students’ curiosity of the subject where a passion for physical activity is enthusiastically promoted. This is pivotal to establishing a love of sport and exercise at a young age which encourages lifelong participation, develops valuable life skills and prepares our students to lead a healthy, active lifestyle.

In Key Stage 3 our students build on and embed the physical development, skills and basic principles learned in Key Stages 1 and 2, becoming more competent, confident and expert in their techniques, and applying them across different sports and physical activities. The National Curriculum is followed throughout Key Stage 3.

Through experiencing this curriculum, our students develop valuable life skills such as determination and resilience. The richness of experience and learning further allows them to develop their independence and organisation skills. Furthermore, our students develop their personal and social skills such as confidence and teamwork by engaging, supporting and learning from each other. Our lessons are tailored to cater for each students’ individual ability and learning needs. This ensures every student is engaged, challenged and supported appropriately.

Every student in Key Stage 4 experiences a diverse curriculum to embed prior learning through retrieval practice and to strengthen skills learned in Key Stage 3. We nurture students’ enjoyment of sport by encouraging inclusive and competitive participation in sport, both in and outside of school, whilst also preparing students for life with the knowledge to look after their mental and physical health.

In Year 10, our students also have the option to study for the BTEC Level 2 First Award in Sport.

Students who have a passion for sport and would like to study it at a higher level may wish to undertake a degree in Sport & Exercise Science leading into careers in Sports Psychology, Sports Coach, PE teacher, Fitness Instructor, Nutritionists and many more.

Our aims

- To develop a passion for sport and physical activity for students to continue throughout their school life and beyond.
- To develop self-esteem for our students to allow them to feel confident with challenging tasks in PE and across other curriculum areas.
- To offer an extensive range of activities that develops a wider understanding of the sporting world.
- To participate in activities that develop different fitness components, such as cardiovascular fitness, flexibility and muscular strength & endurance.
- To develop teamwork and leadership skills through challenging competitive and cooperative activities.
- To promote the values of good sportsmanship across different sports with respect being a common theme.
- To encourage our students to develop a healthy lifestyle and have a basic understanding of health awareness.
- To develop independence through physical challenges, evaluating, problem solving challenges, consolidating skills and practice through repetition.
- To promote resilience amongst our students through challenging physical and mental situations.

Implementation

The NSG PE curriculum is implemented through clear modelling of specific skills/concepts and high-quality teacher instruction. Errors are used as a learning opportunity and to build resilience. Retrieval practice is used so that knowledge is committed to long-term memory.

Key Stage 3 Activities

YEAR 7	YEAR 8	YEAR 9
<ul style="list-style-type: none"> • Netball • Basketball • Football/Hockey • Cricket/Rounders • Table Tennis • Fitness • Athletics • Gymnastics/Trampolining • Dance • Swimming x 2 • Team Building/ Orienteering (during exams) 	<ul style="list-style-type: none"> • Netball • Basketball • Football/Hockey • Cricket/Rounders • Table Tennis/Tennis • Handball/Dodgeball • Fitness • Athletics • Gymnastics/Trampolining • Swimming • Team Building/ Orienteering (during exams) 	<ul style="list-style-type: none"> • Netball • Basketball • Volleyball • Cricket/Rounders • Tennis/Badminton • Handball/Dodgeball • Fitness • Athletics • Trampolining • Swimming • Alternative Games • Team Building/ Orienteering (during exams)

Key Stage 4 (BTEC Sport) Topics

YEAR 10	YEAR 11
<p>Unit 1</p> <ul style="list-style-type: none"> • Know about the components of fitness and the principles of training • Explore different fitness training methods • Investigate fitness testing to determine fitness levels <p>Unit 2</p> <ul style="list-style-type: none"> • Understand the rules, regulations and scoring systems for selected sports • Practically demonstrate skills, techniques and tactics in selected sports • Be able to review sports performance 	<p>Unit 3</p> <ul style="list-style-type: none"> • Design a personal fitness training programme • Know about the musculoskeletal system and cardiorespiratory system and the effects of the body during fitness training • Implement a self-designed personal fitness training programme • Review a personal fitness training programme <p>Unit 6</p> <ul style="list-style-type: none"> • Know the attributes associated with successful sports leadership • Undertake the planning and leading of sports activities • Review the planning and leading of sports activities

Key Stage 4 Core PE - Activities

YEAR 10 CORE PE (2 LESSONS PER WEEK)	YEAR 11 CORE PE (2 LESSONS PER WEEK)
<ul style="list-style-type: none">• Netball• Basketball• Volleyball• Cricket/Rounders• Tennis/Badminton• Handball/Dodgeball• Fitness• Trampolining• Alternative Games• Options (summer term)	<p>Options or Tutor Group Interform competitions:</p> <ul style="list-style-type: none">• Netball• Basketball• Volleyball• Cricket/Rounders• Tennis/Badminton• Handball/Dodgeball• Fitness• Trampolining• Alternative Games

Assessment

KS3 and KS4 core PE students are assessed after every activity on their skills, techniques and tactics in isolated practices and application in a game situation. Students are given verbal feedback continually followed by an opportunity to respond to feedback so that they can improve rapidly.

Throughout KS4 L2 BTEC Sport, students are assessed through each unit by way of exams and assignments. These help to inform planning so that common misconceptions are addressed. The assessments are also used to inform students of the next steps they need to take to improve.

Independent Learning

Home Learning tasks are not set in PE at Key Stage 3. We ask the students to take part in physical activities, at least once a week to maintain a healthy body and mind. This can be done through our extracurricular programme or as an activity outside of school. In Year 10 and 11 BTEC Sport students are set weekly Home Learning activities. Home Learning aims to reinforce and build on the knowledge and understanding that has been learnt in lessons, giving students the time and opportunity to research further, topics and issues in greater depth.

To enhance our curriculum and to embed skills and knowledge developed in lessons, we offer a vast range of sports and activities through extracurricular clubs. Training and fixtures are available to all students, these include, Football, Netball, Hockey, Basketball, Fitness, Cricket, Athletics, Dodgeball, Handball, Badminton, Volleyball, Tennis, Rounders, Trampolining, Gymnastics and Dance.

In this section you can find a copy of every Knowledge Organiser for every topic for each year group. These are useful for students to have a summary of the Physical Education content that will be learnt throughout the course of their academic year at NSG.