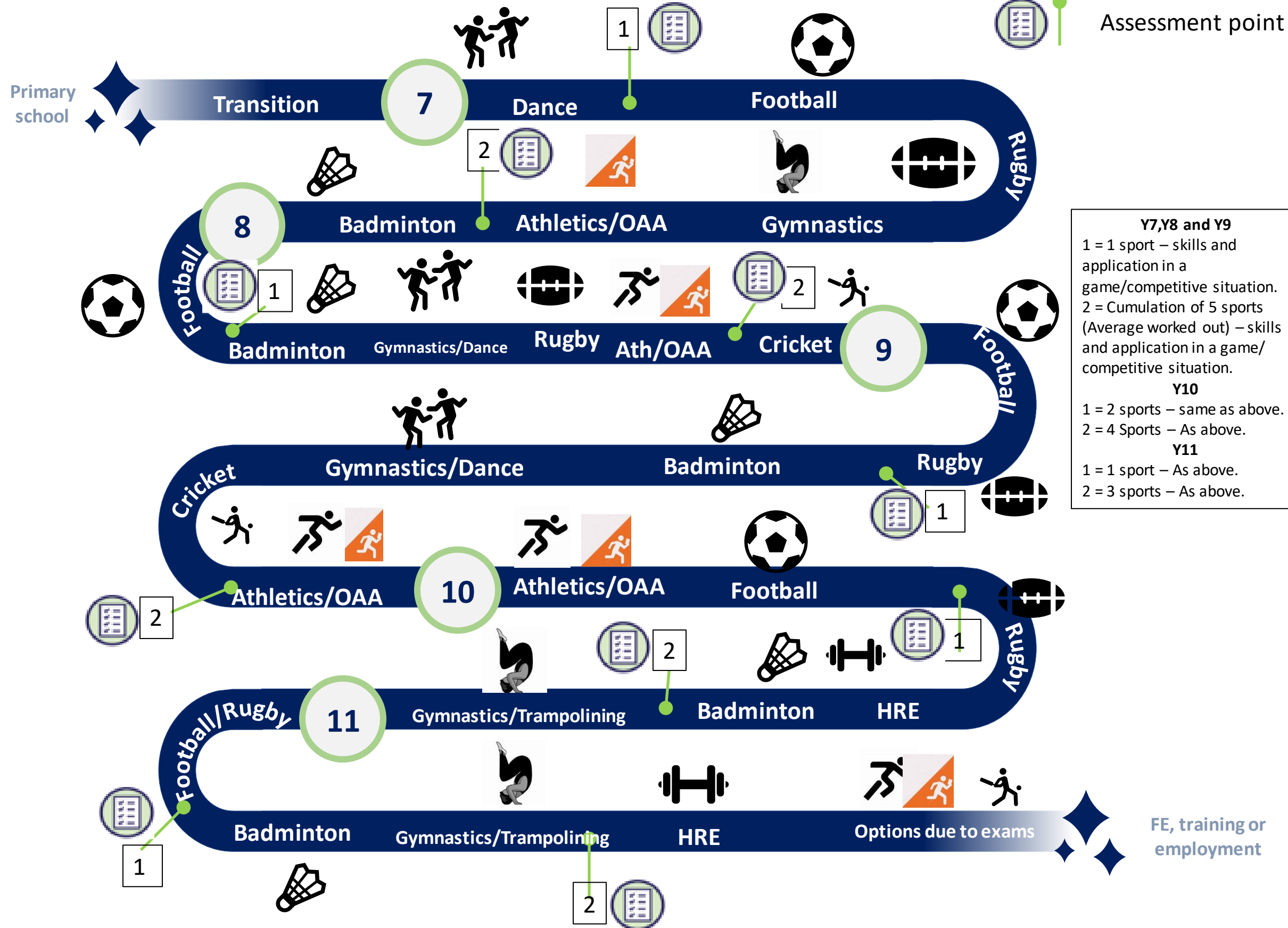


# Department

BOYS PE - In PE and Dance we follow the national curriculum to build students physical, mental, and social well-being through the medium of physical activity



**Y7,Y8 and Y9**  
 1 = 1 sport – skills and application in a game/competitive situation.  
 2 = Cumulation of 5 sports (Average worked out) – skills and application in a game/competitive situation.

**Y10**  
 1 = 2 sports – same as above.  
 2 = 4 Sports – As above.

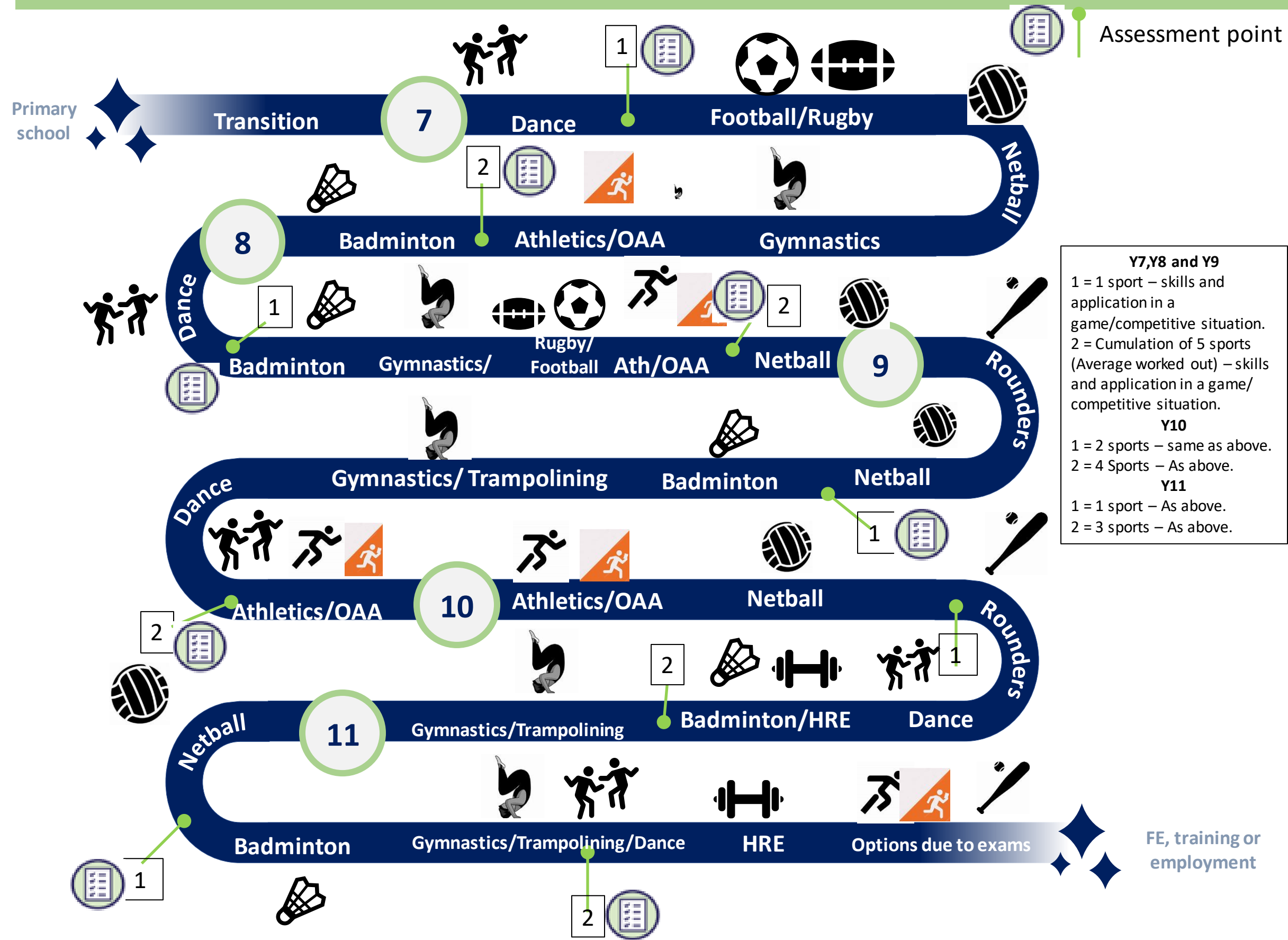
**Y11**  
 1 = 1 sport – As above.  
 2 = 3 sports – As above.

- Knowledgeable & Expert Learner**
  - Students compete in a range of activities once they have learned/developed their understanding of the skills required. Pupils know and understand the key vocabulary related to all the sports/ activities and can use these to develop tactics in game situations
- Confident Communicator**
  - All students lead a 3-phase warm up to a small group. Students are taught the rules and scoring systems for sports to be able to officiate and umpire matches correctly
- Future Ready Learner**
  - Pupils can use knowledge and experience to join external clubs. HRE blocks of work at KS4 offer students the opportunity to see the benefits exercise has on long term health benefits and how they can implement exercise without the need of a gym membership.
- Committed Community Contributor**
  - Students gain an understanding of how to apply knowledge, skills and tactics in a range of sports that can benefit them when playing/ representing a club outside of school and when representing the school in external fixtures.

No child left behind.

# Department

GIRLS PE - In PE and Dance we follow the national curriculum to build students physical, mental, and social well-being through the medium of physical activity



**Y7,Y8 and Y9**  
 1 = 1 sport – skills and application in a game/competitive situation.  
 2 = Cumulation of 5 sports (Average worked out) – skills and application in a game/competitive situation.

**Y10**  
 1 = 2 sports – same as above.  
 2 = 4 Sports – As above.

**Y11**  
 1 = 1 sport – As above.  
 2 = 3 sports – As above.

- Knowledgeable & Expert Learner**

  - Students compete in a range of activities once they have learned/developed their understanding of the skills required. Pupils know and understand the key vocabulary related to all the sports/ activities and can use these to develop tactics in game situations
- Confident Communicator**

  - All students lead a 3-phase warm up to a small group. Students are taught the rules and scoring systems for sports to be able to officiate and umpire matches correctly
- Future Ready Learner**

  - Pupils can use knowledge and experience to join external clubs. HRE blocks of work at KS4 offer students the opportunity to see the benefits exercise has on long term health benefits and how they can implement exercise without the need of a gym membership.
- Committed Community Contributor**

  - Students gain an understanding of how to apply knowledge, skills and tactics in a range of sports that can benefit them when playing/representing a club outside of school and when representing the school in external fixtures.

*No child left behind.*



### Knowledgeable & Expert Learner

- Develop techniques, skills, practices, and coaching methods across the breadth of the course. In the developing sports skills unit, they must analyse their own performance, evaluating strengths and weaknesses and creating a clear and structured action plan to aid their improvement.



### Confident Communicator

- The sports leadership unit allows students to plan, lead and evaluate a session to other students, thus showing their knowledge of the sport/ activity and developing leadership skills such as communication, organisation, and adaptability.



### Future Ready Learner

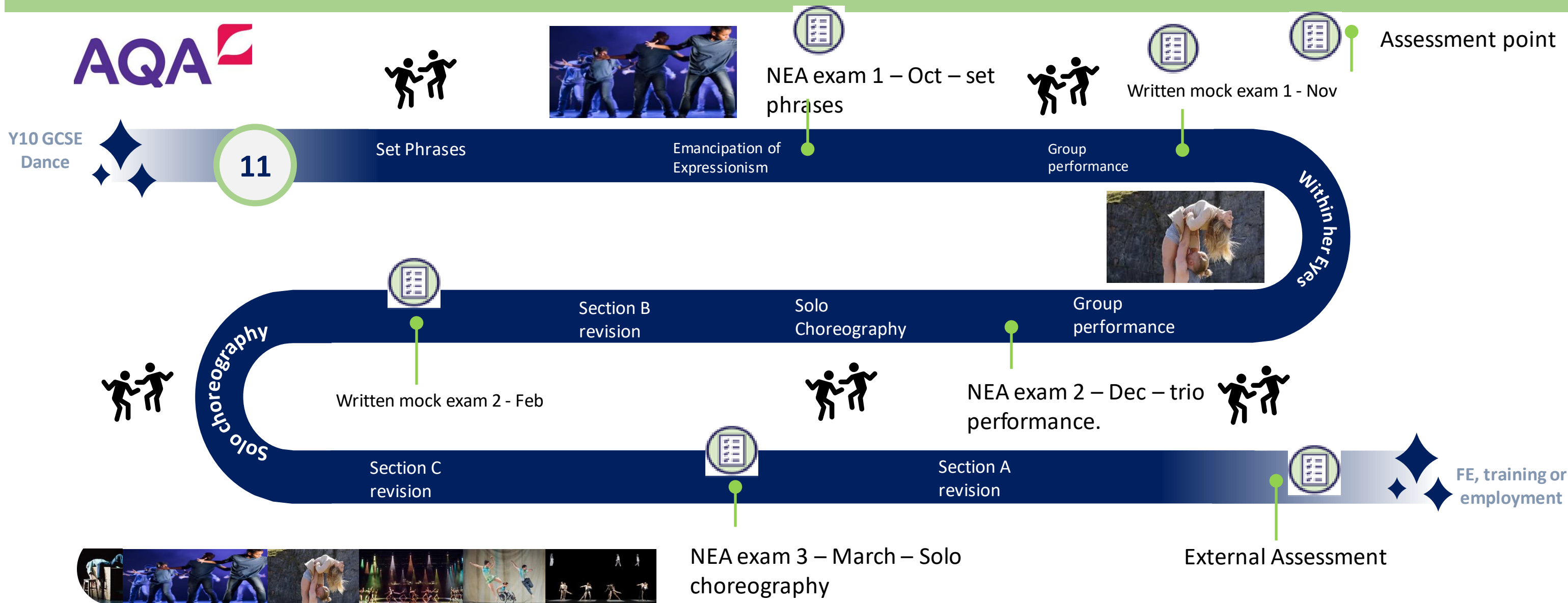
- The exam unit provides students with an in-depth awareness of the implications of performance enhancing drugs as well as the numerous solutions to barriers that could prevent them from taking part in physical activity.



### Committed Community Contributor

- Students are given the opportunity to help and assist with extracurricular sports clubs and fixtures to develop their leadership skills, thus, helping them in the sports leadership unit.





### Knowledgeable & Expert Learner

- Solo choreography teaches independent skills so that they can work productively on their own or with others.



### Confident Communicator

- Students are given opportunities when available to perform in front of live audiences, this includes school shows and external dance competitions.



### Future Ready Learner

- Dance creates confident, resilient, creative and adaptable communicators with transferable skills for later life in different working environments. Students explore current trend/ topics in society through various genres. Students gain an understanding of the job opportunities available through dance.



### Committed Community Contributor

- Dance develops confidence through opportunities to perform in front of others, they create group dances where communicate to express their ideas to others to get across the choreographic intention with the audience.



### Knowledgeable & Expert Learner

- Develop techniques, skills, practices, and coaching methods across the breadth of the course. In the developing sports skills unit, they must analyse their own performance, evaluating strengths and weaknesses and creating a clear and structured action plan to aid their improvement.



### Confident Communicator

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Assessment point

OPEN – CLOSED CONTINUUM

Key Stage 4

12

Sport and Society - CMK

Applied anatomy and physiology - LEC

Skill, skill continuums and transfer of skills- CMK



Sport and Society and Anatomy and physiology – Knowledge and understanding



13

Exercise physiology and biomechanics – LEC

NEA Coursework – Analysis section - CMK

Nov mock exam – knowledge and understanding – Paper 1



Knowledge and understanding of Sport and Society/ Skill Acq and Applied anatomy and physiology

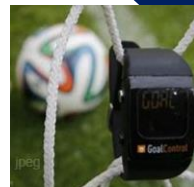
Sport and society and the role of technology in physical activity and sport - CMK

NEA Coursework – evaluation section - CMK

Sport psychology - LEC

Revision from all specification

FE, training or employment



Feb mock exam – knowledge and understanding – Papers 1 and 2



External Assessment



**Knowledgeable & Expert Learner**

- All students are provided with the knowledge to become expert learners by critically analysing their own and others work through the use of self and peer assessment in 8/15 mark questions.



**Confident Communicator**

- All students have the opportunity to work in small groups both presenting and leading others e.g. the topic of drugs in sport is taught through a debate style with students debating the for/against using performance enhancing drugs.



**Future Ready Learner**

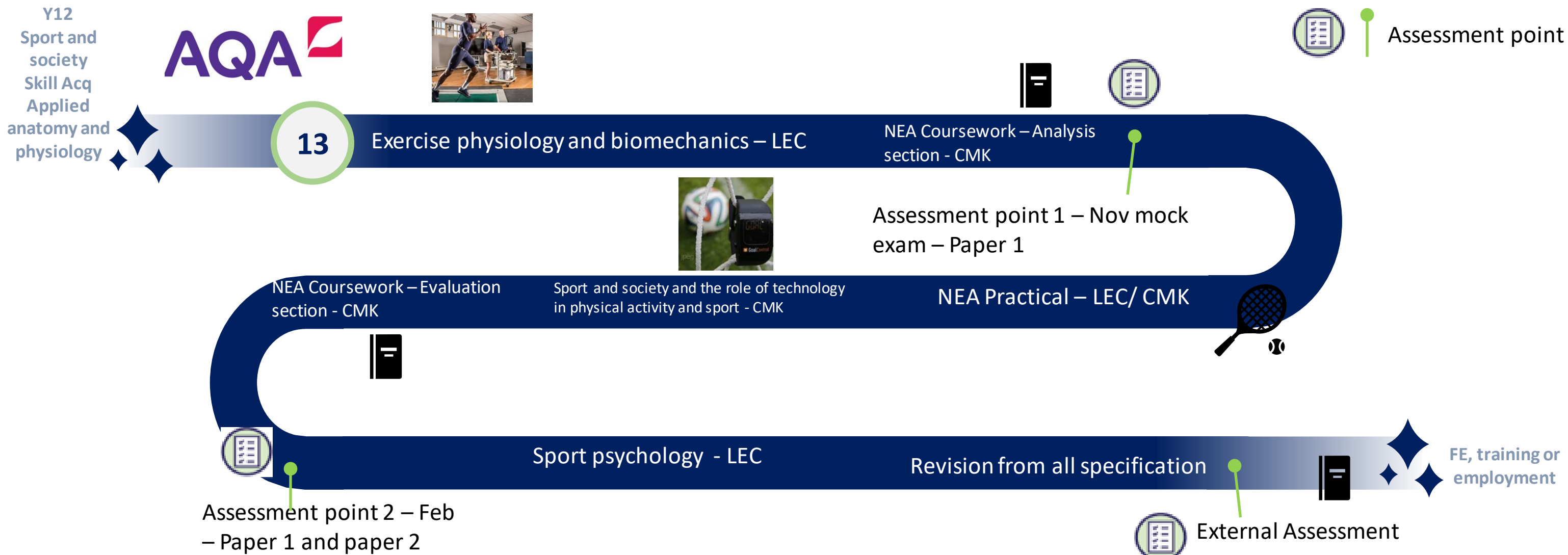
- Anatomy and applied physiology content allows learners to recognise the importance of lifelong exercise as part of the preventative medicine programme. Students gain an understanding of the job opportunities around sport and how to achieve them.



**Committed Community Contributor**

- The post 16 enrichment option of level 3 sports leaders gives the students an opportunity to lead small groups of KS3 pupils in sporting situations. They also help the SGO in planning and delivering high quality festivals for students in our local area.





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Developing a Personal Progression Plan  
 Learning aim A: Explore the skills and behaviours needed to meet personal progression goal  
 Learning aim B: Produce a progression plan to meet intended progression goal

Learning Aim A – Evidence required  
 Audit of skills and behaviours  
 Learning Aim B – Evidence required -  
 Personal progression plan.



10/11

Benefits and purpose of developing a progression plan      Finding out about progression opportunities      Setting a progression goal



Playing Sport  
 A Show skills and techniques in sport  
 B Review own performance when playing sport to improve skills and techniques.

Skills and techniques required in selected sports



Creating a progression plan

Reviewing own skills and behaviours against progression goal



Identifying the skills and behaviours needed to meet progression goal



Internal assessment - Developing a Personal Progression Plan – Learning Aim A and B



Skills for defence and attack

Components of skills

Skills and techniques required in selected sports

Observing and reviewing own performance



Rules and regulations in different sports

FE, training or employment

• EVIDENCE REQUIRED Video, witness statement or observation record to document skills and techniques being demonstrated. • Review of own performance.

Assessment point 2 – Internal assessment – Playing sport Learning Aim A and B



External Assessment – Developing a personal progression plan and playing sport



**Knowledgeable & Expert Learner**

- Sources of information about progression opportunities and requirements
- Producing a progression plan
- How skills and techniques are taught and learned
- Sequence of developing skills and techniques
- When and how performance can be improved.



**Confident Communicator**

- The playing sport unit allows student to express their own skills and work as part of a team



**Future Ready Learner**

- Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there.
- Learners will develop the skills and techniques needed for different sports and will review their own performance

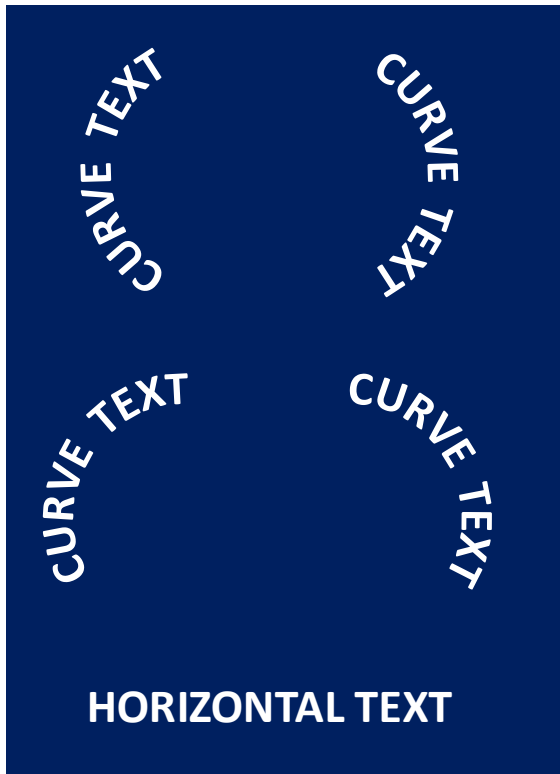


**Committed Community Contributor**

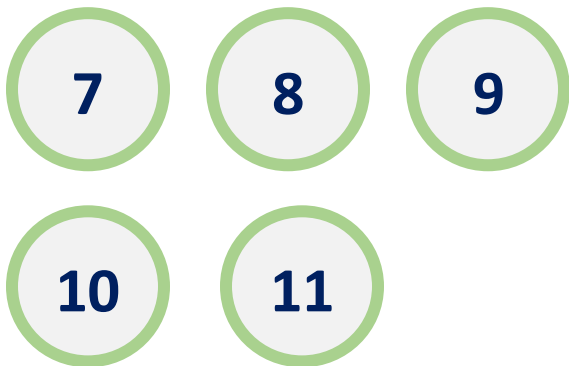
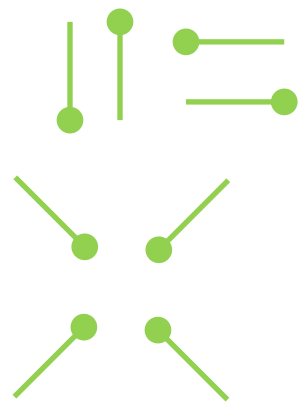
- The playing sport unit develops skills in a sport that students may take outside of school, we will provide information of local clubs etc



**Graphic elements to cut and paste:**



**assessment point text**



**Knowledgeable & Expert Learner**

- *Example of key opportunity*
- *Example of key opportunity*
- *Example of key opportunity*
- *Example of key opportunity*



**Confident Communicator**

- *Example of key opportunity*
- *Example of key opportunity*
- *Example of key opportunity*
- *Example of key opportunity*



**Future Ready Learner**

- *Example of key opportunity*
- *Example of key opportunity*
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- *Example of key opportunity*



**Committed Community Contributor**

- *Example of key opportunity*
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