

Physical Education



The Physical Education (PE) curriculum is designed to inspire, motivate and fill our students with confidence to engage in lifelong involvement in sport or physical activity. We aim to develop the students mental, social, emotional and physical wellbeing through the means of empowering them with knowledge, understanding, skills, capabilities and attributes. They get the opportunity to explore a variety of sports and activities that are both traditional and alternative with the ethos of enjoyment and challenge. They are encouraged to develop independent qualities, as well as work within a group setting to resolve problems and achieve a common goal. The PE curriculum has a huge emphasis on practical fundamentals, however, cultivating theoretical knowledge and leadership are at the forefront of our ethos.

How is the curriculum planned?

The KS3 curriculum is designed to provide ALNS learners with a platform from which they can build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and attributes. It enables learners to develop the concepts and skills necessary for participation in a wide range of physical activities in preparation for further study at GCSE/BTEC level in KS4.

In year 7 and 8, students are taught in mixed groups where they will encounter a variety of practical learning experiences, including working on their own, with a partner, in small and large groups both outdoors and indoors. The aim is for them to experience a broad curriculum and have opportunities to try different sports linking to our competitions calendar and extra-curricular clubs.

Year 7's complete 6 week units of learning in gymnastics, rugby, football, netball, table tennis and fitness. The summer term comprises of athletics, cricket, rounders and badminton and short tennis units, delivered in half termly blocks.

Year 8's will develop and refine the more advanced skills required in basketball, gymnastics, netball, rugby, table tennis, hockey and fitness. We introduce sport education football which is focused around the concepts of leadership. The summer term is the same as in year 7, further developing their skills and knowledge through athletics, cricket, rounders, badminton and short tennis.

Physical education develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. It is therefore imperative that students continue to commitment to their development and engage in the core offer that we provide for our learners in KS4. We try to broaden their experience offering some additional sports activities and experiences.

In year 9, we mix up the groups. Some lessons are male/female split and also based on physical ability. We want students to feel confident in their groupings and have the ability to keep making progress where they feel comfortable. This puts students in to a good position for their year 10 and 11 core curriculum as we continue to develop them into confident learners. Year 9's will build upon their badminton, netball, hockey, football and table tennis skills, in addition to trampolining, volleyball and fitness based around yoga, pilates and popular fitness workouts. The summer curriculum sees the addition of softball and tennis to athletics, rounders and badminton. All students will follow a half termly block on their prescribed activity.



The year 10 curriculum continues to be prescribed & completed in ability groups, similar to those from year 9.

All year 10's will complete units of learning in trampolining, fitness table tennis, badminton, outdoor and indoor games. The blocks of work are shorter and the sports studied will vary if doing indoor and outdoor games. Students will start to make informed choices about selecting their sporting route way. During Year 11 students can choose the active and competitive routeway, recreational routeway, health and fitness routeway. They are also able to switch routeways each half term should they wish.

Throughout all key stages we incorporate house competitions in all of the sports covered at the end of each term. Students are able to compete to represent their house in a variety of activities that have been taught. This allows students to work with different people from across all classes and apply skills learnt to a competitive situation.

Some students will choose the BTEC Sport Award Level 2 or GCSE Physical Education as their option choice in year 9. All year 9 option students will begin their studies with an introduction to creating a personal exercise plan which is part of both courses studied. We will then choose the course we feel they will be most successful in. The BTEC Sport course includes 1 online exam and 3 coursework based units of work. The Edexcel GCSE PE consists of 60% theory with 2 exams at the end of year 11, 30% is a practical assessment and the final 10% from coursework.

The PE curriculum and extra-curricular programme is designed to enrich students through the experiences of sporting competitions, links with professional work placements, visiting venues and inviting in local colleges and universities to work with our students. As a Sportsmark gold school we are committed to developing these experiences for students at every available opportunity. Ultimately, we want to build the confidence, resilience and improve self – esteem as well as ensuring students are able to reach their full potential and be prepared for the next stage of their life.

In PE we deliver three personal development days giving our students the opportunities to take part in a winter and a summer sports day as well as running a 'Fit for the Future day'. Within these days we offer the whole school an opportunity to compete and watch each other excel in a wide range of different sporting activities. In the fit for the future PD day we closely link with local colleges and take students off site so they have the opportunity to see their next steps in sport.

How is the curriculum delivered/taught?

The curriculum is well prepared and planned, designed to develop our students' physical skills, knowledge and understanding and leadership across the curriculum branches offered, in line with the national curriculum requirements. A positive and safe learning environment is created to encourage the development and competence in displaying their own skills and abilities, whilst respecting the individual needs and abilities of others.

They are encouraged to be actively engaged in their own learning whilst being challenged and motivated to take responsibility for their own development, showing a commitment to improving their physical health and wellbeing. Students understand how and why they are assessed, whilst experiencing a range of opportunities to evaluate performances, providing feedback to reflect upon their own and others learning.

They experience regular competitive opportunities to challenge themselves against others in a safe environment. Students are able to compete in a variety of competitive situations to include participation in:

- Varied programme of school clubs.

- Inter-house competitions.
- Winter and summer sports days.
- Local schools competitions – Portsmouth School Sport Association.
- County and southern region competitions.

Subject specific terminology is displayed throughout the department and used at all levels. Students are required to use very specific vocabulary at GCSE/BTEC level so this is introduced early in KS3. It is widely used during sports lessons where technical and tactical terminology is delivered through the use of word banks. Anatomical and physiological theory is explained and explored during the KS3 lessons, in particular during the health and fitness units.

How is the curriculum assessed?

Students in Key Stage 3 Physical Education are assessed throughout each sporting activity based on their use of a range of skills and techniques, knowledge and understanding as well as their leadership skills. These three main strands of assessment have been selected as they all link directly to the GCSE PE course and BTEC sport units studied.

In Key Stage 4 students can follow the Edexcel GCSE PE course or the BTEC SPORT Level 2 course. These are both continually assessed through practical work, coursework and theory work. Students will always be given their target and challenge target grade and progress is assessed through end of unit exams and spaced learning questions regularly throughout the course.

The KS3 independent learning is designed to improve students' commitment and involvement in sports activities – inside or outside of school. Students are required to attend at least one extra-curricular club regularly for the half term. If they are regularly attending out of school sports club, we want to know about it so they are asked to submit a sports tracker that describes what sport they do outside of school.

KS4 independent learning is set regularly and will enhance classroom learning. It will directly link to topics and work covered in lessons and aim to help consolidate learning in an interesting and challenging way.

Careers within Physical Education?

The number of sport-related jobs in the UK is estimated at over 400,000. The sports sector also has a large number of sport related volunteers throughout the UK. The BTEC sport qualification would lead to further study through higher BTEC qualifications in sport and our GCSE PE students would flourish should they wish to take the A-level PE course or venture down the BTEC routeways offered post ALNS.

We hope all students, regardless of whether they choose to have a career in Physical Education, go on to lead healthy, happy and active lifestyles.