

# ENGLISH MARTYRS' CATHOLIC SCHOOL

## Physical Education Curriculum



## Statement

### Key message:

The Physical Education department aims to deliver a high-quality curriculum that inspires all students to succeed and excel in competitive sport and other physical related activities. Within every Physical Education lesson, students are provided with opportunities to become physically confident and learn about the benefits of leading an active and healthy lifestyle. To complement the learning that takes place in Physical Education lessons, students also have access to compete in a prosperous extra-curricular programme. Students are at the forefront of this, and the department is proud to regularly celebrate success and achievements at local and national level. Through the power of Sport and Physical Education, students are also able to comprehend and nurture personal characteristics and values such as fairness and respect. These values reflect the English Martyrs' philosophy represent the ethos of our Physical Education department.

### Serving all students equally:

All students are provided with access to both indoor and outdoor Physical Education lessons at English Martyrs that includes a comprehensive range of sporting activities that require different skills. All teachers deliver lessons that not only inspire students to demonstrate their abilities and fulfil their potential, but also include adapted teaching methods to ensure this is achieved. Students who require additional support in lessons are provided with this through varied activities, Teaching Assistant support and adapted physical equipment where this is appropriate. In terms of opportunity, all students at English Martyrs' are treated equally in terms of activity provision and teacher guided choice when selecting their examination preference route.

### Core message 1 – Sequential Approach:

Students arrive in Year 7 at English Martyrs excited about Physical Education and Sport and we first and foremostly aim as a department to maintain this interest and ensure that all students leave with positive experiences. Considering the KS2 curriculum, in KS3 we provide students with opportunities to demonstrate and build upon prior learning as well as an introduction to new sporting activities that are not delivered at primary school. Throughout KS3 students follow a rich and varied set activity-based curriculum that incorporates a group rotation system, allowing all students access to learn sporting activities within their specialist settings. Students are assessed through all Physical Education lessons, and these reflect assessment grades provided for students at A, B and C as well as progress updates and termly self-assessment online workshops.

In year 9 students can choose to study GCSE PE and continue this through KS4. These students are required to demonstrate knowledge from a range of sport and exercise science disciplines such as Physical factors affecting performance and Socio-cultural issues and Sport psychology. They are assessed both theoretically and practically and study the subject alongside the continuation of core Physical Education lessons that the whole school have access to. Our examination PE curriculum is designed in such a way that students are firstly taught not only about subject content relating to the specification, but also how to write and structure relevant coursework tasks and effective answering of examination questions. Students are firstly exposed to the task of writing about Physical Education tasks within their homework projects in years 7 and 8, and this sequential learning strategy has improved the quality of work in recent academic years.

In KS5 students can then choose to extend their knowledge and feed their passion for the subject by studying OCR A-Level PE. Students achieve this qualification by completing a varied range of sporting topics, ranging from anatomy and physiology to socio-cultural issues in sport. This equips our students with the ability and enthusiasm to continue further education or gain employment within a related industry, of which we have had many student success stories and are extremely proud of.

### **Core message 2 – Teaching Approaches:**

Our aim as a department is to inspire students within all of the Physical Education and examination Sport lessons that are delivered at English Martyrs. Whether it is in a classroom, sports hall or school field our lessons are delivered with interactive resources, adaptable equipment and the effective use of ICT with the intention to engage and stretch the learning of all students. Deep learning is promoted by teachers regularly revisiting prior learning and students acknowledging this in future tasks, both set in class as well as in homework tasks. Whether it is a Physical Education or examination Sport lesson, learning objectives, keywords and group discussions are based around the extensive technical language required within the subject.

### **Core message 3 – Development of Whole Child:**

Physical Education contributes to the Catholic Ethos at English Martyrs by ensuring that all of our students learn the importance of and how to demonstrate Value and Respect to others. Although students naturally enjoy the feeling of being triumphant in Physical Education and Sport, being considerate towards others and displaying sportsmanship at all times is of great importance and continues to be a key attribute of students at English Martyrs'.

Our curriculum also impacts positively on the literacy and numeracy skills of all students. Within all Physical Education lessons, students are required to communicate with each other and discuss ideas, agree and implement strategies and tactics, record times and distances, read rules and regulations etc. In addition to these opportunities to develop skills, students are also exposed to specialist sport coaches who provide discussions about future careers in sport. Sport examination students are provided with opportunities to explore sports industry careers at trips to Loughborough University, and one unit studied at Level 3 in BTEC Sport includes developments in the sports industry.

### **Core message 4 – Focus for change**

Recently as a department we have had significant changes to our curriculum at KS4 with the introduction of GCSE PE in addition to BTEC Sport. The PE department regularly review the delivery of our curriculum to ensure that our practices are most beneficial for our students. Due to the difference in PE teaching experience, all staff work collaboratively and share practices to enrich the curriculum and teaching strategies. Each year we review our curriculum and assessment data and amend strategies accordingly. Our immediate focus as a department is to continue the implementation of our curriculum recovery programme and ensure the curriculum design for our KS4 examination groups is purposeful and inspiring.