

Curriculum Intent Statement for Physical Education

Intent

At GM School, we aim to:

- Create a fully inclusive environment in which all pupils have the opportunity to become physically, socially and morally literate individuals
- Enrich the lives of our students through sport and physical activity
- Educate all of those we teach in the lifelong benefits of leading healthy, active lifestyles

Implementation

Physical education is a valued component of academic life at George Mitchell School and offers students an exceptional range of opportunities in which to participate in, and learn about, all aspects of sport and physical education.

The George Mitchell School PE Department strives to create a fully inclusive environment in which all pupils have the opportunity to become physically, socially and morally literate individuals. We aim to enrich the lives of our students through sport and physical activity.

We also aim to educate all of those we teach in the lifelong benefits of leading healthy, active lifestyles. We intend to develop pupils physically, mentally, morally and socially to be physically educated people as well as have an understanding of the different opportunities available within sport and physical activity.

A wide range of sports and activities are taught throughout each academic year, these include athletics, badminton, basketball, dance, fitness, football, cricket, table tennis and trampolining to name a few.

During their time at George Mitchell School, we aim for all pupils to take an active part in a wide range of activities and to be able to:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

EYFS

In EYFS, children are exposed to a range of activities to help build their fine and gross motor skills. They make use of indoor and outdoor equipment, through play and adult-led sessions, to explore the world, develop healthy lifestyle habits and improve their coordination. In Reception, children start having explicit PE lessons.

KS1 & KS2

Children in the Primary phase have a PE lesson every week. These lessons are mapped to the National Curriculum to ensure that children are exposed to a wide range of skills, including athletics, dance and gymnastics. In Year 5, pupils take part in a 2 week intensive swimming programme.

KS3

At Key Stage 3 (Years 7, 8 and 9), pupils are assessed throughout the year on both their practical ability, in a wide range of activities, and their understanding of the key concepts within the National Curriculum for PE. These grades are recorded in an assessment booklet pupils will refer to throughout their time at school. Key stage 3 classes are taught in single gender groups and all pupils receive two hours of practical PE every week. Students are taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- Perform dances using advanced dance techniques in a range of dance styles and forms

- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school through community links or sports clubs

KS4

KS4 follows the Cambridge Nationals Sports Studies specification and is taught in mixed ability groups over 6 hours per fortnight. Students are assessed as performers, officials and as a leader/coach. In addition, students are also required to complete an exam as well as an additional controlled assessment.

Pupils who do not wish to choose PE as one of their options, will still participate in 2 PE lessons over the fortnight with the focus of lessons being on participation, fun and enjoyment, whilst still developing key skills, ideas, tactics and strategies.

Examination body

The Cambridge Nationals Sports Studies course is a vocational course, equivalent to a GCSE. It is assessed over four units, consisting of a written examination, coursework and a controlled assessment, with each unit worth 25% of the overall grade.

Unit 1 is externally assessed through a written examination paper of 1 hour. Students will be taught to:

- Understand the issues which affect participation in sport
- Know about the role of sport in promoting values
- Understand the importance of hosting major sporting events
- Know about the role of national governing bodies in sport

Unit 2 is assessed internally in four sections. Students will be taught to:

- Be able to use skills, techniques and tactics/strategies/compositional ideas as an individual performer in a sporting activity
- Be able to use skills, techniques and tactics/strategies/compositional ideas as a team performer in sporting activity
- Be able to officiate in a sporting activity
- Be able to apply practice methods to support improvement in a sporting activity

Unit 3 is assessed in four sections. Students will be taught to:

- Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership
- Be able to plan sports activity sessions
- Be able to deliver sports activity session
- Be able to evaluate own performance in delivering a sports activity session

Unit 4 is assessed in five sections. Students will be taught to:

- Know how sport is covered across the media
- Understand positive effects that the media can have on sport
- Understand negative effects that the media can have on sport
- Understand the relationship between sport and the media
- Be able to evaluate media coverage of sport

Enrichment

The extra-curricular programme is extremely important to the department and school and helps to make sport at George Mitchell the vibrant and successful subject it is. All staff within the department contribute to the programme as well as other staff within the school who have expertise in sports. Clubs and activities are organised during lunchtimes and after school. Fixtures for sports such as athletics, football, basketball, netball and cricket are held after school. In the Primary phase, there are many opportunities for after school clubs. The school also engages with events organised by the Waltham Forest Schools Sport Network.

Where could PE take you next?

As well as leading to lifelong healthy habits, love of sport and social opportunities, studying PE could lead to careers as a fitness instructor, personal trainer, PE teacher, physiotherapist, leisure centre manager, sports coach, sports person, sports scientist and many more!