



# Curriculum *Newsletter*

## PHYSICAL EDUCATION

### (PE)

Physical education is the study of human movement, looking closely into the interaction between our physiological, sociological and psychological make-up that enables us to perform and participate in sporting activities. The curriculum incorporates performance alongside health and wellbeing to promote lifelong participation. The curriculum instils values for personal development, with a focus of nurturing and building successful students and sports leaders for the future.

Our Physical education curriculum provides a variety of activities and opportunities for students to express themselves, develop their skills and create opportunities to be physically active, compete and enhance their well-being. Students can perform, develop, and appreciate a wide variety of skills, techniques, and aesthetics that form the basis of performance, testing to their limits and progressing themselves physically, mentally and socially. Through development comes increasing confidence and self-esteem in order to develop their own and/or teams attributes. We have a curriculum that is designed to use allow students to develop a passion and love for physical activity, exercise and competitive sport.

### Curriculum intent

Physical Education allows students to develop outside of the classroom, providing opportunities to work with peers in a practical setting and offering the freedom to explore existing and hidden talents. The core PE curriculum allows students to focus on physical, social, cognitive and fitness development through participation in a broad and challenging range of sports and physical activities.

Through our curriculum we look to allow students to undertake a range of roles such as performer, coach, leader and manager to assist in life-long participation. Opportunities are built into our lessons to secure the need to recall and retrieve previous learning so that it can be embedded. This enables students to apply knowledge, skills and physical, health related benefits from exercising and performing.

The curriculum is inclusive and encourages active involvement in different forms of participation, developing a sense of togetherness and achievement. Students follow a pathway which is predominantly gender split to nurture confidence and self-esteem, but there is fluidity as our curriculum intertwines between testing, performance progression and vigour for activities. Our Extra-curricular offer plays a huge part in nurturing and harnessing the potential of our students to progress, develop and seek enjoyment through being active.

## Key Stage 3 Curriculum

In Key Stage 3 the curriculum seeks to develop an understanding of how we can test and improve our physicality, but link with varieties of sports and activities that can improve our health. Across the key stage we will look to talent identify for the appropriate pathway and route in our KS4 curriculum based on the following 3 fundamentals

- **Physical Fitness** – Basic Motor skills, Endurance/Stamina, Co-Ordination, Reactions, Balance, Speed and Agility
- **Individual Based performance** – Athletics, Dance, Badminton, Table Tennis, Trampolining and Physical Fitness – Solo/Individual performances where you can win or lose independently
- **Teams/Games Based performance** – Football, Netball, Hockey, Basketball,

Cricket and Rounder's – Team performances how we fit into a team dynamic, the roles and responsibilities, collective attributes and group dynamics

These activities follow through from Year 7 through Year 8 and finalise in Year 9 while also subsidised by our Extra-curricular program which follows competitions, seasons, tournaments and leagues across our area structures.

## Key Stage 4 Curriculum

Upon selection of our GCSE course at KS4 students will then follow a route through GCSE where they will study similar components of education in...

- Anatomy and Physiology
- Sport Psychology and Information Processing
- The Principles and Fundamentals of Physical Training
- The Psychology of Sport
- Performance based Analysis and self-development
- Pathway of Leadership and Coaching guidance
- Technology and Commercialisation of modern-day Sport.

## Studying PE can open doors ...

The Sport and Leisure industry is one of the most competitive and financially thriving industries at present, creating opportunities for growth and development in a popular career market.

In our Unit 3 – Professional development in the sports industry, students get the opportunity and experience to apply, prepare and interview for a job in the sport and leisure industry. Students prepare their CV, develop their application and utilise experiences to date as they prepare for life in the industry.

Students are educated on the potential career routes and options that the courses provide which includes...

- Sports Coaching, Management and Officiating
- Sports Marketing and Branding
- Physiotherapy
- Sports Development - NGB work
- PE Teaching
- Gym Instructing
- Sports Analysts
- Sports Massage Therapy and Rehabilitation
- Sport Psychology

**CORE PE** - In Key Stage 4 the "Core" Curriculum is delivered in 1-2 60-minute lessons per week. Students are given the chance to be physically active as participants, while also organising and structuring their sessions undertaking our IOS 'Institute of Sport' Leadership training where we develop confidence and communication training to deliver to students peers as young sports leaders to consider how to structure and deliver as sports session. We have progressed our curriculum to inform and instruct students on how to develop leagues, tables, tournaments and competitive formats to organise for themselves for current participation and beyond for life-long

learning. Underpinning all of our KS4 curriculum are links to physical fitness and being healthy through diet and nutrition, fitness testing and training and providing all the tools students will need to remain physically health and active beyond Hermitage while aspiring them to maintain invested in PE and Sport.

## **Key Stage 5 Curriculum**

*At KS5 we offer BTEC Sport Level 3 as our primary route into the Sporting sector, additionally we offer Sports Leadership and a bespoke pathway for Individuals through our own Institute of Sport.*

Our BTEC Sport Level 3 extended certificate offers students a wide range of experiences based around the workplace and an insight into a range of careers in the sport industry. This course develops confidence by offering a range of leadership opportunities as well as independent learning in some units. Leadership opportunities are available within school or, if a student takes part in sport outside of school, this too can be used as evidence towards the final outcome.