

PHYSICAL EDUCATION

Department Aims

Physical Education develops students' 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.

At Shirley high we offer an extensive and high-quality PE curriculum that enables students to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.

PE helps students develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

Department Staff

Mr K Powders - Head of Department and Mentoring Coordinator

Ms V Hewlett - Head of Girls

Mr J Rayner – PE Teacher (Head of Year)

Ms K Wallace – PE Teacher

Mrs L Manning – PE Teacher

Mr S Hurst - PE Teacher (Vice Principal)

Ms M Francis – PE Teacher (Senior Vice Principal)

Key Stage 3 Information

The PE Curriculum at KS3 includes Years 7, 8 & 9 students and covers the following areas: Outwitting opponents, as in **games activities**; accurate replication of actions, phrases and sequences, as in **gymnastic activities**; performing at maximum levels in relation to speed, height, distance, strength or accuracy, as in **athletic activities**; identifying and solving problems to overcome challenges of an adventurous nature, as in **outdoor activities** (Orienteering) and exercising safely and effectively to improve health and wellbeing, as in **fitness and health activities**.

During the key stage students are offered the following opportunities that are integral to their learning and enhance their engagement with the concepts, processes and content of the subject. The curriculum provides opportunities for students to get involved in a broad range of different activities that, in combination, develop the whole body; experience a range of roles within a physical activity; specialise in specific activities and roles; follow pathways to other activities in and beyond school; perform as an individual, in a group or as part of a team in formal competitions ; use ICT as an aid to improving performance and tracking progress; Programs of study last for a Half- term and students are assessed in each activity and are given an attainment step which is recorded in their planners and displayed in the dept.

Key Stage 4 Information

Core Physical Education is compulsory for all students at KS4 and builds on the key concepts of the Key Stage 3 curriculum. This enables students to further develop their knowledge, understanding and skills previously learnt at KS3.

KS4 Exam qualifications

Students have the opportunity to study and gain a qualification within PE and Sport at KS4. There are two courses available, either GCSE PE or Cambridge National Sports Science. A decision will be made by the Head of PE as to which course is most suitable for a student depending on their individual ability and skill set.

GCSE PE

GCSE PE is an opportunity for students to develop their skills and be awarded formal recognition of this ability at GCSE level. The course is taught in modules. The course will provide a wider understanding of Physical Education and Sport, further increasing interest and enjoyment.

Career Possibilities

The course has tremendous scope for achievement, fun and learning. It will benefit all students especially those who wish to go into the fields of: sports management; coaching; teaching; leisure development and physiotherapy.

Requirements for Student Success

The course is aimed at students who enjoy Physical Education and wish to develop their skills. It requires a commitment to active participation in the lesson. Practice and development of practical skills in leisure time is key to success. Homework is a vital part of the course; this takes three forms - notes or work from a lesson, project work and participation in clubs/activities.

Skills Covered in The Course

Academic skills

- Research skills
- Physical skills
- Team skills
- Study Skills

GCSE PE Assessment objectives

AO1 Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport (25%)

AO2 Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport (20%)

AO3 Analyse and evaluate factors that underpin performance and involvement in physical activity and sport (15%)

AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport (30%)

Analyse and evaluate performance (10%)

Structure and Content of the Course

Approximately 40% of the time is spent on practical activities, 60% on theory. Students will have the opportunity to choose from different sports to be assessed in the NEA components of the course. Students will participate in activity sessions selected from hockey; rugby; netball; football; basketball; cricket; volleyball; badminton; tennis; athletics; ; gymnastics and trampolining; table-tennis; swimming; golf; cross country; and rock climbing.

Weighting overview of course

Component 1: The human body and movement in physical activity and sport Written Paper	30%	<ul style="list-style-type: none">• 1 hour 15 minutes written paper• 78 marks• Combination of multiple choice, short answer and extended writing questions
Component 2: Socio-cultural influences and well-being in physical activity and sport Written Paper	30%	<ul style="list-style-type: none">• 1 hour 15 minutes written paper• 78 marks• Combination of multiple choice, short answer and extended writing questions
Component 3: Practical performance in physical activity and sport Non-exam assessment	40%	<ul style="list-style-type: none">• 100 marks• Internal assessment, external moderation

Cambridge National Level 2 Sports Science

This sport qualification offers the learner the chance to develop different types of skills through largely practical means. The Cambridge National in Sports Science offers learners the opportunity to study key areas of sports science including anatomy and physiology linked to health, fitness, injury and performance; the science of training and application of training principles and psychology in sport and sports performance. Learners produce assignments based on the learning objectives for the various topics covered. They will sit one externally moderated exam.

Overview of topics covered

Sports science Units	Assessment method	GLH	Mandatory/ Optional units
R041: Reducing the risk of sports injury	Written paper OCR set and marked 1 hour – 60 marks (60UMS) Learners answer all questions	30	Mandatory
R042 Applying the principles of training	Centre – assessed tasks OCR – moderated 60 marks (60 UMS)	30	Mandatory
R043: The body's response to physical exercise	Centre – assessed tasks OCR – moderated 60 marks (60 UMS)	30	Optional
R044: Sport psychology	Centre – assessed tasks OCR – moderated 60 marks (60 UMS)	30	Optional
R045: Sport nutrition	Centre – assessed tasks OCR – moderated 60 marks (60 UMS)	30	Optional
R046: Technology in Sport	Centre – assessed tasks OCR – moderated	30	Optional

	60 marks (60 UMS)		

Post 16 AQA A-level PE

Our A-level Physical Education qualification allow students to play to their strengths and gain dynamic theoretical and practical skills for further education or work. This qualification is linear. Linear means that students will sit all their exams and submit all their non- exam assessment at the end of the course.

Subject content

1. [Applied anatomy and physiology](#)
2. [Skill acquisition](#)
3. [Sport and society](#)
4. [Exercise physiology](#)
5. [Biomechanical movement](#)
6. [Sport psychology](#)
7. [Sport and society and the role of technology in physical activity and sport](#)

Specification overview and Assessments

Paper 1: Factors affecting participation in physical activity and sport	Paper 2: Factors affecting optimal performance in physical activity and sport	Non-exam assessment: Practical performance in physical activity and sport
<p>What's assessed</p> <p>Section A: Applied anatomy and physiology</p> <p>Section B: Skill acquisition</p> <p>Section C: Sport and society</p>	<p>What's assessed</p> <p>Section A: Exercise physiology and biomechanics</p> <p>Section B: Sport psychology</p> <p>Section C: Sport and society and technology in sport</p>	<p>What's assessed</p> <p>Students assessed as a performer or coach in the full sided version of one activity.</p> <p>Plus: written/verbal analysis of performance.</p>
<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35% of A-level 	<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35% of A-level 	<p>How it's assessed</p> <ul style="list-style-type: none"> • Internal assessment, external moderation • 90 marks • 30% of A-level

<p>Questions</p> <ul style="list-style-type: none"> • Section A: multiple choice, short answer and extended writing (35 marks) • Section B: multiple choice, short answer and extended writing (35 marks) • Section C: multiple choice, 	<p>Questions</p> <ul style="list-style-type: none"> • Section A: multiple choice, short answer and extended writing (35 marks) • Section B: multiple choice, short answer and extended writing (35 marks) • Section C: multiple choice, short answer and extended writing (35 marks) 	
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Additional Information

GCSE PE Theory and Practical Criteria

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>

AQA – A-Level Theory and Practical Criteria

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

Gifted & Talented Student List

[- Gifted & Talented Policy](#)

For information regarding after school clubs, trials, fixtures and results please follow us on the Shirleyhighschool instagram page.

Club Links

Football

Reaching Higher Football Academy

<https://www.reachinghigher.org.uk/reaching-higher-football-academy>

Rugby:

Old Whitgiftians Rugby Club

[- Full Details](#)

[- Club website](#)

Athletics:

Croydon Harriers Athletic Club

[- Full Details](#)

[- Club website](#)

Netball:

Croydon Netball Club

[- Club Website](#)

Hillcrest Netball Club

[- Club Website](#)

@ Warlingham Rugby Club

Chequers Netball Club

[- Club Website](#)

@ Woodcote High School

HS Netball Club

[- Club Website](#)

@ Croydon High School