



SHIRLEY HIGH SCHOOL PERFORMING ARTS COLLEGE

Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

Physical Education Department

Intent of curriculum:

The SHS PE curriculum provides a wide range of contextualised opportunities and experiences throughout the key stages in the form of a variety of sporting physical activities and examination courses. Through the range of experiences that our PE curriculum offers, they learn how to be effective in competitive, creative and challenging situations. As a result, they will develop the confidence and resilience to take part in different physical activities and learn about the importance of healthy, active lifestyles. It is our clear intent that our PE curriculum will facilitate the students' willingness to take part in lifelong physical activity, and that they will have a clear understanding of the benefits and impact of physical activity on mental, social and physical wellbeing.

The intent of Key stage 3 and 4 core Physical Education at SHS can be broken down into the following concepts:

- Developing student's agility, co-ordination and balance through a broad and balanced curriculum.
- Developing pupils understanding and implementation of tactics, strategies, compositional ideas and evaluation of performance.
- Developing the whole character of a student, in particular looking at building resilience, respect and teamwork through competitive sporting situations and challenges
- Developing physical literacy (throwing, catching, striking, running and jumping) and confidence in a broad range of sports so students can become lifelong participants in physical activity.
- Developing students understanding of the positive impact of sport and physical activity on social, mental and physical wellbeing
- Providing the key knowledge to allow students to access academic qualifications and achieve within sports-based careers.
- Offering an inclusive, broad and deep enrichment program to allow students to practice and play sports competitively

KS4/KS5 Intent - Exams pathway:

- The intent at KS4 is to offer students courses where they can further develop their passion and interest in PE and sports and achieve a qualification (GCSE PE or Cambridge Sports Science) which if they choose will enable students to continue to study various courses within the PE and sport sector at KS5.
- The intent at KS5 is to offer a course (A-LEVEL PE) that builds on the knowledge acquired at KS4. It enables students, if they choose, to access higher education courses at university or access career opportunities within the Health, Fitness and Sports sector.

Implementation:

In order to achieve the intent of the Physical Education curriculum, the topics taught from KS3 to KS4 are broad and balanced to meet the national curriculum guidelines for sports that develop fundamental skills and concepts. These skills and concepts include developing core motor skills, tactics, strategies, compositional ideas, evaluation of performance and health and fitness.

Throughout KS3 and KS4 Physical Education is compulsory for all students. KS3 is based on a three-year program and KS4 is based on a two-year program. The curriculum is broad and balanced with students gaining experience and developing their technical ability across the following pathways: Outwitting



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Opponents; Accurate Replication; Performing at Maximum levels; OAA, Net and Wall; Striking and Fielding and Health and Fitness. Students will focus on one sport within an identified pathway for a half-term, in total students will participate in six sports across the academic school year. Students have one double lesson (100Mins) per week to develop and embed their technical ability both in isolation and game situations.

At KS3, students will build on their experiences at KS2 by developing their technical ability, understanding of tactics/strategies and evaluation of performance through drills and adapted games situations. They will also develop their understanding of the benefits of a leading healthy active lifestyle.

At KS4 students will build on their experiences at KS3 by embedding their technical ability and understanding of tactics/strategies and their ability to evaluate performance through a 'games for understanding' approach and advanced drills. They will develop a deeper understanding of the benefits of leading a healthy active lifestyle. In Year 11 PE is delivered through a games afternoon. This gives students the opportunity to experience and participate in physical activities and sports that we are unable to offer on site. This provision is fully funded by the school at no cost to the students.

Key criteria for implementation:

- Maintain high expectations for all students in relation to participation and engagement to ensure progress.
- Clear focus that lessons are sequenced and allow students to build on prior learning and experiences.
- Differentiated lessons to allow all students to access the curriculum and make progress.
- G&T in PE/Sport program to increase opportunities for students to develop leadership and coaching skills
- Extensive competitive and recreational extra-curricular and sporting provision which caters for a range of age groups and abilities.
- Opportunities for students to develop their cultural capital by attending trips to sporting events and residential experiences which include trips abroad.
- Signposting and highlighting career pathways within PE, Sport, coaching, Health and fitness sector

Impact:

The impact of students participating in PE at SHS:

- Improvement in core motor skills.
- Motivated to continue to participate in physical activity into adulthood.
- Understand the importance of being physically active and its impact on social, mental and physical wellbeing.
- Students improve their ability to be resilient in all aspects of their lives.
- Improvements in social skills by understanding of the importance of respect and being able to work effectively as part of a team.
- GCSE and A-level courses delivered at KS4 and KS5 and the vocational pathway at KS4 develop students' theoretical understanding of PE and Sport which enables them to be able access further education and training which enables them to be able pursue a career within the sports, health and fitness sector.

Head of Department: Mr K Powders – powders@shirley.croydon.sch.uk



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We want all at SHS to believe in and maintain the values of our school:

