

Physical Education

Overview

In PE we offer a mixed and varied curriculum to enable our students to make maximal progress. Students are taught within the national curriculum framework, incorporating Sainsbury's school games values of passion, self-belief, respect, honesty, teamwork and determination. King Charles 1 School has achieved a bronze award for 2015-2016. Students are given an opportunity to develop in many different roles within sport to create confident and independent young people. Fitness and competition are themes that run throughout the Key Stages with students taking part in competitive games weeks, district and county competitions and house events. Students are also exposed to many extra-curricular opportunities both at lunch time and after school to extend their PE experience.

KS3 curriculum

We offer a diverse and exciting core PE curriculum that meets the physical, emotional and social needs of all our students. In years 7, 8 and 9 students participate in units of work that focus on developing key skills and concepts of sport. Assessment for learning is an integral part of all PE lessons; students will have a secure knowledge of their current performance as well as knowing how to improve their individual skills. Students are formally assessed at the end of each unit of work in line with the National Curriculum. Throughout the year students have 3 hours of PE per week and have the opportunity to participate in activities such as netball, football, trampolining, swimming, badminton, rugby, dance, fitness, leadership and many more.

KS4 curriculum

Our Year 10 and 11 Core PE curriculum follows a similar model to that of the Year 9 model, with students receiving 2 hours of PE per week. At Key stage 4 there is a more intense focus on developing tactical knowledge and analytical skills in sports. Students are also given many opportunities to develop their analysis of performance skills using ipad technology.

External assessment and Controlled Assessment- KS4
Our 2015/2016 exam curriculum at Key Stage 4 includes:

BTEC first level 2: award in sport (edexcel)

BTEC Sport is taught at Level 2 with students studying 4 units of work, including fitness and training, practical sport, leadership and the sports performer in action. Work is assessed using assignment tasks in controlled assessment conditions. Assignments can take place in a variety of forms such as: video evidence, presentations, written text or witness statements.

All students must sit an external examination for the fitness and training unit. The level awarded for the external examination is worth 25% of their overall grade.

GCSE physical education (edexcel)

GCSE PE consists of 50% practical assessment through 4 different sporting activities through the role of either performer, official or leader. Students are expected to be participating in their assessed sports outside of school at a club level and need to demonstrate high levels of skill and performance to reach the higher marks. 10% of the course is assessed through knowledge of a chosen sport and combines with a personal exercise programme which students will plan, perform and evaluate. The written exam counts for 40% of the final mark and covers areas such as fitness and training, influences in sport, diet and nutrition, injuries and risk and the effects of exercise on the body systems. The course relies heavily on ability in sport and extended writing.

BTEC first level 2: award in performing arts dance (edexcel)

BTEC dance focuses on the aesthetic and artistic qualities of dance and the use of movement to express and communicate ideas and concepts through performance, choreography and critical appreciation. Students study 3 units of work, including dance skills, preparation performance and production and individual showcase. Work is assessed using assignment tasks in controlled assessment conditions. Assignments can take place in a variety of forms such as; video evidence, witness statements, log books. All students must sit an external examination for the Individual showcase unit. The level awarded for the external examination is worth 25% of their overall grade.

BTEC first level 2: award in health and social care (edexcel)

BTEC health and social care is taught at level 2 with students studying 4 units of work. development unit – externally assessed, examination covers all aspects of development from birth to final stages of life. Focuses on aspects that affect our development. Communication unit – portfolio of work looks at how and why we communicate and ways to support communication. Nutrition unit – basic nutrition, factors that influence our choice of diet, how diet differs over the different life stages. Care values unit- portfolio of work, looking at equality and diversity, respecting people's rights, beliefs and values and living in a diverse society. All units are equally weighted each being 25% of their overall grade.

KS5 curriculum

External assessment and controlled assessment- KS5

Our 2015-2016 exam curriculum at key stage 5 includes:

BTEC nationals level 3: certificate in sport (edexcel)

BTEC nationals level 3: subsidiary diploma in sport (edexcel)

BTEC sport is taught at Level 3 with Year 12 students taking a certificate in sport and Year 13 students taking a subsidiary diploma in sport. Students study 4 units of work in year 12, including fitness testing and training, anatomy and physiology, Assessing the risk in sport and exercise physiology. In Year 13 student study an additional 3 units of work, including works experience, leadership in sport and practical team sports. Work is assessed using assignment tasks in controlled assessment conditions. Assignments can take place in a variety of forms such as; video evidence, presentations, articles, extended written text or witness statements. This course is 100% coursework.

AS physical education (OCR)

A2 physical education (OCR)

A level PE is focussed on participation and performance in physical activity as a part of a balanced, active lifestyle. The AS course is both a stand-alone qualification and also the first half of the corresponding A2 course. The AS is made up of 2 compulsory units; Unit G451: An introduction to physical education, which is externally assessed and worth 60% of the final grade, and Unit G452: Acquiring, developing and evaluating practical skills in physical education, which is externally set, internally assessed and externally moderated and worth 40% of the final grade awarded. Together they form 50% of the corresponding 4 unit A2 course. The A2 is made up of two mandatory units at AS and two further units at A2: unit G453: Principles and concepts across different areas of physical education, which is externally assessed and worth 70% of the final grade awarded, and Unit G454: The improvement of effective performance and the critical evaluation of practical activities in physical education, which is externally set, internally assessed and externally moderated and worth 30% of the final grade awarded.

BTEC nationals level 3: certificate in health and social care (edexcel)

BTEC nationals level 3: subsidiary diploma health and social care (edexcel)

3 units are studied in year 12, 3 units in Year 13 – all units are portfolio based and are equally weighted. Communication unit – carried out in conjunction with work experience – focuses on many aspect of communicating within the health and social care sector. Problems with communicating and technological aids to help communication. Development through the life stages unit – how people develop across our life span. Factors that influence our development, life events and their effects. Health, safety and security unit– studying hazards in the local environment, risk assessment, basic first aid, dealing with hazards and emergencies. Equality and rights unit – studying our diverse society, how equality and rights can affect and influence people. Individual care needs. Nutrition unit– nutrition, how diet affects our growth and development, nutritional analysis, ways to improve our diet. Physiological disorders unit – a research unit looking at two specific physiological disorders of your choice. This course is 100% coursework.

SMSC in PE

Our department endeavour to deliver all aspects of the spiritual, moral, social and cultural agenda and believe that physical education is the perfect vehicle for which to achieve this. The department identified a number of core values which we believe are crucial to every learner, ensuring they are a well-rounded individual with suitable qualities for life-long learning. The six core values are equality; friendship; respect; determination; courage and excellence. These values have been successfully applied to all of our lessons to develop a range of behaviours, qualities and inter-personal skills based on sporting experiences.

Spiritual Development in PE

During the range of activities that students participate in, including examination physical education and extra-curricular sessions students develop a sense of enjoyment and fascination in learning about themselves, others and the world around them. Students are consistently encouraged to use their imagination and creativity in their learning, and showcase a willingness to reflect on their experiences. Key stage 3 dance and gymnastics allow students to be creative in sequences and choreography but we also encourage our students to be creative when outwitting the opposition in team game situations. Dance further allows the expression of personal, emotional and spiritual concepts. Outdoor and adventurous activities students have the opportunity to use imagination to solve problems, develop teamwork and show determination and creativity.

Moral Development in PE

Physical education teaches students about rules and regulations (written and unwritten) across a variety of sports and activities, which encourages students to follow and respect codes of conduct; appreciate etiquette with handshakes before and after matches, applauding the opposition, fair play, and sportsmanship. In every lesson students abide by the rules and regulations, gaining a good understanding of rules and the consequences of breaking them, which in turn helps students, apply this understanding to their own lives. Level 3 BTEC students study a variety of laws associated with sport and beyond in Unit 3 'Assessing the Risk. The concepts of self-discipline to excel are essential. Students are taught that the only way you can achieve in sport to a high standard is if you work hard and if you can discipline yourself to train and apply yourself.

Social Development in PE

Students in physical education use of a range of social skills in different contexts. The willingness to participate in a variety of social settings, cooperating well with others and being able to resolve conflicts effectively. An interest and understanding of, the way communities and

societies function at a variety of levels. Leadership skills underpin the units and lessons provide students with the chance to lead warm-ups, skill practices and officiate games to enhance social skills. Sports activities and teams focus upon developing students' social skills such as meeting new people, communicating with others including adults. The school games organising committee and team captains are integral to our department, liaising with everyone in the team and often having to liaise with the member of staff involved. 'Sports Relief' activities provide an excellent opportunity to volunteer for a number of fundraising events to make positive contributions to others.

Cultural Development in PE

The physical education department encourages a willingness to participate in sporting opportunities that will help to develop positive attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities. Our partner school in India has provided several opportunities to experience sport and wider socialisation in a different country. In dance students are given the opportunity to express different cultures through performance. The annual ski trip also gives students excellent opportunities to experience different cultures.