



Physical Education - Statement of Curriculum Intent

Physical Education contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of body actions. It is our duty to ready our students for their lives beyond school and increase their confidence to access lifelong activities that will develop social, moral and physical attributes. All pupils are given the opportunity to succeed and excel in competitive sport and other physically demanding activities.

Students will experience a variety of opportunities and experiences that support this vision, challenging them both inside and outside the classroom. They will focus on improving their fitness, health and mental well-being through knowledge and application.

Leadership skills take a strong emphasis throughout the key stages, with students able to take on additional roles than just a performer. They can complement this by experiencing a robust programme of awards, qualifications and memorable learning experiences. We value character and opportunities to work as a team through the curriculum and as such the leadership scheme of work offers an opportunity to build further on this.

Students will develop physical, technical and tactical sporting skills; enhanced by an embedded focus on mental skills such as resilience, determination and confidence. We aim to ensure all students leave the school possessing the skills, motivation and knowledge to enjoy a lifelong engagement with sport and physical activity. We trust that our broad PE curriculum will allow students to develop their love of physical activity and sport well beyond their time with us.

Through our Primary Liaison links students attend festivals, competitions and specialist coaching sessions such as Balanceability taught by the staff and students from St Pauls Physical Education Department. Further to this, the Primary Liaison link aids feeder schools to teach high quality PE and as such increases the levels of the students that attend our school from the feeder schools. Students using our site for festivals, and working with staff and students' aids with transition from primary to secondary. We run many festivals over the course of the year which provides our Sports Leadership Students with opportunities outside of the classroom. The skills that are taught are invaluable for the world of work.

Key Stage 3

Physical Education at St Pauls Catholic School is not just there to support those wishing to pursue Level 2 courses in Sport, and we tailor parts of the Key Stage 3 Curriculum to develop leadership skills, health and fitness and traditional sports in a less competitive environment. We strongly believe that it is our duty to develop opportunities for pupils to become physically confident in a way which supports an active life once they leave our care.

We deliver the National Curriculum through our Curriculum in Physical Education, and our curriculum has been designed to ensure all pupils 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 and work towards leading healthy and active lives.

In Years 7 and 8 students focus on improving their physical, social and emotional wellbeing through an engaging range of sport and physical activities. Development of student's physical literacy is key, as students are assessed on their social, physical and mental attributes in sport across the breadth of the curriculum. The curriculum is matched to the club and competition framework and we encourage students to join the clubs to learn more about the sports that they experience in lessons.

Students that wish to access key stage 4 examination subjects within Physical Education will access a different curriculum to other students. Many students have weaker individual sports, and in preparation for the next stage we develop the core skills and officiating skills in key sports such as Badminton. The curriculum allows students to gain the skills, confidence and knowledge to access Cambridge National Sport Studies in year 9.

Key Stage 4 Physical Education

We select a Physical Activity Programme which best matches our students needs and due to the 1 hour time frame, ensure that we maximise activity levels in that time. We offer fitness classes in more specific activities such as yoga, strength and conditioning classes and dance leadership. We also tailor lessons in more traditional sports such as football and netball so that students can experience a full sized game so they have the confidence to try the sport at local clubs.

Students can also opt for leadership opportunities through the Level 1 and 2 Sports Leadership Awards and when applicable the Level 1 Dance Leadership Award. The Sports Leaders level 1 and 2 courses that we run, equip our young people with employability skills for life improving motivation, self-esteem, communication, team work and confidence. Leadership volunteering is a vital part of the courses allowing leaders to practice and build their skills to help them in employment and education.

Sports Leaders have partnered with Youth Employment UK to create a Skills Framework that identifies five key skills areas. These courses ensure that all young people have the ability to realise their potential whatever their career pathway.

From the Key Stage 3 and 4 classes a small group of girls are chosen to be part of the Woman in Sport Programme. This programme inspires our girls to be empowered and increases their confidence to try new things. This also aids in lessons to motivate others around them as a role model.

It is very important that students have a positive experience in Physical Education to motivate students to participate post 16 in Physical Activity, and in light of pressures that the pandemic has placed upon our students we understand that beyond the National Curriculum we have a duty to support students well-being through their PE lessons.

Key Stage 4 and 5

Students are tracked through Key Stage 3 to develop key skills that would be ideal for the examination courses we offer in our department. The examination courses are chosen around the students that access Physical Education and the skills that they possess. Currently we offer a Cambridge National Level 2 in Sports Studies which harnesses the Key Stage 3 Curriculum. The units again are tailored around our students as we can pick from 2 mandatory units.

In Key Stage 5 we offer A Level Physical Education or Cambridge Technical Extended Certificate in Sport and Physical Activity (1 A Level). We again tailor the course around the students that have opted to pursue a Level 3 course in our department to ensure they get the best opportunities for learning in the sixth form and beyond. Students will practically apply their skills and knowledge in preparation for further study or the workplace.

Extra-Curricular Provision

In the Physical Education Department we not only tailor a curriculum around the students, but also the extra-curricular programme. Students have access to a full programme of after school activities which all students can access.

The provision of clubs is set around what the students wish to participate in, as well as giving them further opportunities in sports such as Rugby, Badminton and Volleyball. Our Football and Basketball teams enter National Competitions and have had great success.

Each year the Physical Education Department organise an Outward Bound trip that includes Kayaking, Rock Climbing and Team activities in France. This is an excellent opportunity for students to experience sport outside of their comfort zone. To develop student's skills outside of Physical Education we run the Bronze and Silver DofE. By completing this qualification students are given the opportunity to experience new activities, and develop existing skills. They also gain essential skills and attributes for adulthood and future careers. They can also use the qualification to enhance their UCAS applications to college and University.