



# PHYSICAL EDUCATION

## Intent

The Physical Education curriculum at Chosen Hill inspires all pupils to succeed and excel in a wide variety of sport and other physically-demanding activities. This can be competitive and representative or recreational and for enjoyment, health and well-being. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. It recognises the role of physical activity in the role of promoting mental health and well-being also. By giving pupils the opportunities to compete in sport and other activities it enables pupils to build character and help embed values such as fairness and respect.

### Aims of the department:

- Develop pupil's competence to excel in a broad range of physical activities.
- Ensure pupils are physically active for sustained periods of time.
- Engage pupils in competitive sports and activities.
- Enable all pupils, regardless of ability to lead healthy, active lives.
- To foster a life-long love of Physical Activity.
- To provide the opportunity to study 'qualifications' in PE, both vocational and exam based.

### Enrichment Opportunities

- The extra-curricular programme of the school provides extended opportunities for students to develop their abilities through coaching and competitive situations.
- Students are informed of all opportunities through their form notice boards and the PE department displays as well as on-line messages, social media pages and teams.
- In appropriate situations students are encouraged to participate in activities with students who are older than themselves.
- An expansive programme of competitive fixtures is provided in a wide range of sports.
- Students are encouraged to participate in District and County development and selection programmes.
- 'School Colours' are awarded to talented students reflecting and celebrating their abilities and achievements.
- Regular festivals and tournaments for talented students are hosted at the school through the school sports partnership.
- Information is provided for students regarding all local sporting organisations and exit routes for their chosen activity

## Impact

Student participation in lessons is exemplary, with exceedingly high expectations of PE kit that pupils meet consistently in their lessons, at clubs and when competing against other schools.

High participation rates at extra-curricular clubs and pupils attending external sports clubs demonstrates a love and passion of sport. Pupils are incredibly proud to represent their houses in termly competitions, where pupils spectate and play to the highest of standards within the respective competitions. Results from these competitions feed into House totals and the House Cup.

The PE offer is a crucial part of the student experience at CHS and we are committed to foster a life-long commitment to physical activity.

## Implementation

The curriculum is designed to challenge sporting stereotypes whilst creating a level playing field for all pupils. In all lessons we embed core skills, knowledge and key principles to develop confidence across a broad range of activities. We strongly recognise the need to make PE fun and to foster a lifelong love of physical activity.

Pupils are all taught to develop the self-belief that they can achieve in lessons, extra-curricular clubs, for school teams and in their everyday life.

Teaching groups are revisited regularly to ensure that all pupils accept their peers in the sporting arena, whilst also understanding the importance of turning up to lessons ready to compete, challenge and support each other as performers.

### Curriculum Planning

The curriculum planned will offer as much breadth and diversity as resources will allow and will be reviewed on an annual basis.

- Units of Work within the overall departmental Scheme of Work are fluid and allow students to access accelerated opportunities. Skills and knowledge grids are used in each activity so students know what is required to progress.
- Students are able to miss stages when evidence demonstrates their performance substantially exceeds that of their peers.
- All Units of Work and Lesson Planning include challenging extension activities.
- Consultation with external agencies (e.g. RFU) will take place to ensure that curriculum alterations can be made when necessary to allow for the demands of training or competition.

### Curriculum Time

All Year 7 and Year 8 pupils receive two hours a week of physical education in the curriculum, Year 9, 10 & 11 receive a three hours a fortnight. In Year 10 pupils have the opportunity to continue with physical education as a GCSE or CNAT option subject. This is in addition to the hour and a half of core PE which all pupils receive. Currently there are more than 140 GCSE and CNAT pupil taking physical education at Chosen Hill School, receiving five hours of lessons per fortnight in addition to their core PE lessons. In Sixth Form students have the opportunity to take their learning further at A-Level and BTEC.

The full range of activities taught and the full journey of our students can be seen on our curriculum map.

## Assessment – How do we assess student understanding?

All students in Key Stage 3 are assessed based on their starting point. This will be reported as 'Working Towards', 'Working At' and 'Exceeding'. This will be based on the progress that each student is making in each activity. Assessment grids are used for most activities.

Feedback is an integral part of all lessons and informs assessing student understanding, it is an essential tool to enable pupils progress. Pupils will be assessed in all activities taught on the curriculum throughout the year. Assessments will take place in the following order each term.

1. **Teacher Feedback:** This will take the form verbal feedback
2. **Self-Assessment:** This will be completed in the pupil's KS3 Assessment booklet at the start of the lesson with the assistance of the feedback comment banks.

3. **Performance Assessment:** This will be in the form of a game situation where skills, application of skills, knowledge and understanding and movement skills will be assessed. A final grade will be given following this performance
4. **Teacher Feedback:** This will be in the form of verbal feedback during the lesson. A final grade will be recorded by staff.

**Students can choose to take courses in PE during year 9 Options, where they will be continually assessed and receive a grade at the end of the course**

**GCSE** Syllabus We follow AQA 4890 GCSE Physical Education Syllabus. There is only one tier of entry in physical education. All lessons are taught in mixed gender groups. Students are assessed in 3 practical sports (2 in the current COVID alterations) , so practical ability is essential.

**CNAT** We follow the Cambridge Nationals Sports Science Level 1/2 course. This is a combination of externally moderated coursework and external exams. There is no practical performance assessment in this course.

In Sixth Form we offer A-Level PE (OCR) and BTEC PE (Pearson.EdExcel)

## Home Learning

Homework is set routinely for all Year 10 and 11 GCSE and CNAT physical education lessons, this will be weekly/fortnightly. They will then be set one larger task per term. Pupils are able to access and submit this homework through Class Charts (the whole school platform).

Physical education homework is rarely set for Key Stage 3 students, but we encourage students to continue to develop and practice their skills at home and in clubs.