

## Physical Education

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that 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
- lead healthy, active lives

### Year 10 Core PE

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| Content of study                               | <p>Students will build on and embed the physical development and skills learned in Key Stage 3, and become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p>Students will understand what makes a performance effective and how to apply these principles to their own and others' work. Students will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity. This is promoted in lessons and through the extensive extra-curricular programme on offer that is adjusted each term in response to district competitions as well as catering for varying interests.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| What are the aims and objectives of this year? | <p>The PE Department recognises and values the importance of Physical Education and aims to develop a fun, high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sports and other physically-demanding activities.</p> <p>Students are taught to:</p> <ul style="list-style-type: none"> <li>• use a range of <b>tactics and strategies</b> to overcome opponents in direct <b>competition</b> through <b>team and individual games</b> (for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis)</li> <li>• <b>develop their technique</b> and <b>improve their performance</b> in other <b>competitive sports</b> (for example, athletics and gymnastics)</li> <li>• take part in <b>outdoor and adventurous activities</b> which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> <li>• <b>analyse their performances</b> compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>• take part in competitive sports and activities <b>outside school</b> through community links or sports clubs.</li> </ul> <p>Through enrichment activities and intra- &amp; inter-school competitions, we aim to raise the profile of Physical Education and expose our students to sports they may never have had the opportunity to engage with.</p> |
| What previous knowledge is required?           | <p>The students were introduced to the broader key stage 3 curriculum through years 7-9 and will now build on the skills, with lessons being more games and/or fitness based, looking to</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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|                                                 | continue to develop skills, technique and tactics, as well as providing them with the knowledge & understanding to work independently post-16.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| How will content help with future learning?     | <p>The GCSE Physical Education course will appeal to students if you:</p> <ul style="list-style-type: none"> <li>• Have a keen interest in sport and recreation and always look forward to your PE lessons</li> <li>• Take part in sport/recreation outside of class time</li> <li>• Want to follow a course that develops knowledge and understanding through practical involvement</li> <li>• Want to know more about the benefits of sport and exercise</li> <li>• Want to improve your own performance in a range of sports roles</li> <li>• Want to study a course that is active and that you will enjoy that will provide the foundations for GCSE PE and/or Level 2 BTEC Sport</li> </ul> |
| Resources                                       | <p>Other resources can be obtained from the listed links below:</p> <ul style="list-style-type: none"> <li>• National Curriculum: <a href="https://nationalcurriculum.gov.uk/">National Curriculum - Physical education key stages 3 and 4 (publishing.service.gov.uk)</a></li> <li>• <a href="#">Secondary (KS3) PE Activities - Youth Sport Trust</a></li> <li>• <a href="#">Physical Education lessons for Key Stage 3 students - Oak National Academy (thenational.academy)</a></li> </ul>                                                                                                                                                                                                    |
| Links to the national curriculum/specific ation | <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf</a>                                                                                                                                                                                                                                                                                                                                                         |
| Assessments                                     | Assessment at Key Stage 4 involves an attitude to learning grade (ATL) and the student's commitment to Core PE and wider involvement in the school's extra-curricular programme.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

# CORNWALLIS ACADEMY PE DEPARTMENT

## 10A PROGRAMME OF STUDY

### 10A PE PROGRAMME OF STUDY 2022-2023

#### Monday Period 5

| TERM | 10A/Sp1 Boys JU | 10A/Sp2 Boys LS | 10A/Sp3 Girls JMO | 10A/Sp4 Girls LB |
|------|-----------------|-----------------|-------------------|------------------|
| 1    | SPH             | GYM             | FLD               | MUGA             |
| 2    | MUGA            | FLD             | SPH               | GYM              |
| 3    | FLD             | MUGA            | GYM               | SPH              |
| 4    | GYM             | SPH             | MUGA              | FLD              |
| 5    | Athletics       | Athletics       | Athletics         | Athletics        |
| 6    | Strike & Field  | Strike & Field  | Strike & Field    | Strike & Field   |

#### **Range and Content:**

Students must participate in at least four (4) of the following:

Dance  
Gymnastics  
Striking & Fielding  
Invasion Games  
Swimming  
Net & Wall Games  
Athletics  
OAA  
Health & Fitness

#### **Location/Facility Codes:**

**SPH:** Sportshall  
**Gym:** Activity Room  
**FLD:** Field  
**MUGA**

# CORNWALLIS ACADEMY PE DEPARTMENT

## 10B PROGRAMME OF STUDY

**10B PE PROGRAMME OF STUDY 2022-2023**

### Thursday Period 5

| TERM | 10B/Sp1 Boys LS | 10B/Sp2 Boys JU | 10B/Sp3 Girls LH | 10B/Sp4 Girls JMO |
|------|-----------------|-----------------|------------------|-------------------|
| 1    | SPH             | GYM             | FLD              | MUGA              |
| 2    | MUGA            | FLD             | SPH              | GYM               |
| 3    | FLD             | MUGA            | GYM              | SPH               |
| 4    | GYM             | SPH             | MUGA             | FLD               |
| 5    | Athletics       | Athletics       | Athletics        | Athletics         |
| 6    | Strike & Field  | Strike & Field  | Strike & Field   | Strike & Field    |

### **Range and Content:**

Students must participate in at least four (4) of the following:

Dance  
Gymnastics  
Striking & Fielding  
Invasion Games  
Swimming  
Net & Wall Games  
Athletics  
OAA  
Health & Fitness

### **Location/Facility Codes:**

**SPH:** Sportshall      **FLD:** Field  
**Gym:** Activity Room      **MUGA**