

Physical Education

Physical Education is taught by specialist PE teachers who also hold middle and senior leadership roles within the school. Lessons are taught in the double sports hall, gymnasium, fitness suite and the outside courts. Theory elements of Physical Education are taught in classrooms. All areas are well equipped with the resources needed for effective teaching. Foundations students and those in Year 9 have two lessons per week, Year 10 and 11 pupils have one hour of Core PE per week. In Foundations there is a focus not only on the development of skills and performance, but also the specific vocabulary essential for success in GCSE PE. GCSE Physical Education is taught as an option subject from Year 10. Teaching time is equivalent to 2.5 hours per week over the two years.

All students are expected to bring kit to every lesson. In the event of illness we insist that students bring their kit as well as a note explaining their illness; we will then delegate them to an appropriate officiating role so they are fully involved with the learning.

Extra-curricular activities are integral to the ethos of the department and clubs are regularly updated to match the needs of the students.

Competitive Events

South Sefton Netball League	South Sefton Sports Hall Athletics
Sefton Football Cup	South Sefton Badminton
Sefton Basketball Cup	South Sefton Basketball Competitions
Sefton Division 3 Athletics	South Sefton Girls Football
Bootle and Litherland Athletics	Sefton Rounders
South Sefton Cricket/ Rounders Competition.	

Leadership

As a department we are proud to host the South Sefton Sports Partnership. Being a hub site means that we host many of the Primary School competitions which provides excellent opportunities for character education in terms of leadership and officiating. The department teaches the TFL leadership course and therefore assists the students in putting their theoretical knowledge into practice.

Departmental Staff

Ms C Rawstron	Assistant Head / Faculty Leader
Ms R Prout	Assistant Head
Mr P Kilroy	Year 11 Progress Leader
Mr M Metcalf	ASPIRE sports facilitator
Ms A Watt	South Sefton School Games Co-ordinator

Year 7 P.E.

Examination/Specification
Preparation for AQA GCSE PE
Curriculum Overview
<p>Autumn</p> <p>Introduction to health and fitness. This term students learn about their body, how it reacts to exercise and the components of fitness needed to be successful in a range of sports.</p> <p>Outwitting opponents. In addition students develop their skills in invasion games through Netball or Football. Through these activities we introduce the GCSE theory elements of etiquette, fair play and the different roles that can be assumed in physical activity.</p> <p>Sport Education. This is taught in Year 7 and Year 8; students are given a role in the first lesson, for example: official, captain or physical trainer. They have to fulfil a number of tasks each week to develop the skills required to fulfil their role. This unit seeks to link with their TFL leadership course and put some theory into practice.</p> <p>Spring</p> <p>Outwitting opponents. Handball is taught during the spring term; as a new sport to be introduced to most students it allows them to take on different clearly defined positions and roles within the team.</p> <p>Accurate replication. This is taught through Trampolining, Gymnastics and Parkour. As well as the development of skills and techniques, body conditioning is important in these areas. Students will also develop their understanding of the physical structures of the body. As well as learning the required skills and movements, students develop their understanding of how the muscles and bones work together to create movement .</p> <p>Summer</p> <p>Performing at maximum levels. This term, the main foci resides in athletics and the development of the skills and techniques needed to improve performance over time. There are clear links to GCSE PE content for components of fitness. As part of the Year 7 athletics curriculum all students will have lessons at Litherland Sports Park Athletics track. Many students will be invited to represent the school at local athletics meets. (Bootle and Litherland Athletics and Sefton Athletics Div 3).</p> <p>Striking and fielding. This term, outwitting opponents focuses on the development of skills in batting and fielding. In addition to this there will be time spent learning and developing the understanding of the strategy and rules of the game. There are many opportunities to represent the school in the Sports Partnership cricket and rounders events.</p>
Examination/Key Assessments
Departmental assessment takes place at the end of each half term's learning.
How parents can help
Often homework will include research such as watching a sport or finding out about a specific athlete. Access to the internet and the ability to see elite level sport will improve performance through developing a greater depth of understanding of skills, tactics and rules.
<u>We urge all parents to support our kit policy by ensuring that full and correct kit is brought to each lesson.</u>

Year 8 P.E.

Examination/Specification

Preparation for AQA GCSE PE

Curriculum Overview

Autumn.

Exercising safely and effectively.

GCSE Focus -Physical training – fitness testing.

Training methods.

During this unit students will complete a range of fitness tests. They make comparisons to national average data and perform a range of training methods to improve their scores.

Outwitting opponents / Invasion Games.

In this unit we focus on developing the understanding of aerobic and anaerobic fitness through a range of activities based on outwitting opponents including: football, netball, basketball and handball.

Spring

Accurate replication.

(Trampolining, Gymnastics or Parkour) . In this unit we focus on developing understanding of the mechanics of movement. Students develop their knowledge to understand how movement is created by muscles, including different types of contraction as well as understanding basic movements around the transverse sagittal and longitudinal axis.

Outwitting opponents.

Summer

Performing at maximum levels. Athletics.

GCSE Focus: components of fitness/measuring and understanding data.

Throughout this unit students will develop their skills in a range of running, jumping and throwing activities. There will be clear links to the fitness elements of the GCSE course and use of specific vocabulary. Students are expected to be able to measure their own performance and suggest appropriate ways to improve in relation to training methods.

Outwitting opponents/Striking and fielding.

GCSE: Anxiety, arousal and the inverted U theory.

This term, outwitting opponents focuses on the development of skills in rounders and cricket. The practical focus is to develop the skills gained in Year 7 but under greater pressure. This links to the theory topic of 'Anxiety and Arousal'. There will be a greater focus on the responsibilities required for individual roles and how the team can work together to be successful. There are many opportunities to represent the school in the Sports Partnership cricket and rounders events.

Examination/Key Assessments
Departmental assessment takes place at the end of each half term's learning.
How parents can help
Often homework will include research such as watching a sport or finding out about a specific athlete. Access to the internet and the ability to see elite level sport will improve performance through developing a greater depth of understanding of skills, tactics and rules. <u>We urge all parents to support our kit policy by ensuring that full and correct kit is brought to each lesson.</u>

Year 9 P.E.

Examination/Specification
Preparation for GCSE AQA PE
Curriculum Overview
<p>LC1 Physical Training. Development of the understanding of the effects of components of fitness. Key theory areas - Physical Training - Principles of training and training methods . Introduction to data usage methods to compare performance. (Developing health and fitness through training).</p> <p>LC2 Movement analysis. Through a range of outwitting opponents games, students develop knowledge of the body's movements through understanding of planes and axis. (Outwitting opponents)</p> <p>LC3 Health and fitness. Development of knowledge and understanding of how diet and lifestyle affects obesity, wellbeing and physiques (somatotype) (Accurate replication)</p> <p>LC4 Long and short term effects of exercise and the recovery process. (Outwitting opponents).</p> <p>LC5 Develop understanding an application of quantitative and qualitative data. (Athletics/ Striking and Fielding).</p>
Examination/Key Assessments
Practical Assessment
How parents can help
Often homework will include research such as watching a sport or finding out about a specific athlete. Access to the internet and the ability to see elite level sport will improve performance through developing a greater depth of understanding of skills, tactics and rules. <u>We urge all parents to support our kit policy by ensuring that full and correct kit is brought to each lesson.</u>

Year 10

Examination/Specification
AQA GCSE 9-1 PE
Curriculum Overview
LC1 Health and Fitness. Understanding how diet affects performance and fitness levels. LC2 Applied anatomy and physiology. LC3 Developing understanding of movement through levers, planes and axis. LC4 Structure and function of the cardio-respiratory system. Aerobic and anaerobic exercise. LC5 Sports psychology.
Examination/Key Assessments
<ul style="list-style-type: none">• 40% Practical performance in physical activity and sport You will be assessed in 3 performances 1Team, 1 Individual and 1 of either.• 30% Exam 1hour 15minutes-The human body and movement in physical activity and sport.• 30% Exam 1hour 15 minutes - Socio-cultural influences and well-being in physical activity and sport.
Homework
Homework is set weekly. This usually takes the form of knowledge organiser work, developing understanding and recall. This is then tested the following lesson.
How parents can help
<u>We urge all parents to support our kit policy by ensuring that full and correct kit is brought to each lesson.</u> Useful websites: www.gcsepod.com gcsepod for developing understanding. Videos and guidance available. www.bbc.co.uk/education/subjects/znyb4wx BBC Bitesize for revision. http://filestore.aqa.org.uk/resources/pe/AQA-8582-VOCAB.PDF AQA specific vocabulary for the course.

Year 11 P.E.

Examination/Specification
AQA Physical Education Full course
Curriculum Overview
LC1 Social Factors LC2 Diet and healthy lifestyles LC3 International Sport, competition and leisure LC4 Preparation for moderation. Preparation for exam using preliminary material. LC5 Revision, exam questions and understanding pre-release material
Examination/Key Assessments
60% Practical Students are graded in 4 activities with 20 marks each and complete a 10 mark analysis Controlled Assessment. Practical moderation of grades takes place in March. 40% of the course is examined by a 1 ½ hour written exam.
Homework
Homework is set weekly, often taking the form of examination questions, research and revision from knowledge organisers.
How parents can help
<u>We urge all parents to support our kit policy by ensuring that full and correct kit is brought to each lesson.</u> Useful websites: <u>www.gcsepod.com gcsepod for developing understanding. Videos and guidance available.</u> <u>www.bbc.co.uk/education/subjects/znyb4wx BBC Bitesize for revision.</u> <u>http://filestore.aqa.org.uk/resources/pe/AQA-8582-VOCAB.PDF AQA specific vocabulary for the course.</u>