



Physical and Outdoor Education Curriculum Intent

Hilbre High School

What do students study for each Key Stage?

- **Key Stage 3 - Core PE**

Movement: Gymnastics, Trampolining, Fitness, Athletics

Games: Netball, Football, Rugby, Hockey, Rounders, Tennis, Badminton, Handball, Volleyball, Cricket, Softball, Quidditch

Outdoor Education: Cross Country, Orienteering

- **Key Stage 4 - Core PE**

Depending on facilities and teachers available, students are offered options for the activities that lesson. Activities will be seasonally and facility appropriate, and will comprise of the activities covered at Key Stage 3 Core PE.

- **Key Stage 4 - Examination PE**

Students will be completing the OCR Cambridge National Level 1 / 2 Certificate in Sports Studies. During Year 9 and Year 10, students will complete 2 coursework units per year. In Year 11, students will complete one unit and sit the required examination at the end of year during the summer examination period.

Contemporary issues in sport (Examination)

Developing sports skills

Media and sport

Sports leadership

Developing knowledge and skills in outdoor activities

- **Key Stage 5 Foundation - Examination PE**

Students will be completing the OCR Cambridge Technical Level 2 Certificate in Sport and Physical Activity. Students will complete 4 units: 2 of which are examination based, and 2 of which are coursework based.

Physical activity, health and wellbeing (Examination)

Physical preparation and readiness for sport and physical activity (Examination)

Inclusivity, equality and diversity in delivering sport and physical activity

Leading sport and physical activity sessions

- **Key Stage 5 - Examination PE**

Students will be completing the OCR Cambridge Technical Level 3 Extended Certificate in Sport and Physical Activity. Students will complete 2 units in Year 12 (1 examination, and 1 coursework), and 3 units in Year 13 (1 examination, and 2 coursework).

Body systems and the effects of physical activity (Examination)

Sports coaching and activity leadership

Sports organisation and development (Examination)

Sports injuries and rehabilitation

Practical skills in sport and physical activities

What we think is important about our subject?

Social wellbeing- Team working, co-operative learning, making new friends, forming positive relationships, breaking down social barriers

Emotional wellbeing - Reduces stress and anxiety, feeling positive about yourself, increase self-esteem, improved body confidence, reduction in occurrence of / improvements in depression

Physical wellbeing - reduction in long term health problems (such as obesity, osteoporosis, diabetes, CHD etc), improves physical fitness, making positive choices about developing and maintaining a physically active lifestyle

Physical and Outdoor Education is a perfect opportunity for students who do not thrive in a more 'academic' setting the chance to excel and develop their skills in a positive learning environment. Not all classrooms have 4 walls, and as such, students should be given the opportunity to develop and challenge themselves in ways that they can achieve and that suits their learning style.

Another important aspect of our subject is the development and promotion of sporting excellence in both individuals and teams. This is something which could happen within lesson, in extracurricular clubs, or outside of school. Sporting excellence should be celebrated and promoted around school.

The Curriculum

Currently, Key Stage 3 Core PE is delivered in mixed sex, mixed ability lessons. Each class has 4 PE lessons (2 x movement and 2 x games) delivered across the 2 week timetable. In Year 7, students receive an additional 2 lessons which are set aside for dance lessons. Key Stage 4 Core PE receive 2 PE lessons across the 2 week timetable.

At Key Stage 4 Examination PE, students have 5 lessons across the 2 week timetable. These lessons are split between theory classroom based lessons, and practical lessons usually 3 theory : 2 practical.

At Key Stage 5 Examination PE, students have 9 lessons across the 2 week timetable. These lessons are usually split between different members of staff, who deliver individual units.

What are your assessments?

At Key Stage 3, each 'unit' lasts a half term. At the end of each 'unit' students will be assessed by their class teacher looking specifically at skills in isolation and then in a competitive situation. This mirrors the current assessment protocols at GCSE and OCR Cambridge National. At the end of the academic year, in line with school policy, students sit a written examination as part of their end of year assessment.

Key Stage 4 Core PE is not examined, and as such students do not undertake any form of assessment.

At Key Stage 4 and Key Stage 5 Examination PE, students are assessed either by external examination or by their coursework.

For examined parts of the syllabus, students sit regular in class tests and mock examinations to review their progress and to prepare them for the final examination.

For coursework parts of the syllabus, students are assessed via small scenario based tasks, which come together to form a large assignment that covers the assessment criteria for the unit. For these assignments we use the Model Assignments that are provided by OCR.