

### Years 7, 8 and 9

Pupils take part in two Physical Education lessons per week. The focus in Year 7 is to develop fundamental skills and rules in all physical activities covered. In year 8 and year 9 the focus shifts more towards the understanding of strategy and concepts within sports, and students are guided and supported to develop:

- Individual skills.
- Make and apply decisions.
- Enhance physical and mental capacity.
- Evaluate and improve their own performance.
- Apply tactics and knowledge of rules in game situations.
- Make healthy and active lifestyles choices.

This is achieved through a varied timetable. Which allow pupils to investigate two different physical activities per week. This is delivered through a carefully planned curriculum which includes all the physical activities in the table below.

Football	Fitness	Tag Rugby
Benchball	Handball	Basketball
Cricket	Hockey	Athletics
Rounders	Badminton	Dodgeball
Tennis	Softball	Squash
Lacrosse	Croquet	Ultimate Frisbee
Lawn Bowls	Kabaddi	Swingball

### Compulsory Physical Education in Years 10 and 11

KS4 pupils have 2 hours of P.E every week. Learners continue to follow the compulsory elements of the National Curriculum. Including all the physical activities stated in the previous table above. With the aim of developing physical, mental and social skills required for progression in learning and future life experience.

As students' progress into Year 10 and 11 students work more on the improvement of practical skills, techniques and tactics, as well as developing a more independent approach when participating in a game situation.

## Btec Level 1 Certificate in Sport and Active Leisure

As part of option choices at the end of year 9, pupils can choose to complete a Btec Level 1 Certificate in Sport and Active Leisure during year 10 and 11.

The BTEC Level 1 Certificate is broadly equivalent to a GCSE Grade E. Pupils have three lessons per week. Two are based in the classroom as theory lessons. The aim of these lessons are to assist pupils in completing coursework. The coursework goes towards their final grade. The third BTEC lesson of the week is a practical.

Pupils complete four units. These are:

### 1. How the Body Works

This unit investigates how the main body systems work and the effect physical activity has on them.

### 2. Taking Part in Sport

This unit allows pupils the opportunity to participate in a number of different sports. Developing their individual skills and effectiveness to compete. Pupils will also evaluate their own strengths and weaknesses in each sport and identify how they could improve.

### 3. Assisting a Leader of Sport or Active Leisure Activities to Plan and Deliver an Activity.

Pupils will learn about factors which make up a successful physical activity session. They will then use this knowledge to plan, deliver and evaluate their own physical activity lesson.

### 4. Planning Own Fitness Programme

Pupils will learn about factors which make up a successful fitness programme. They will then use this knowledge to plan, deliver and evaluate their own fitness programme.

Assessment of the stated units takes the form of a mixture of written assignments, written diary, information booklets/posters, video diary and PowerPoint presentation.

On the completion of this course pupils may choose to move onto higher BTEC's in Sport or GCSE P.E.