

Physical Education at Norbury High

Overview

The Physical Education (PE) Department aims to motivate and inspire our students by providing a multifaceted and enriching programme that is inclusive and not influenced by gender, socio-economic or cultural bias. We want every student to have a fair opportunity to participate in sporting activity; we provide them with the opportunities to achieve their full potential and our expectations are high.

The department strives to instil a lifelong positive attitude towards physical activity; to develop engagement in sport; and to embed an understanding of the benefits of a healthy, active lifestyle. We are committed to developing an environment that motivates and challenges all students. In order to do this, we create a stimulating and inspiring learning environment in which students work outside of their comfort zones, learning from mistakes and misconceptions and viewing them positively as tools to aid improvement. A broad range of sports is complemented by a variety of teaching and learning styles.

Key Stage 3

Year 7 PE

Our year 7 PE programme develops students' fundamental motor skills across a range of sports. Both team and individual sports are used to develop the social, emotional and physical wellbeing of students.

UNIT 1: OAA: Developing communication, team building and orienteering skills.

UNIT 2: Invasion Games: netball, football and basketball.

UNIT 3: Creative Sports: trampolining, dance and gymnastics.

UNIT 4: Athletics.

UNIT 5: Striking and Fielding: rounders, cricket and badminton or tennis.

Theory

Every term, students are taught an area of theory related to physical education.

Term 1: Warm up/cool down. Methods of training

Term 2: Skeletal system.

Term 3: Muscular system.

Year 8 PE

Year 8 PE students develop the skills and techniques they have learned in previously taught sports. A spiral approach to the curriculum enables students to deepen their knowledge and ability in these sports.

UNIT 1: Invasion Games: netball and handball.

UNIT 2: Creative Sports: trampolining and dance.

UNIT 3: Athletics.

UNIT 4: Striking and Fielding: rounders or cricket.

Theory

Every term, students are taught an area of theory related to physical education.

Term 1: Cardiovascular system.

Term 2: Respiratory system.

Term 3: Short-term effects of exercise.

Year 9 PE

In year 9, we continue to develop students' abilities across a range of sports, focusing on the advanced skills and techniques required. Year 9 also delves further into game tactics.

UNIT 1: Invasion Games: netball and handball.

UNIT 2: Creative Sports: trampolining and dance.

UNIT 3: Athletics.

UNIT 4: Striking and Fielding: rounders or cricket.

Theory

Every term, students are taught an area of theory related to physical education.

Term 1: Careers in PE.

Term 2: Components of fitness.

Term 3: Principles of training.

Key Stage 4 Core Physical Education

At Key Stage 4 (KS4), PE remains a compulsory subject with all students participating in one hour of curriculum time dedicated to physical education each week. The emphasis in KS4 is on participation and enjoyment to promote a prolonged interest in sport and physical activity.

- **Invasion Games:** netball, rugby, football, handball and basketball
- **Creative Sports:** trampolining and dance
- **Athletics**
- **Striking and Fielding:** rounders, cricket, Danish longball and stoolball
- **Target Games:** dodgeball and benchball

- **Net Games:** badminton, table tennis and tennis
- **Health and Fitness:** circuit and HIIT training
- **Offsite:** gym
- **Year 10 Optional Award:** Junior sports leaders awards (2020-2021) BTEC Sport Award level 2 (2021 onwards)

KS4 GCSE Physical Education

Students will sit the OCR GCSE Physical Education (9-1) award. The course has been designed to allow learners to study PE in an academic setting, to critically analyse and evaluate physical performance and apply their experience of practical activities in developing their knowledge and understanding of the subject.

The content of OCR's GCSE in physical education is divided into three components. Each component is further subdivided into topic areas and the detailed content associated with each topic.

Year 10

Component 01: Applied anatomy and physiology; Physical training (paper 1)

- 1.1 Applied anatomy and physiology.
- 1.2 Physical training.

Component 02: Socio-cultural issues and sports psychology (paper 2)

- 2.1 Socio-cultural influences.
- 2.2 Sports psychology.
- 2.3 Health, fitness and well-being.

Summer term:

3.2 Analysing and Evaluating Performance (AEP) Task-based NEA.

The content of this unit uses practical examples from physical activities and sports to show how theory can be applied as well as to reinforce understanding. The AEP task necessitates the use of data analysis skills which are spread across the components and topics.

Year 11

Component 03: Performance in physical education (non-exam assessment [NEA])

3.1 Performance of three activities taken from the two OCR-approved lists.

- **One** from the 'individual' list
- **One** from the 'team' list
- **One** other from either list