



Subject Curriculum Overview

PHYSICAL EDUCATION

Why is *subject* important?

Our Physical Education curriculum is designed to ensure that students feel comfortable enough to Push, Express and Challenge themselves in all PE lessons and extra-curricular clubs. Therefore, we want all students to enjoy their learning in PE and embrace the 'Be Yourself' culture. We feel strongly about inspiring students to become life-long participants in Sport and Physical activity. Hence, students are educated on the Physical and Mental Health benefits that can be gained via exercise.

Summary of the Department

PE Staff

Mr M Holliday – Curriculum Leader

Mr B Wilkinson – Teacher of Boys PE

Mrs E Marshall – Teacher of Girls PE

Miss N Tweddle – Teacher of Girls PE/Year 7 Director of learning

Mrs L Walker-Taylor – Teacher of Girls PE

We are able to offer a wide and varied activity range due to our ever-growing high-quality facilities.

Currently, our indoor facilities include the Sportshall, which allows the delivery of Netball, Badminton, Dodgeball, Football, Basketball to name a few activities. The Activity Studio and Main Hall also provide indoor space which allows us to deliver Dance, Trampolining, Cheerleading and Gymnastics. These excellent facilities as soon to be joined by a Fully functional Fitness Suite, to aid in the delivery of Health-Related Fitness.

Our Outdoor facilities include a large school field where we can deliver Football, Rugby, Rounders, Athletics and many other activities. Netball and Tennis can be taught on our outdoor courts and plans for a state-of-the-art Astro-turf facility to further enhance our curriculum and extra-curricular opportunities are currently underway.

Key Stage 3

The PE department deliver a bespoke Key Stage 3 curriculum at Workington Academy. The 'PEC Yourself' curriculum is the first element of the of broader 'Be Yourself' curriculum. Staff have designed this curriculum to give all students the opportunity to Push, Express and Challenge themselves.

The main driver for our Y7 Physical Education curriculum is to ensure that students feel comfortable enough to 'Express' themselves in all PE lessons and extra-curricular clubs. Therefore, we want all students to enjoy their learning in PE and embrace the 'Be Yourself' culture. A wide range of activities will encourage students to 'Push, Express and Challenge' themselves, with particular emphasis being placed on the 'Express Yourself' strand of the curriculum.

The main driver for our Y8 Physical Education curriculum is to create a culture where every student wants to get better. Therefore, we want all students to be aware of where they are, where they want to be and what they need to do to get there. A wide range of activities will encourage students to 'Push, Express and Challenge' themselves, with particular emphasis being placed on the 'Push Yourself' strand of the curriculum.

The main driver for our Y9 Physical Education curriculum is to create a culture where every student wants to challenge themselves. Therefore, we want all students to become more independent learners. Most lessons will be facilitated by the use of peer teaching cards and where possible lessons will be student led. Our students will become responsible for their own learning and progress under the guidance of their teacher. A wide range of activities will allow students to 'Push, Express and Challenge' themselves, with particular emphasis being placed on the Challenge Yourself strand of the curriculum.

We are fully confident that when the students completed Key Stage 3 they are ready to take the next steps in the 'Be Yourself' curriculum as they move to the 'Health Yourself' phase.

Key Stage 4

The PE department also deliver a bespoke Key Stage 4 curriculum at Workington Academy. The 'Health Yourself' curriculum is the second element of the of broader 'Be Yourself' curriculum. Staff have designed this curriculum to give all students the best opportunities to stay involved in sport and physical activity.

The main driver for our KS4 Core Physical Education curriculum is to create a culture where every student understands the importance of both mental and physical health. A key focus within this is to promote and provide opportunity for life long participation. Therefore, we want all students to enjoy and be engage in all lesson. As a result, students will become responsible for their own learning and progress and select the activities they feel will engage them the most. A wide range of activity choices will allow students to 'Health' themselves, with particular emphasis being placed on participation and enjoyment, with a strong encouragement for this to continue when the leave school.

Those students who opt to choose PE as an examination subject will study the Level 2 BTEC First Award in Sport. The focus for our Key Stage 4 BTEC in Sport curriculum is to ensure that students are capable of independent research, planning and reviewing. Students will be confident enough to express themselves via written and spoken language in the form of presentations, written reports, session delivery and analysis and evaluation. To develop and maintain a strong interest, all assignment briefs are localised and use current sports performers. The course is delivered in 4 sperate units one of which is externally assessed and three of which are internally assessed. The synoptic nature of Unit 3 Applying the Principles of Personal Training, means it must be delivered at the end of the course, therefore we begin with Unit 2 Practical Performance in Sport, as this practical unit engages students and allows them to develop independent skills in topics they are familiar with from Key Stage 3. We then move on to Unit 6 Leadership in Sport as this allows students to put the independent skills learned during Unit 2 into practice. The external unit (1) is delivered at the beginning of Year 11 as the students are often more focused, the exam is sat in January to enable re-sits for those who require one late in the spring term.

Key Stage 5

Those students who opt to choose PE as an examination subject will study the Level 3 BTEC Extended Certificate in Sport.

The focus for our Key Stage 5 BTEC in Sport curriculum is to build on and enhance the skills that they students learned on the Level 2 course. Again, independent research, planning and reviewing are of paramount importance to student success and students will once again be required to submit work via written and spoken language in the form of presentations, written reports, session delivery and analysis and evaluation. There is a much larger emphasis on the ability of students to evaluate and analyse information and provide advice supported by research and literature. To develop and maintain a strong interest, all assignment briefs are localised and use current sports performers. The course is delivered in 4 separate units two of which is externally assessed and two of which are internally assessed. Unit 1 'Anatomy and Physiology' is a traditional exam unit, Unit 2 'Fitness Training and Programming for Health, Sport and Well-being' is a case study based exam where guidance and advice on healthy lifestyle is given, Unit 3 'Professional Development in the Sports Industry' is a research based unit in which two careers in the sports industry must be explored, finally Unit 5 'Application of Fitness Testing' where students test and provide advice to a chosen client.

Outside the classroom

We believe the wide and diverse range of activities and opportunities we offer via our extra-curricular programme is a great strength of the PE Department. We pride ourselves on high levels of extra-curricular engagement across all year groups. We provide clubs for all activities taught in lessons and run these both at lunch time and after-school. Students are also given many opportunities to represent their tutor group through a number of different inter-form competitions as well as their year and the school in external fixtures. We also have strong links with our feeder Primary Schools and our students often help in the delivery of sports festivals. Top extra-curricular attendees are rewarded with a sports trip each year and we have very good relationships with local clubs in variety of sports such as Football, Rugby League/Union, Badminton and Trampolining. We enter as many external competitions and events as possible not only in the traditional sports but in all activities, for example U-Dance. Where possible external providers are used in lesson to provide as many pathways into sport as possible for our students.