

**Subject:** Physical Education

**Teachers:** Miss Clarke and Mrs Goodall

**Exam Board:** N/A

## NEWPORT GIRLS' HIGH SCHOOL

### KS4 Curriculum Overview

#### Curriculum Intent & Organisation

Students are taught in class groups (X, Y, Z) of 28-30 students for two lesson per week. Pupils have full access to the Physical Education National Curriculum which is differentiated to meet pupils' learning needs and styles. The Physical Education curriculum is designed to be challenging, appropriate to each pupil's stage of development.

- To be active physically, demonstrating knowledge and understanding mainly through physical activity.
- To promote health awareness and the value of adopting a healthy lifestyle.
- To provide high quality coaching and teaching within PE lessons and after-school clubs.
- Staff to deliver high quality PE lessons monitored by Senior Leadership.
- To increase the amount of inter-school competitive sport opportunities for pupils.
- To increase the amount of intra-school competitive sport opportunities for pupils.
- To instil a sense of good sportsmanship, and encourage recognition of other pupils' contribution.
- To develop leadership skills, responsibility and self-awareness.

#### Impact of Prior Learning from KS3

In KS3, through to KS4 some sports are repeated such as netball. Rounders, cricket, dance and handball. This allows us to build upon and consolidate prior learning and skills, ensuring any 'gaps' in knowledge are addressed.

#### Equipment Required for this course

- Full School PE kit
- Trainers
- Shin pads
- Gum guards.

#### Curriculum Implementation – Areas of Focus Year 9

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"><li>• Netball</li><li>• Handball</li><li>• Health Related Fitness</li><li>• Dance</li></ul>	<ul style="list-style-type: none"><li>• Lacrosse</li><li>• Problem Solving</li><li>• Tag Rugby</li><li>• Athletics</li></ul>	<ul style="list-style-type: none"><li>• Rounders</li><li>• Danish longball</li><li>• Cricket</li><li>• Lineball/ benchball</li></ul>

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### Curriculum Implementation – Areas of Focus Year 10

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"><li>• Tag rugby</li><li>• Fitness</li><li>• Lacrosse</li><li>• Dance</li></ul>	<ul style="list-style-type: none"><li>• Football</li><li>• Benchball</li><li>• Cricket</li><li>• Volleyball</li></ul>	<ul style="list-style-type: none"><li>• Handball</li><li>• Rounders</li><li>• Ultimate Frisbee</li><li>• Golf</li></ul>

### Curriculum Implementation – Areas of Focus Year 11

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"><li>• Class choice for Games</li><li>• PE= Cheerleading</li><li>• PE= Fitness Suite</li></ul>	<ul style="list-style-type: none"><li>• Class choice for Games</li><li>• Class choice for PE</li></ul>	<ul style="list-style-type: none"><li>• Class choice for Games</li><li>• Class choice for PE</li></ul>

### Impact / Outcomes

Learning will be assessed throughout the course by:

- Baseline assessment in Autumn half-term 1.
- Students will peer-assess during performance-based lessons (dance / gymnastics/ cheerleading).
- Assessment is continuous and is based on:
  - Development of skills practically.
  - Their ability to make and apply decisions in changing game / choreographic situations.
  - Their development of physical and mental capacity to excel and challenge themselves to improve further.
  - Their evaluation skills in order to continue to improve.

### Homework

N/A

### Ways to support learning

- Ensure that students have full PE kit to be able to participate in indoor and outdoor sports in all weathers (layers for the winter, sun protection for the summer).
- Make sure that if they are injured that a note is provided to explain the injury, how long they will be unable to participate, a supporting doctors / physio note if a longer-term injury and PE kit for them to change into so that they can still take on a role during the lesson.
- Encourage students to participate in the extra-curricular opportunities that exist for PE.

### Field Work / Extension / Enrichment Opportunities

- Regular fixtures in a wide array of sports
- Year 8-10 Netball weekend.
- New 2019- Year 11 and Sixth Form netball weekend.
- Tibberton Friday night netball club.
- Rugby Ready Course
- Leading extra-curricular clubs

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### Next Steps

Throughout the PE curriculum we promote the value of adopting a healthy lifestyle and staying active therefore most of our students understand the importance of exercise in whatever form. Thus, we aim to keep students engaged in sport by ensuring it is as enjoyable as possible. In addition, we now offer 1 hour of core PE a week in KS5, this will hopefully be seen as bonus for our prospective sixth form students.

If you have any questions about this Learning Overview, please contact the named Teacher above.