

Subject: Physical Education

Teachers: Miss Clarke and Mrs Goodall

Exam Board: N/A

NEWPORT GIRLS' HIGH SCHOOL

KS5 CURRICULUM OVERVIEW

Curriculum Intent & Organisation

Students have 1, one-hour lesson per week. Pupils have full access to the Physical Education 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 KS4

At NGHS we listen to the student voice and develop the KS5 curriculum around what the students enjoy doing or something new they would like to try, this is usually based on judgements made in KS4. If students have completed any summer camps or coaching/ refereeing courses over the summer, we try our best to utilise this and get them involved in extra-curricular clubs and fixtures as they are able to share their knowledge and support other students.

Equipment Required for this course

- Appropriate sports attire
- Trainers
- Shin pads
- Gum guards.

Curriculum Implementation – Areas of Focus Year 12

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none">• Class choice	Class choice	Class choice

Curriculum Implementation – Areas of Focus Year 13

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none">• Year 13 can attend a core year 12 PE lesson if they are free at the same time as 1 of the 3 lessons.	Year 13 can attend a core year 12 PE lesson if they are free at the same time as 1 of the 3 lessons.	Year 13 can attend a core year 12 PE lesson if they are free at the same time as 1 of the 3 lessons.

Subject: Physical Education

Teachers: Miss Clarke and Mrs Goodall

Exam Board: N/A

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.
- 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 / Self Study

N/A

Ways to support learning

- Ensure that they 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
- New 2019- Year 11 and Sixth Form netball weekend.
- Tibberton Friday night netball club.
- Rugby Ready Course
- Leading extra-curricular clubs.

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.

University and career opportunities:

- University sport teams/ clubs
- Degree in Sports and Exercise Science
- Physiotherapy
- Teaching
- Coaching
- Performance analysis

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