

## **Sport**

### **KEY STAGE 3 PHYSICAL EDUCATION (YEAR 7)**

In Year 7 students will follow a programme of activities in Games (Rugby, Football or Netball), Trampolining, Athletics, Rounders and Swimming.

It is important that students have P.E. kit for every lesson. Please see the information on school uniform. For swimming, students will need either trunks/shorts or a one piece swimming costume and a towel. If a student wishes to be excused from P.E. they should bring a note from their parent/guardian. Please do not ask for your son/daughter to be excused for trivial reasons.

Generally, if they are fit to be in school then they are fit to take part in some or all of the activity. If the medical condition is a prolonged one, then we will require a doctor's note. If a student wishes to be excused from practical lessons they must still bring their kit to the lesson as they will be expected to take some role in the lesson e.g. officiating. If a student forgets to bring their kit they will be expected to wear spare school kit. For health and safety reasons no jewellery can be worn for P.E.

There are a variety of extra-curricular activities that Year 7 students can take part in as well as inter-house and inter-school competitions. Please encourage your son/daughter to get involved in these activities, and if they would like to join a sports club outside school we can put them in contact with one.

### **KEY STAGE 3 PHYSICAL EDUCATION (YEAR 8)**

In Year 8 students will have 3 lessons per fortnight of P.E. They will build on the skills learned in Year 7 in Gymnastic Activities, Dance, Athletics, Games and Swimming.

It is important that they have P.E. kit for every lesson. Please see the information on school uniform. For swimming, pupils will need either trunks/shorts or a one piece swimming costume, and a towel. If a pupil wishes to be excused from P.E. they should bring a note from their parent/guardian. Please do not ask for your son/daughter to be excused for trivial reasons.

Generally, if they are fit to be in school then they are fit to take part in some or all of the activity. If the medical condition is a prolonged one, then we will require a doctor's note. If a pupil wishes to be excused from practical lessons they must still bring their kit to lesson as they will be expected to take some role in the lesson e.g. officiating. If a pupil forgets to bring their kit they will be expected to wear spare school kit. For health and safety reasons no jewellery can be worn for P.E.

There are a variety of extra-curricular activities that Year 8 pupils can take part in as well as inter-house and inter-school competitions. Please encourage your son/daughter to get involved in these activities, and if they would like to join a sports club outside school we can put them in contact with one.

## **KEY STAGE 4 'CORE' PHYSICAL EDUCATION (YEAR 9)**

In Year 9 pupils will have three lessons of P.E. per fortnight. They will continue to build on the activities learnt in Years 7 & 8 and also improve leadership skills.

It is important that they have P.E. kit for every lesson. Please see the information on school uniform. For swimming, pupils will need either trunks/shorts or a one piece swimming costume, and a towel. If a pupil wishes to be excused from P.E. they should bring a note from their parent/guardian. Please do not ask for your son/daughter to be excused for trivial reasons. Generally, if they are fit to be in school then they are fit to take part in some or all of the activity. If the medical condition is a prolonged one then we will require a doctor's note. If a pupil wishes to be excused from practical lessons they must still bring their kit to the lesson as they will be expected to take some role in the lesson e.g. officiating. If a pupil forgets to bring their kit they will be expected to wear spare school kit. For health and safety reasons no jewellery can be worn for P.E.

There are a variety of extra-curricular activities that Year 9 pupils can take part in as well as inter-house and inter-school competitions. Please encourage your son/daughter to get involved in these activities, and if they would like to join a sports club outside school we can put them in contact with one.

## **KEY STAGE 4 Edexcel GCSE PHYSICAL EDUCATION (YEARS 9-11)**

Year 9 – 6 lessons, Year 10 – 5 lessons, Year 11 – 5 lessons.

It is vital that students bring kit/equipment to the appropriate lessons as some of these will cover the practical element of the course. They must attend extra-curricular activities and activities outside of school.

Written coursework (worth 10% of the final mark) should be completed by the end of Year 10. Practical moderation will be around March of Year 11 (worth 30% of the final mark). The course will cover the following topics:

## **OCR CAMBRIDGE NATIONAL IN SPORTS SCIENCE (YEAR 9-11)**

The OCR Certificate is equivalent to 1 GCSE. You will study 4 units ranging from learning about the human body to sports psychology. There will be 5 lessons per fortnight; these will include practical sessions so it is vital that students bring the correct kit for these lessons.

Assessment is completed by a range of structured tasks, small research projects throughout the year and one externally controlled assessment; there is no final end of year exam. You can gain an overall Level 1 or 2 Pass, Merit or Distinction grade at the end of the course.

Over three years you will gain an understanding of a wide range of topics related to the sports sector and during the course will study the following units:

- Reducing the risks of sports injuries
- Applying principles of training

- The body's responses to physical activity
- Sports psychology.

#### **KEY STAGE 4 CORE PHYSICAL EDUCATION (YEARS 10 & 11)**

All students in Years 10 and 11 will have 'core' PE lessons. Students will have 2 lessons per fortnight and will follow a fitness programme delivered through a variety of activities and areas including outdoors and the fitness suite. Students are able to choose activities and performance areas from the following 4 pathways:

- I. Competitive
- II. Healthy lifestyles
- III. Creative
- IV. Alternative.

#### **KEY STAGE 4 CORE PHYSICAL EDUCATION (YEAR 11)**

All students in Year 11 will have 'core' PE lessons. Students will have 2 lessons per fortnight and will follow a fitness programme delivered through a variety of activities and areas including outdoors and the fitness suite. Students are also able to choose activities and performance areas from the following 4 pathways:

- V. Competitive
- VI. Healthy lifestyles
- VII. Creative
- VIII. Alternative.