

KS3 and KS4 (Core) Physical Education

What the curriculum is designed to do

At Tibshelf Community School, our Physical Education department harnesses the power of sport and physical activity to enhance students' physical, mental, and social well-being. Through an exciting and diverse curriculum, students will engage in a wide range of sports each year, from Basketball and Rugby to Dance and Athletics. Our PE program is designed not only to foster a passion for sport but also to emphasize the value of a healthy, active lifestyle. Our goal is to empower students with the skills, knowledge, and experiences they need to enjoy lifelong participation in sport and physical activity.

How we deliver the curriculum

<u>Year Group</u>	<u>Number of lessons</u>	<u>Content</u>
Y7 Core PE	4 over two weeks	Students will foster their intellectual curiosity through a diverse array of activities designed to help them acquire new skills, build confidence, and enhance their physical literacy. They will also have opportunities to lead small groups, encouraging collaboration and leadership development.
Y8 Core PE	4 over two weeks	Students will build their foundations with more advanced challenges. They will have the chance to deepen their understanding and refine their skills, while also taking on greater leadership roles within their groups to encourage teamwork and critical thinking.
Y9 Core PE	3 over two weeks	Students will elevate their learning experience by engaging in more complex and competitive activities that foster critical thinking and creativity. Building on their previous experiences, they will tackle new challenges that not only promote collaboration but also emphasize the spirit of competition.
Y9 (Option Class)	4 over two weeks	Introduction to the key concepts of KS4 theory: Components of fitness, Principles of training, Rules and Regulations and Effective Leadership.
Y10/11 Core PE	2 over two weeks	A diverse range of activities will students them refine their skills, build resilience, and foster a passion for staying active, preparing them for healthy, fulfilling lives beyond Tibshelf Community School

How we assess students

Students are assessed at the end of every half-term in each sport that they cover. They will be assessed in two areas:

- Practical Performance: Student's demonstration of practical ability in each sport.
- Sports Leadership: Student's demonstration of effective leadership.

Students are encouraged to attend extra-curricular activities to further enhance their skills and knowledge to maximise their progress in Physical Education.

How it benefits students learning and personal development

Students will gain a huge variety of interpersonal skills in PE including leadership, teamwork, resilience, empathy, and analytical skills. Students will also have a wide range of enrichment and extra-curricular opportunities to increase their social and cultural capital.

BTEC Level 1/2 Tech Award in Sport (2022) Curriculum Intent

What the curriculum is designed to do

Our BTEC Tech Award (2022) curriculum is designed to inspire and equip students with real-world skills and knowledge in the sports industry. By blending theory with practical application, students will explore key topics such as fitness, training principles, and leadership in sport. Through engaging projects and hands-on experiences, we aim to cultivate confidence, teamwork, and critical thinking. Our goal is to prepare students not only for further education and careers in sport but also to foster a lifelong commitment to health, fitness, and personal development.

How we deliver the curriculum

The curriculum is delivered through a blend of theory and practical lessons to provide students with the knowledge required for the course, but also enable them to apply their knowledge to practical contexts. Students will study three components:

Component 1: Preparing Participants to Take Part in Sport and Physical Activity

Component 2: Taking Part and Improving Other Participants Sporting Performance

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

How we assess students

Students will complete at least one formative assessment per half-term to prepare them for the following assessments:

Component	Description of assessment	When does the assessment take place?
Component 1: Preparing Participants to Take Part in Sport and Physical Activity	60 Marks Non-exam internal assessment set by Pearson. 5 hours to complete assignment.	<u>Year 10 September – February</u> : Explore content. <u>Y10 January</u> : Complete Pearson Set Assignment
Component 2: Taking Part and Improving Other Participants Sporting Performance	60 Marks Non-exam internal assessment set by Pearson. 4 hours to complete assignment.	<u>Year 10 April – September</u> Explore content <u>Y11 September</u> : Complete Pearson Set Assignment
Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	60 Marks 1.5 hour exam marked by Pearson	<u>Y11 January – May</u> Explore content <u>Y11 May/June</u> Complete exam

How it benefits students learning and personal development

The BTEC Tech Award (2022) at Tibshelf Community School plays a vital role in students' personal development by fostering confidence, teamwork, and leadership through practical sports experiences. It encourages critical thinking and problem-solving, as students apply theoretical knowledge to real-world scenarios. The course also builds resilience and determination, helping students overcome challenges and set personal goals, while promoting lifelong healthy habits. Ultimately, it equips students with the skills, mindset, and discipline to succeed in both their future careers and personal lives.