

[PE](#)

Implementation

Year 7

In term one of Year 7, students begin with baseline sport testing. This allows the students to demonstrate their skills in a full range of sports. Throughout the remainder of the year students are taught in either single sex or mixed sex ability groups. During the year all students will be taught football, fitness, badminton, athletics and rounders whilst the girls will also experience netball and the boys undertake rugby. Some students will also undertake more diverse activities such as table tennis, trampolining, dodgeball and lacrosse. At the very start of their PE journey at the Academy students study the theoretical aspect of PE, discovering how muscles work, what bones are in the body, what constitutes a healthy diet and what different types of training there are to participate in. This allows students to develop skills that are essential for success on our BTEC Sport course in KS4 as well as being able to lead a healthy and active lifestyle. This continues throughout each year's core PE.

Year 8

In the second year of PE at the Academy students continue in either single sex high ability or mixed set lower ability groups. Activities closely meet the needs of each and every student and as a result the activities on offer are varied and vast. Skills and understanding in netball, basketball, football, rugby, badminton, table tennis, alternative invasion games, fitness, athletics and rounders are all developed throughout the year.

Year 9

The core PE curriculum in Year 9 is very similar to the one students studied in Year 8, allowing students to further embed and develop their skills in a range of sports. Towards the end of Year 9 students begin their option process so now is the time for them to decide if they would like to study PE in more detail during KS4. Students with a passion for a range of sports, a commitment to leading a healthy active lifestyle and those with an exemplary approach to learning will thoroughly enjoy the BTEC Sport option in KS4 and this option will allow them to pursue careers and qualifications in sport when they leave the Academy. For those that will not choose BTEC Sport as an option, they will still continue with core PE in KS4.

Year 10

In Year 10 the core PE curriculum changes and students are taught in single sex, mixed ability groups and are introduced to new sports and opportunities, whilst still experiencing traditional team games. Some of the sports students experience include football, rugby, netball, hockey, fitness, ultimate frisbee, volleyball and tennis.

Year 11

In this busy and vitally important year, the emphasis of core PE changes and students now focus much more on participating in a range of sports. At times we are able to add additional sports, based on students' requirements.

BTEC Sport

During year 9 students make their choices for year 10 and in the PE department they can opt to take BTEC Sport. In this two year course students will coursework for two components and sit a written exam for a third. During these components students focus on aspects of fitness, practical sport, personal training programs and sports coaching. BTEC Sport is a popular course and our PE specific classroom are a fantastic resource for us to have. The results within BTEC Sport are outstanding with all students able to make excellent progress. A large percentage of our students at level 2 continue on to study level 3 BTEC Sport in the sixth form.

Sixth Form

In the 6th Form students experience one hour of sport and PE each week. They are encouraged to make the most of further sporting opportunities as part of their enrichment programme. Our clubs and fixtures allow for 6th Form students to partake. The aim of these sessions is to encourage the older students to participate in a sport as a healthy young adult. Students in the 6th Form can choose to study BTEC Sport or BTEC Uniformed Protective Services. In both courses students have to pass the first year in order to progress to the second year. We also offer a leadership programme which helps our 6th Form students develop the skills required in a number of aspects of life.

Extra-Curricular

The PE department are proud to offer a wide-ranging timetable of activities in addition to our core PE curriculum. Regular clubs are offered after school and students are able to enjoy our excellent facilities until 4.15pm on most evenings. As well as fielding competitive teams for all years in traditional sports such as football, rugby and netball, we regularly compete in rounders, badminton, table tennis, cross country, cricket and athletics. Our teams enjoy great success both locally and further afield.

Sports Tour

In Spring of each year the department runs a sports tour to PGL Liddington where students from Year 8, 9 and 10 are able to train and compete in netball and football. In addition to the tournaments, students also partake in a number of exciting activities such as canoeing, abseiling, trapeze and zip wire. The tour has proved to be a great success, for further information and to book a place on this year's tour, please contact the PE department.

Impact

We believe the curriculum we have planned allows our students to enjoy every PE lesson whilst working hard and making lots of progress. The traditional element of our curriculum helps develop the skills, knowledge and understanding of traditional sports. Students are then able to access extra-curricular activities and play games for the school team locally and further afield in a range of competitions. We also understand that not all students enjoy traditional sports which is why we include a range of less traditional sports in our curriculum. Giving students access to sports such as trampolining, table tennis, dodgeball and fitness helps students develop a love of sport which hopefully they will take with them throughout life.