



## Physical Education

**“Start unknown. Finish unforgettable.”**

Unknown

### **Purpose and Vision:**

PE at Globe Academy is about offering young people the opportunity to lead a healthy and active lifestyle. We aim to inspire the students through the high-quality curriculum they receive that is centered around our three aims;

- To provide young people with a legacy for life long participation in physical activity.
- To support and provide high level competition for students who have aspirations with the field of sport and performance
- To develop student’s scientific knowledge of the theory that relates to physical understanding and success.

Students will study a range of sports and activities during their time at Globe, from Handball to gymnastics and Athletics to exercise to music.

Students will have an opportunity to develop a vast amount of skills during their PE lessons and the extra-curricular time table we have available. We aim to provide our students with the space and knowledge to build character and embed the values of our cultural pyramid, such as independence and integrity, enabling our young people to become leaders within their communities.

### **Facilities**

We have some fantastic facilities here at Globe Academy, that help to provide the students with the best platform to develop and succeed in the journey through sports and physical activity. These include;

- Indoor Sports Hall
- 4G Pitch
- Outdoor Sports Court
- Outdoor running track
- Dance Studio
- Fitness Container (the only one in the whole of the UK)

### **Trips/ Experiences**

Here at Globe we provide an extensive programme to enrich the learning of our students through the field of sport and physical activity. Our extra-curricular programme can be found at the bottom of this page. Some of the many trips we have taken the students on include;

- Para-athletics at the Olympic Park
- British Basketball League Finals at the O2 arena
- SuperLeague Netball with Hertfordshire Mavericks
- Fulham FC Training Ground visits

### **KS3:**

This curriculum is designed to embed the fundamental skills for both, individual and team game activities. The students improve their physical development and master skills they would have been introduced to in Key Stages 1 and 2. Students will become more competent, confident and expert in their techniques and apply them across different sports and physical activities based on a carousel of 10 week programme of study.

All of the schemes of learning in PE have been in a purposeful way to help students to understand what makes a performance effective and how to apply these principles to their own and others' work.

Each activities allows the students to develop the confidence and interest to get involved in exercise, sports and activities that form the focus of the sports assessed for GCSE PE.

*Students will be taught to:*

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games and develop their technique and improve their performance in other competitive sports.
- Perform gymnastic routines using a variety of apparatus and disciplines within the field of the gymnastics to develop complex combinations of actions.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- How to lead a healthy and active lifestyle whilst learning how exercise safely using a variety of equipment and body weight challenges.
- Take part in competitive sports and activities outside school through intra school competitions, community links or sports clubs.

### **KS4:**

#### **CORE PE at Key Stage 4**

This element of the curriculum encompasses the notions of legacy within physical activity. Students are provided with a variety of activities that they can choose for the three modules across the academic year. They then complete 10 week blocks of these activities. All students will continue to have a double period of PE each week.

Students will develop a knowledge and understanding of recreation sport and physical exercise as a leisure activity. We believe that through getting involved in a range of activities that develops personal

fitness and promotes an active, healthy lifestyle; our students will have a positive state of wellbeing, vital in the lead up to the GCSE exams.

*We also offer OCR GCSE PE for students who have a greater interest in the subject. Students will be taught to:*

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games and develop their technique and improve their performance in other competitive sports
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- Continue to regularly take part in sports and activities outside school through intra school competitions, community links or sports clubs.

### **OCR GCSE PE**

OCR GCSE PE is a three year course that is made up of two components:

The first component is the **practical element** of the course that will require each student to be assessed in three different physical activities that are externally moderated. This contributes to 30% of the final grade.

Options include: Handball, Athletics and Netball, Badminton, Basketball and Football. Additional physical activities may be included or considered.

During their practical performance students will be preparing to complete a **controlled assessment** piece for one of their three sports. They will be required to analyse their performance and identify key areas of strength and weakness. They will call upon their theoretical and scientific knowledge to explain and evaluate how their performance can be improved through a series of training programmes and activities. This controlled assessment is completed in the academy and contributes to 10% of their final grade.

The second component is **two written exams** to assess student's theory of fitness and the body systems and health and performance as well as contemporary issues within sport and physical activity. These exams will be taken at the end of the course and contributes to 60% of the final grade.

### **KS5: Sports Professional Pathway**

This is a two year modular course that involves 16 units of study and is equivalent to 3 A Levels.

Students will have 15 hour contact time in school for the educational course across two years of study. Students will also complete a work-readiness during the two year course will be prepare them for the units of study that would be conducted outside the work place.

The assessments are spread throughout the two years of study and involves a combination of written assignments, presentations, practical assessment and witness statements.

The course covers a wide range of topics including principles of anatomy and physiology, fitness training and programming, sports psychology, disability in sport and sports management. These modules will be delivered through a vocational and practical approach using, our sports hall, fitness suite 4G and

classroom based study. During this course you will be expected to apply the theory taught in the class to coaching and other practical sports and exercise sessions.

During the 2 years, students will gain a wealth of experience in various different sectors of the sport and physical activity. Organisations that we work alongside include;

- Create Development (real coaching, Gamesforce Events Award)
- London Youth Games (opportunities available through volunteering- officiating qualifications)
- Disability Sports C (opportunities through volunteering to attend their training and CPD courses)
- London Marathon (event development and management)
- Arsenal Football Club (workshops for careers in sport)
- Fulham Football Club (training ground visits and workshops)
- Peak Performance (workshops on training and performance)
- National Governing bodies (official coaching and officials courses)

### Programme of Study:

<b>Year 7</b>					
<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Handball Netball Hockey Gymnastics	Handball Netball Hockey Gymnastics	Handball Netball Hockey Gymnastics	Athletics	Athletics	Health Related Fitness
<b>Year 8</b>					
<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Basketball Handball Netball	Basketball Handball Netball	Basketball Handball Netball	Athletics	Athletics	Health Related Fitness
<b>Year 9</b>					
<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Football Touch Rugby Trampolining Step Aerobics	Football Touch Rugby Trampolining Step Aerobics	Football Touch Rugby Trampolining Step Aerobics	Athletics	Athletics	Health Related Fitness
<b>Year 9- OCR GCSE</b>					
<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Skeletal System  Joints and movement  Muscular System	Cardiovascular system  Planes of movement  Axes of rotation  Levers	Characteristics of skilful movement  Classification of skills  Commercialisation of sport	Physical activity and sport in the UK  Participation in physical activity and sport	Respiratory system  Aerobic and anaerobic exercise	Types of guidance  Types of feedback  Short-term effects of exercise  Long-term (training) effects of exercise
Athletics	Athletics	Handball	Handball	Netball	Netball
<b>Year 10 –Core PE</b>					
<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Basketball Exercise to Music Health Related Fitness Touch Rugby	Trampolining Exercise to Music Health Related Fitness Handball Football	Basketball Exercise to Music Health Related Fitness Touch Rugby	Athletics	Athletics	Trampolining Exercise to Music Health Related Fitness Handball Football
<b>Year 11-Core PE</b>					

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Basketball Exercise to Music Health Related Fitness Touch Rugby	Trampolining Exercise to Music Health Related Fitness Handball Football	Basketball Exercise to Music Health Related Fitness Touch Rugby	Athletics		
<b>Year 10 –OCR GCSE PE</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Types of guidance  Types of feedback  Short-term effects of exercise	Health, fitness and well-being  Diet and nutrition  Prevention of injury	Goal setting  Mental preparation  Long-term (training) effects of exercise	Controlled Assessment	<b>REVISION</b> Cardiovascular system  Short-term effects of exercise	Skeletal System  Joints and movement  Muscular System
Athletics	Athletics	Handball	Rock Climbing	Netball	Netball
<b>Year 11-OCR GCSE PE</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
CONTROLLED ASSESSMENT	Types of guidance  Types of feedback  Short-term effects of exercise  Optimising training  Goal setting  Mental preparation	Health, fitness and well-being  Diet and nutrition  Prevention of injury  Long-term (training) effects of exercise	PRACTICAL EXAMINATION	TOPIC GAP REVISION	
Athletics	Netball	Handball	PRACTICAL EXAMINATION		
<b>Year 12-Edexcel BTEC Extended Diploma in Sport</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 1 – Anatomy & Physiology  Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing  Unit 4 – Sports Leadership  Unit 5 – Application of Fitness Testing	Unit 1 - Anatomy & Physiology  Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing  Unit 4 - Sports Leadership  Unit 5 – Application of Fitness Testing	Unit 1 - Anatomy & Physiology  Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing  Unit 4 - Sports Leadership  Unit 5 – Application of Fitness Testing	Unit 1 - Anatomy & Physiology  Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing  Unit 4 - Sports Leadership  Unit 23 – Skill Acquisition in Sport	Unit 1 - Anatomy & Physiology (External Exam)  Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing (External)  Unit 22- Investigating Business in Sport and the Active Leisure Industry  Unit 23 – Skill Acquisition in Sport	Unit 19 – Development and Provision of Sport and Physical Activity  Unit 9 – Research Methods in Sport  Unit 22- Investigating Business in Sport and the Active Leisure Industry  Unit 23 – Skill Acquisition in Sport
<b>Year 13-Exam Board</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 26 – Work Experience in Sport  Unit 12 – Current	Unit 26 – Work Experience in Sport  Unit 12 – Current	Unit 20 – Talent Identification and development in Sport  Unit 25 – Sport as a	Unit 20 – Talent Identification and development in Sport  Unit 25 – Sport as a	Unit 6 – Sports Development	Unit 6 – Sports Development

<p>Issues in Sport</p> <p>Unit 14 – Exercise, Health &amp; Lifestyle</p> <p>Unit 20 – Talent Identification and development in Sport</p>	<p>Issues in Sport</p> <p>Unit 14 – Exercise, Health &amp; Lifestyle</p> <p>Unit 20 – Talent Identification and development in Sport</p>	<p>Business</p> <p>Unit 4 – Fitness Training and Programming</p> <p>Unit 5 – Sports Coaching</p> <p>Unit 6 – Sports Development</p>	<p>Business</p> <p>Unit 4 – Fitness Training and Programming</p> <p>Unit 5 – Sports Coaching</p> <p>Unit 6 – Sports Development</p>	<p>Unit 19 – Analysis of Sports Performance</p> <p>Coursework amendments</p>	<p>Unit 19 – Analysis of Sports Performance</p> <p>Coursework amendments</p>
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