

The Physical Education Department

The purpose of Physical Education is to provide enjoyable and purposeful physical activity as a means to promote positive lifelong habits towards fitness and health.

The department offers a broad and balanced curriculum designed to accommodate all levels of ability. This is complimented by a varied extra curricular programme throughout the Key stages designed to provide challenge and competition at local, county and international level

The content of the Key Stages

Key Stage 3

At Key stage 3 students experience a broad range of activities including Competitive Games, Athletic, Dance and Gymnastic activities. There is also an opportunity to develop Problem Solving skills and to engage in Outdoor and Adventurous activities.

Students have up to four hours per fortnight of Physical Education. In the winter two hours are spent on indoor PE and two on outdoor Major Games. In the summer all lessons are outdoors with Athletics, Tennis and Striking / Fielding games such as Baseball and Cricket. The emphasis is on purposeful participation and the development of the core skills in each activity.

The school has a small but well equipped fitness suite where pupils can develop cardiovascular and strength based fitness.

Key Stage 4 (GCSE)

At Key stage 4 students have 3 hours of Physical Education. A broad curriculum continues and there is an opportunity to specialise through an options system. Badminton, Table Tennis and five a side football are added to the choices available.

Students have an opportunity to study Physical Education at GCSE. Here, as well as extended practical work, students experience the theoretical study of Fitness, Health, Training, Diet and Nutrition and elementary Sports Psychology.

Key stage 5 (AS/A Level)

At Key Stage 5 students may opt to study the AQA As and A2 course. This course covers with balance and in depth all the core elements of Physical Education later extended in degree courses. These include:

- ✚ Anatomical and Physiological aspects of Physical Education
- ✚ Skill Acquisition and Sports Psychology
- ✚ The Biomechanics of Sport and Movement
- ✚ Sociological and Comparative Studies

In addition students must perform, officiate and coach within their chosen physical activity.