

## **Yavneh College PE Curriculum Overview:**

### **Aims of the Department**

To provide High Quality Physical Education and Sport which should:

- Enable all students whatever their circumstances or ability, to take part in and enjoy PE and sport.
- Promote young people's health, safety and well being
- Enable all young people to improve and achieve in line with their age and potential. Through this we aim to ensure our students are committed to PE and sport and make them a central part of their lives both in and out of school.
- Know and understand what they are trying to achieve and how to go about doing it.
- Understand that PE and sport are an important part of a healthy, active lifestyle.
- Have the confidence to get involved in PE and sport.
- Have the skills and control that they need to take part in PE and sport.
- Willingly take part in a range of competitive, creative and challenge-type activities, both as individuals and as part of a team or group.
- Think about what they are doing and make appropriate decisions for themselves.
- Show a desire to improve and achieve in relation to their own abilities.
- Have the stamina, suppleness and strength to keep going.
- Enjoy PE, school and community sport.

The department is committed to equipping its pupils with the confidence and competence to enable them to make physical activity a central part of their every day life. It strives to provide a dynamic and broad range of experience for its pupils which they enjoy and can succeed at. The pupils will have the chance to develop creativity, and personal and social skills whilst taking on different roles within the group. We offer a comprehensive extracurricular and enrichment programme which aims to provide varied opportunities for each and every pupil. We take our responsibility of guiding and informing pupils about the value of being healthy and active seriously so that our pupils can make informed decisions. We have, and will continue to develop, appropriate links with local sports clubs and other exercise organisations to facilitate these pathways. The profile of PE in the school is high. There is a positive ethos within school with regards to exercise and sport. The pupils recognise the link and importance of exercise in maintaining a healthy, happy and balanced lifestyle.

### **Key Stage 3**

The Department provides a broad and balanced Physical Education Curriculum at Key Stage three for all pupils that follows guidelines of the National Curriculum whilst adapting to the individual needs of the pupils. Pupils are taught to:

1. Use tactics to overcome opponents
2. Develop technique and improve performance
3. Participate in Outdoor and Adventurous Activities
4. Creatively explore movements and composition
5. Analyse performances and compare
6. Take part in competitive sports and activities in and out of school
7. Lead healthy, balanced lifestyles

All students are taught a broad range of activities designed to require a range of key processes and develop a variety of social & mental skills along with the physical performance skills.

Progress of all pupils in PE is constantly monitored. Pupils will be given clear verbal feedback during their lessons on their progress in specific tasks and subsequently be given an opportunity to improve and correct any errors. Pupils will be advised on their strengths and weaknesses and given advice on appropriate opportunities for further participation and improvement. In addition, all pupils will have a progress record card that will give written details of their current progress and targets for improvement with regards to the physical, social and mental components of the subject.

(This subject content is cross referenced to each year group's program of study below)

**Year 7 pupils** receive two lessons per week (55 mins each) – all groups are mixed ability and mixed sex.

<b>Sport/Activity</b>	<b>Content &amp; Processes (see list above)</b>	<b>Social, Mental &amp; Physical Skills</b>
Gym	2, 4 & 7	Creative Thinking Reflective Learners
Tag Rugby	1, 6 & 7	Teamworkers Self Managers
Netball	1, 6 & 7	Teamworkers Self Managers
Basketball	1, 6 & 7	Teamworkers Self Managers
Athletics	2, 5 & 7	Reflective Learners Effective Participation
Fitness	2 & 7	Effective Participation Reflective Learners
Striking and Fielding Cricket and Rounders	1,6 & 7	Teamworkers Self Managers

**Year 8 pupils** receive two lessons per week (55mins each) – all groups are single sex and divided by ability.

<b>Sport/Activity</b>	<b>Content &amp; Processes (see list above)</b>	<b>Social, Mental &amp; Physical Skills</b>
Gym	2, 4 & 7	Creative Thinking Reflective Learners
Rugby (Boys Only)	1, 6 & 7	Teamworkers Self Managers
OAA	3 & 7	Teamworkers Self Managers Creative Thinking
Netball (Girls Only)	1, 6 & 7	Teamworkers Self Managers
Tennis	1, 6 & 7	Teamworkers Self Managers
Athletics	1,6 & 7	Reflective Learners Effective Participation
Fitness	2 & 7	Effective Participation Reflective Learners
Hockey	1, 6 & 7	Teamworkers Self Managers
Striking and Fielding	1, 6 & 7	Teamworkers

**Year 9 pupils** receive two lessons per week (55mins each) – all groups are single sex and divided by ability.

<b>Sport/Activity</b>	<b>Content &amp; Processes (see list above)</b>	<b>Social, Mental &amp; Physical Skills</b>
Trampolining	2, 4 & 7	Creative Thinking Reflective Learners
Rugby	1, 6 & 7	Teamworkers Self Managers
Sports Leadership	3, 6 & 7	Teamworkers Self Managers Creative Thinking
Tennis	1, 6 & 7	Teamworkers Self Managers
Athletics	1,6 & 7	Reflective Learners Effective Participation
Fitness	2 & 7	Effective Participation Reflective Learners
Dance (girls only)	2, 4 & 7	Creative Thinking Reflective Learners
Hockey	1, 6 & 7	Teamworkers Self Managers

Striking and Fielding	1, 6 & 7	Teamworkers Self Managers
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### Key Stage 4 Core PE

All pupils participate in 1 hour of practical PE per week at Key Stage 4 in groups that are single sex and set by ability. In Key Stage 4 we aim to build on the broad experiences provided in KS3 and also provide an experience of new activities and new roles in sport. Along with participation and performance, pupils gain experience as coaches, leaders and officials. Our overarching aim is to find activities which engage pupils enough for them to become lifelong participators in a variety of sporting roles. Pupils follow a common programme of study. Units of work are based on the National Curriculum and are adapted to the individual needs of our pupils. Pupils also have an opportunity at the start of the year to put forward their suggestions for activities that they would enjoy doing in PE. Their suggestions are then considered and reviewed by the PE department and used to design the programme, ensuring that it is pupil focussed and inclusive.

### Key Stage 4 Activities (an example)

<b>Block 1</b>	Basketball (Coaching)	Futsal (Performance)
<b>Block 2</b>	Volleyball (Officiating)	Table Tennis or fitness (Officiating)
<b>Block 3</b>	Exercise to music (Leadership)	Volleyball
<b>Block 4</b>	Rounders/Cricket Performance	Tennis Officiating/Coaching/ Leadership

### AQA GCSE Physical Education

GCSE PE teaches pupils the relationship between exercise, diet, work and rest, and how, together, they contribute to a balanced healthy lifestyle. The specification also explores the relationship between health, fitness and exercise and the effects of exercise and fitness on participation. The course is very science based and explores the cardiovascular, respiratory, muscular and skeletal systems in depth. Pupils study these systems and are expected to relate the impact which a healthy active lifestyle has upon them. This knowledge will assist them with their GCSE science studies.

The theory component of GCSE PE is assessed by 2 written exams, each lasting for 1 hour 15 minutes. Each exam consists of multiple-choice, short-answer and longer-answer questions. **These account for 60% of the final grade.** Pupils' **performance in Physical Education is worth 30% of the final grade.** The practical performance is assessed under controlled conditions in lessons by the PE teachers, with external moderation. Pupils are assessed in 3 different sports from a list of selected practical activities. The **remaining 10% of the final grade is assessed by controlled assessment** which requires pupils to complete an analysis of performance and personal exercise programme.

### BTEC Sport Level 2 First Award

BTEC Sport teaches students the **knowledge** and **skills** that are needed to work in the industry. Students get the opportunity to **learn about** the components of fitness and the principles of training and explore different training methods to name a few areas. Within lessons students **develop team working** skills by organising and leading sports activities and events and carrying out a variety of roles in a team. The BTEC Level 2 Award in Sport is an equivalent to 1 GCSE graded A\* - C. Work is both written and practical. This course offers an engaging programme for those who are interested in sport. It is equivalent to one GCSE. The course includes 4 units throughout the 2 year course which cover a variety of sporting topics such as fitness for sports and exercise, leadership in sport and practical sport performance. Candidates are assessed by a combination of 75% written and practically based assignments and a 25% external assessment. In order to pass the course, it is essential that deadlines are met throughout the course for written assignments. The course is taught through a variety of classroom

based and practical activities. Candidates will be set regular assignment briefs which will allow them to achieve a Level 1 Pass, Pass, Merit or Distinction. As there is a practical element to the course, candidates are expected to show a previous high level of commitment to extra-curricular sport. This criteria broadly equates to the following; Level 1 Pass = Grade D – G; Pass = C ; Merit = B ; Distinction =A

## **PE and School Sport beyond the Curriculum**

### **Enrichment**

There are extensive PE enrichment options for pupils to choose as part of the school enrichment program. These activities currently include:

- o aerobics/ circuits
- o rugby
- o basketball
- o badminton
- o table tennis
- o volleyball
- o trampolining
- o running club
- o extreme golf
- o speed stacking
- o skipping
- o tennis
- o running club
- o cricket
- o rounders
- o netball
- o alternative sports
- o sports leadership
- o Gifted and Talented Sport (selected)

### **Extra-Curricular Clubs**

The PE Department runs extra-curricular clubs before school, during lunchtimes and after school. An up to date program can be found through the sports pages of the school newsletter, on the school website, on the PE Department twitter feed (@yavnehpe) and on school noticeboards. The extra-curricular program is aimed at being fully inclusive and all enthusiastic pupils are welcome to attend any of the relevant clubs at any time.

### **Competitive Sport**

The PE Department believes in the extensive values of participating in competitive sport. All pupils, regardless of ability are encouraged to take part in competitive sport through an extensive program that includes the following opportunities:

**Intra School Sport:** Pupils are invited to participate in House and Form Competitions with their peers. There are currently intra school competitions in football, tennis, netball, rounders, table tennis, badminton, volleyball and more. A key part of the intra school programme is Yavneh College annual Sports Day.

**Inter School Sport:** Pupils are selected to represent the school in teams that play in District, County, National, Maccabi Schools and School Sports Partnership competitions against other schools. Yavneh College has established an excellent reputation for its participation and performance in these competitions.

**Representative Opportunities:** Our talented pupils are provided with opportunities through the school to represent District, County and National Teams.

**School-Club Links:** The PE Department is constantly developing links with local clubs and providers to provide opportunities to participate and compete in sports activities out of the school environment

Parents of children that are selected for school fixtures will be informed of details via email, prior to the fixture. Parents should contact the PE Department if they don't wish for their child to be selected.

Emails contain full details of venue and times. Should a parent wish to collect their child from a fixture venue, they must be there in person before the school transport is scheduled to leave the venue. PE staff cannot and will not delay departures to wait for parents.

## **Sports Leadership**

We have introduced our own sports leaders enrichment sessions, which give our pupils a taster of the nationally recognised sports leaders program. We offer the Sport leaders programme to some of our Year 10/11 pupils and pupils are given the opportunities to gain experience in leadership roles both in and out of school. The role of sports leaders and volunteers in sport can be very rewarding for all involved. It helps to build good citizenship and is therefore committed to developing the ethos of volunteering and the building of collaborative working and leadership skills across the entire school community of staff and pupils. The pupils help run after-school club both at Yavneh and in our feeder schools.

## **Facilities**

Our PE facilities are excellent. Our large, modern sports centre comprises a large sports hall, aerobics/dance studio, six changing rooms, showers, PE office, and reception suite. There are 9 acres of playing fields which provide excellent facilities for outdoor lessons in both summer and winter. There are 2 Multi Use Outdoor Games Areas. The department is very well-equipped, to ensure that our teachers and coaches are able to optimise pupils' experiences in PE and sport.

## **Staff**

Mr P Kirk – Head of Department  
Miss R Newstead – Assistant Head of Department  
Miss R Penn – Teacher of PE  
Mr A Layton – Teacher of PE

## **Yavneh College PE Kit Policy**

Thanks to the support of parents and pupils, the Physical Education Department at Yavneh College has an excellent level of participation by pupils in all year groups. Please help us to maintain this high standard by ensuring that your son/daughter follows the school PE Kit policy detailed below.

## **Rules**

Pupils **must always** have the correct kit/equipment for their lesson (see list below). This rule also **applies for pupils that are excused from physical activity**. Physical Education incorporates the development of several social, mental and personal skills alongside the physical development of pupils and therefore those excused from physical activity will still be expected to engage in the lesson.

Pupils excused from physical activity will still be taken to the area that their group is scheduled to be working in and this may be outside in cold weather, even if they are not participating fully. Pupils will still be required to engage in the lesson as a peer observer, coach, leader or official. In such cases pupils must wear their PE kit to fulfill the role and in case of rain, or other inclement weather conditions, to ensure that uniform is dry for the rest of the day.

**PLEASE NOTE** that individual supervision cannot be arranged for pupils that are excused. **It is strongly recommended** that pupils should be prepared for cold weather by wearing extra layers detailed in the PE kit list.

Pupils who are unable to fully participate in physical activity **must provide** a written note from their parent/carer to their PE teacher before, or at the start of, the lesson. Pupils who are excused on medical reasons for longer than 4 lessons must provide **a valid doctors note**.

All notes must be written and signed by the pupil's parent or carer. Notes will not be accepted from siblings or other relative unless previously arranged.

Please see the sanctions below that are applied when pupils fail to follow the rules detailed above

If for any reason, a parent feels that their pupil is unable to follow the rules detailed above, the parent/carer should contact the PE teacher in advance of the lesson to discuss any issues and an appropriate course of action.

## **Sanctions**

When a pupil has an incorrect or missing item of kit an "incorrect kit mark", a C1 mark (see school behaviour policy) will be recorded. A combination of 3 different kit marks will result in a lunchtime detention being issued (C3 – see school behaviour policy). Persistent failure to follow the rules will be sanctioned with C4 (after school detentions)

## Kit List

### Girls Kit

- Regulation Yavneh College PE tracksuit (optional but strongly recommended for cold weather)
- Regulation Yavneh College PE lightweight polo shirt in black and house colours (Indoor and outdoor summer kit)
- Regulation Yavneh College PE lightweight polo shirt in black and red. (optional item recommended for pupils representing the school)
- Regulation Yavneh College PE reversible heavyweight games shirt (outdoor/winter kit)
- Regulation Yavneh College PE shorts Ø (optional)
- Regulation Yavneh College PE socks (Red football socks for outdoor kit and any white ankle/sports socks for indoor kit)
- Optional plain black tight fitting under garment/baselayer top (not bottoms) that can only be worn under other items of PE kit (optional but strongly recommended for cold weather)
- Regulation Yavneh College leggings/baselayer trousers to be worn under shorts or tracksuit
- Trainers
- Football boots
- Shin pads
- Towel
- Plain Black Hat and Gloves (optional but strongly recommended for cold weather)

### Boys Kit

- Regulation Yavneh College PE tracksuit (optional but strongly recommended for cold weather)
- Regulation Yavneh College PE lightweight polo shirt in black and house colours (indoor and outdoor summer kit)
- Regulation Yavneh College PE lightweight polo shirt in black and red. (optional item recommended for pupils representing the school)
- Regulation Yavneh College PE reversible heavyweight games shirt (outdoor/winter kit)
- Regulation Yavneh College PE shorts
- Regulation Yavneh College PE socks (Red football socks for outdoor kit and any white ankle/sports socks for indoor kit)
- Optional plain black tight fitting under garment/baselayer top (not bottoms) that can only be worn under other items of PE kit (optional but strongly recommended for cold weather)
- Regulation Yavneh College leggings/baselayer trousers to be worn under shorts or tracksuit
- Trainers
- Football boots
- Shin pads
- Towel
- Mouthguard (for pupils in hockey and rugby clubs and enrichment)
- Plain Black Hat and Gloves (optional but strongly recommended for cold weather)

Pupils should ensure that they have the correct kit for the activities that they are timetabled to be learning. Pupils should also be prepared for changes to their activity at short notice due to weather or other school events. Therefore, **it is strongly recommended** that if pupils are unsure, then they should bring their full PE kit to lessons.

Please note that all pupils should bring their PE kit to all lessons.