

## SPALDING HIGH SCHOOL – PE DEPARTMENT



### **PE curriculum-core PE**

The PE department at Spalding High School offers a broad and balanced curriculum to inspire pupil's curiosity of the subject where a passion for physical activity is enthusiastically promoted. This is pivotal to establishing a love of sport and exercise at a young age, which will encourage lifelong participation, develop valuable life skills and prepare pupils to lead a healthy, active, lifestyle.

The National Curriculum is followed throughout KS3 and pupils build on and embed the physical development, skills and basic principles learned in KS1 & 2. The aim of our curriculum is for pupils to become more competent and confident in their techniques, and apply them across a range of different sporting and physical activities. For example, pupil's decision-making is developed through having the opportunity to explore a range of tactics and strategies to overcome opponents in direct competition. Leadership skills are developed through pupils coaching fellow peers how to improve. This is further developed in Y9 Sport Education where pupils take on roles and responsibilities such as team manager, coach, umpire and captain. Through our curriculum, pupils develop valuable life skills such as determination and resilience, which improves how they cope when things get difficult. The richness of experience and further learning allows pupils to develop their independence and organisation skills through ensuring that they have appropriate PE kit and footwear depending on the activity or extra-curricular fixture. Furthermore, pupils develop their personal and social skills such as confidence, self-esteem and teamwork by engaging, supporting and learning from others.

In KS4, every pupil will further experience a diverse curriculum to further embed prior learning and develop skills learned in KS3. The department operates an options based approach to core PE at KS4 where pupils select from a wide range of team, individual and fitness related activities each term. Statistically this is the age that pupils drop out of most sporting/physical activities and because of pupil voice, we have re-designed the PE curriculum to 'buck this trend'. The curriculum uses extensive research from across many secondary schools and places more emphasis on fun, mental and physical well-being and the social benefits of sport rather than formal skills development traditionally provided in PE lessons.

### **PE curriculum-exam based PE**

During exam-based PE pupils, learn about worldwide sports, training practices and the global issues associated with these areas. They are encouraged to make reasoned arguments about important issues such as performance enhancing drugs, gender stereotypes and use of the media to promote sport. As a department, we encourage pupils to confidently articulate their opinions, and challenge their peers' opinions using evidence to support their arguments. Pupils will develop knowledge and understanding of how to work with others at a variety of different skill levels and strengths. They will also be guided towards life step progressions in sport and how connections between theory content can make significant improvements in their own and others sports performance.

### **PE curriculum-sequencing**

The curriculum consists of many different sporting experiences both in and out of school. Our department schemes of work (learning journey's) are designed to meet the requirements of the National Curriculum but also to develop and deepen the skills needed for learning and for life. Our broad and balanced curriculum is sequenced so that new knowledge and sports skills build on what has been taught previously and pupils work towards clearly defined 'common assessed end points'. In order to ensure that progression and balance is maintained, each sport has a short and medium term plan (see link to curriculum map), which clearly highlights the learning objectives, assessment opportunities, differentiated tasks as well as possible links to other subjects.

### **PE curriculum-attainment**

We strive to ensure that our pupil's attainment in core and options based PE is in line with or exceeding their age related expectations. The impact we intend to achieve through our PE curriculum is that pupils are committed, show a desire to improve and they think about what they

are doing and make appropriate decisions for themselves. As a result, we hope pupils will go out into the world and make a difference in their own life and to others.

### **PE curriculum-enrichment**

To further enhance our curriculum and to embed skills and knowledge developed in lessons the PE department offers a vast range of sports and activities through extra-curricular clubs. The vast majority of these clubs are delivered at lunchtime in order to reduce transport/rurality as a barrier to participation (75% of pupils are bused into school). Extra-curricular clubs and fixtures available to all pupils include; Football, Trampolining, Netball, Basketball, Fitness, Cricket, Athletics, Horse Riding, Gymnastics, Tennis, Badminton, Volleyball, Rounders, Cheerleading and Dance. Pupils also have the opportunity to experience competitive sport by representing their house in regular sporting events each term. Furthermore, to extend pupils curiosity for the subject and to enhance their experience of the wider world the PE department offers a range of educational trips (such as the annual ski trip) and opportunity to help organise and run primary school sporting events through our Leadership Academy.

### **PE curriculum-staffing and facilities**

The Physical Education department is made up of an experienced team who can deliver a wealth of knowledge and expertise across a wide range of sports. We have 4 members of staff currently working in the PE department. We are a highly committed, skilled and friendly team who welcome communication with parents and carers.

Across the site we have the following facilities: a four badminton court fully equipped sports hall, one fully equipped fitness suite, grounds covering: 1 x full-sized football pitch, 1 x 9 v 9 football pitch, four rounders pitches (summer only), 1 x 200 metre athletics track (summer only), 1 x 20m long jump track/pit. Hard surface covering: 3 x netball courts, 4 x tennis courts. We also have 1 x GCSE/A Level PE classroom and 1 x ICT room.