



# St Joseph's College PE Department

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## Curriculum Overview

## Welcome

The PE department are extremely committed to ensuring that every student at St Joseph's College is able to fully develop their range of physical and social skills through their involvement in a high quality PE curriculum.

Every student in Years 7, 8 and 9 have 5 hours of PE/Games per fortnight. In Key Stage 4, students follow a 'Core' PE programme for 3 hours per fortnight and many students opt to study GCSE PE enabling them to experience up to a further 2 hours of practical PE every two weeks. A-Level students are given the opportunity to broaden their knowledge and understanding of Physical Education with 9 lessons of theory taking place over a 2 week period.

Every student at St Joseph's College is encouraged to take part in our extensive extra-curricular PE programme. During these times, the PE staff organise practices, clubs and competitions. Whilst many of these activities encourage and develop a 'sport for all' philosophy, the more able students are invited to represent the school in a wide range of sports.

### **Vision – St Joseph's PE department**

To improve the PE experience of every young person by consistently delivering outstanding lessons which enables all young people to achieve their personal best. Young people will experience a range of high quality school sport in and out of the curriculum. Teachers will strive to consistently deliver outstanding teaching and assessment and monitor learning and progress. Teachers will share outstanding practice across the department and whole school as well as working with our partner schools and the wider community. We aim to use sport as a tool for whole school achievement working with other subject areas and Heads of Years.

## **How we aim to support the whole school**

Improve overall school attainment

Develop partnerships with the wider school community

Build and develop capacity through collaboration and partnership.

Ensure that our plans fit the strategic area provision

Have strong links with the other departments within the City.

Meet local needs as outlined by the City

Work towards completing our targets

Work within the department is designed to support, contribute to and complement the aims of the school.

Learning in PE aims for all young people to become:

- Successful learners who enjoy learning, make progress and achieve.
- Confident individuals who are able to live safe and have a healthy and fulfilling life.
- Responsible citizens who make a positive contribution to society.

## **Curriculum - Purpose of study**

At St Joseph's College we believe in education is all about the whole person. Every pupil has the ability to achieve something worthwhile and excel in some field. Our sports programme is designed to help young people identify and develop what they are good at, leading them to greater confidence and self-esteem. Enjoying success in sport, at their own level, can often be the key to pupils' success across the school.

The School's reputation for sport is outstanding, having produced many athletes who go onto play at District, County and National Level. There many representative sports on offer to students throughout the year.

Representative sports on offer include athletics, badminton, basketball, cricket, cross country, hockey, netball, rounders, rugby, rowing, swimming, table tennis, tennis and

volleyball. With over 350 fixtures played every year and a large number of sports team, there is certainly a large and diverse range of sports providing opportunities to develop leisure interests that will last a student's lifetime.

We run regular tours and trips including the Barbados Netball Tour, Sale Sharks Coaching Clinics and Match Day Experiences, Ski Trips and frequently attend domestic (e.g. Premiership Rugby) and international sports events (e.g. Six Nations Rugby Game).

We offer the following sports to pupils at KS3 and KS4 in the curriculum and during extra-curricular clubs:

• Aerobics	• Cricket	• Gymnastics	• Rowing	• Swimming
• Athletics	• Cross Country	• Hockey	• Rugby	• Table Tennis
• Badminton	• Dance	• Netball	• Skiing	• Tennis
• Basketball	Football	• Rounders	• Softball	• Weight Training

### Key Stage 3 – Course (PE and Games)

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms

- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

#### Key Stage 4 – Course (Games)

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils should be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

# PE Kit Policy

All students are required to purchase the following items for their PE /Games lessons:

## **Girls PE Kit.**

Black polo shirt (with St Joseph's College Badge embroidered on LHS, initial and surname on RHS, St Joseph's College on the back.)

Red games' skirt (badged) Black cycle shorts can be worn under the games' skirt (Optional for Years 10-11).

Black shorts (Two-tone stripes)

Hockey socks (black with red tops)

White Trainers – (no boots)

Black hooded top - (with St Joseph's College Badge embroidered on LHS, initial and surname on RHS, St Joseph's College on the back.)

School tracksuit trousers (black, with SJC embroidered under waistband), Optional for Years 10-11.

## **Boys PE Kit.**

Rugby shirt reversible black/red

Black shorts

Rugby socks, black with red tops

Rugby / Football boots

Black T-shirt (optional)

Black/red/white PE Singlet (initial and surname embroidered on RHS)

Black shorts

School tracksuit jacket (Optional - with St Joseph's College Badge embroidered on LHS, initial and surname on RHS, St Joseph's College on the back.)

School tracksuit bottoms (black, with SJC embroidered under waistband)

White socks + White Trainers (studded boots for games)

Students will be issued with a kit mark if they forget their kit/items of their kit. Two kit marks will result in a Same Day Detention (SDD).

Students still need to bring their kit when they are injured and failure to do so will result in a kit mark. Kit is required as students will still go outside and may get wet. Students will be required to take on a coaching/officiating role to ensure they are still engaged in the lesson.

## **EXAMINATION PE AT ST JOSEPH'S COLLEGE**

The SJC PE Department is committed to achieving the best possible outcomes for pupils that decide to study both GCSE and/or A-Level PE. The vastly experienced staff use a range of teaching styles to best suit the differing needs of all learners that elect to enroll on our PE courses. Relationships between staff and students are excellent which ensures the best possible learning environment for all pupils to maximise their potential.

To be able to achieve the highest grades in PE it is expected that students are of a high standard in 3 practical activities within GCSE PE and 1 activity at A-level. A high standard means more than just representing your school; ideally it would mean at least city or county standard. It is very difficult to achieve good practical grades without good sporting activities that you are still playing regularly. Please take a look at the GCSE and A-Level Specification and assessment overviews below:

## Edexcel GCSE PE Specification – Assessment Overview

Component	Assessment	Content overview
<b>Component 1:</b> Fitness and Body Systems	 Written examination: 1 hour and 45 minutes  36% of the qualification	 Topic 1: Applied anatomy and physiology  Topic 2: Movement analysis  Topic 3: Physical training  Topic 4: Use of data
<b>Component 2:</b> Health and Performance	 Written examination: 1 hour and 15 minutes  24% of the qualification	 Topic 1: Health, fitness and well-being  Topic 2: Sport psychology  Topic 3: Socio-cultural influences  Topic 4: Use of data
<b>Component 3:</b> Practical Performance	Non-examined assessment: internally marked and externally moderated  30% of the qualification  105 marks, (35 marks per activity)	 One team activity, one individual activity and a free choice from the list published by the DfE  Skills in isolation  Skills in a competitive/formal situation
<b>Component 4:</b> Personal Exercise Programme (PEP)	Non-examined assessment: internally marked and externally moderated  10% of the qualification  20 marks	 Aim and planning analysis  Carrying out and monitoring the PEP  Evaluation of the PEP

## **OCR A-Level PE Specification – Assessment Overview**

<b>Content Overview</b>	<b>Assessment Overview</b>	
<ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Exercise physiology</li> <li>• Biomechanics</li> </ul>	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	<b>30%</b> <b>of total</b> <b>A level</b>
<ul style="list-style-type: none"> <li>• Skill acquisition</li> <li>• Sports psychology</li> </ul>	Psychological factors affecting performance (02)* 60 marks 1 hour written paper	<b>20%</b> <b>Of total</b> <b>A level</b>
<ul style="list-style-type: none"> <li>• Sport and society</li> <li>• Contemporary issues in physical activity and sport</li> </ul>	Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour written paper	<b>20%</b> <b>of total</b> <b>A level</b>
<ul style="list-style-type: none"> <li>• Performance or Coaching</li> <li>• Evaluation and Analysis of Performance for Improvement (EAPI)</li> </ul>	Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)	<b>30%</b> <b>of total</b> <b>A level</b>

If you require further information on either of our GCSE or A-Level courses, please follow the links below and click on the PE specifications:

Edexcel GCSE PE -

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

OCR A-Level PE - <http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>