



Curriculum Intent for Physical Education at St Joseph's College

Physical Education plays a pivotal role in the life of St Joseph's College. Our aim is to give each student the opportunities to reach their potential in all areas of Physical Education by providing a balanced, rich and varied curriculum.

We aim to contribute to the overall education of young people by helping them to confidently lead full and active lives through engaging in fun and purposeful challenging physical activity and sport. As well as developing core skills and tactical awareness we also strive to enhance educational qualities such as leadership, social and communicative skills, aesthetic appreciation, problem solving, character training and morals within a competitive environment ensuring fairness and respect are given the highest regard. St Joseph's College students should be "Strong in adversity, humble in fame!"

Healthy balanced lifestyles play a major part within the programme of study. We offer students the opportunity to experiment, investigate, observe and discover for themselves, various principles of training and exercise methodology. This understanding will prepare them to make health related decisions in the future.

We work hard to provide opportunities for all students to achieve the highest possible standards, nurturing talent, identifying potential and inspiring and encouraging participation in complex and demanding physical activities. Our extra-curricular programme is central to being part of the school community. Sports tours and trips are also organised when possible, we firmly believe this enriches and broadens the educational experiences open to all our students.

During PE lessons students cover a broad and varied programme including invasion, net games, gymnastics, athletics, dance, OAA and various leadership opportunities.

GCSE (9-1) PE : The two year GCSE course includes the compulsory study of theoretical concepts: Applied Anatomy and Physiology, Physical Training, Sports Psychology, Socio-Cultural influences and Health, Fitness and Well-being. Students also have to demonstrate their physical prowess in the practical component of the NEA which is examined via the performance in practical assessment and their evaluative and analytical skills through the PEP.

At KS5 we offer A Level PE, which covers; Physiological factors affecting performance, Socio-cultural issues in physical activity and sport and Psychological factors affecting performance. Practical Performances and Evaluating and Analysing Performance for Improvement.

Many universities now demand students have A-Level PE as a basis for pursuing sport related courses. Physical Education combines well with any other subject as it has a strong cross-curricular element with its Sports Science and Socio-Cultural units of study. Sixth Form students have a two hour games lesson on Wednesday afternoons, with a range of on-site and off-site options available to them.