

Physical Education

Head of Department – Miss S Burrows

Our vision is to maintain and stimulate student interest and enjoyment in Physical Education in order to promote lifelong participation in sport and to increase students' awareness of healthy and active lifestyles.

We aim to inspire all students to become highly motivated individuals, who strive to do their best and be their best in all areas that we cover. We share our knowledge and expertise with all students in order to develop a positive attitude towards lessons and beyond.

Key Stage 3

Students in Year 7 and 8 have three lessons of 70 minutes and Year 9 have two lessons per fortnight. The curriculum is arranged with the students of each group in mind. Students follow a programme of activities throughout the Key Stage and are assessed in four strands: Performing, performance analysis, leadership and knowledge of health and fitness.

During Key Stage 3, students become more expert in their skills and techniques they developed at primary school. They learn how to apply them in different situations, contexts and activities. They start to understand what contributes to an effective performance and how to apply these principles to their own and others' work. They learn to take the initiative and make decisions for themselves about what to do to improve performance. They start to identify the types of activity they prefer, and take a variety of roles such as leader, coach and official.

We cover many activities from the following areas: Invasion games, net and racket sports, athletics, gymnastics, health and fitness and striking and fielding games.

YEAR 7		04/09 - 03/10	06/10 - 24/10	03/11 - 14/11	17/11 - 21/11	24/11 - 19/12	06/01 - 30/01	02/02 - 13/02	23/02 - 20/03	16/03 - 27/03	23/03 - 01/05	04/05 - 05/06	08/06 - 03/07	06/07 - 21/07	
Class	Lessons	Staff *Lead	4 weeks 6 lessons	3 weeks 4.5 lessons	2 weeks 3 lessons	1 week 1-2 lessons	2 weeks 4 lessons	2 weeks 3 lessons	2 weeks 3 lessons	2 weeks 3 lessons	4 weeks 6 lessons	4 weeks 6 lessons	4 weeks 6 lessons		
TX1		CGO	Rugby	Netball	Moderation / HRF	Netball	Badminton	Gymnastics / Football	Moderation / HRF	Ultimate Frisbee	Athletics	Basketball	Athletics	Tennis	Striking & Fielding
TX2	ATu1	JSB	Badminton	Gymnastics / Football	Moderation / HRF	Gymnastics / Football	Rugby	Netball	Moderation / HRF	Table-tennis	Athletics	Ultimate Frisbee	Tennis	Striking & Fielding	Athletics
TX3	ATh1	BSu1	LSM / SEB*	Netball	Rugby	Moderation / HRF	Rugby	Gymnastics / Football	Badminton	Tag Football	Athletics	Table-Tennis	Striking & Fielding	Athletics	Frisbee
TX4		JAC	Gymnastics / Football	Badminton	Moderation / HRF	Netball	Badminton	Rugby	Moderation / HRF	Basketball	Athletics	Tag Football	Striking & Fielding	Athletics	Tennis
TY1	ATh1	BSu1	LSM	Rugby	Netball	Moderation / HRF	Netball	Badminton	Gymnastics / Football	Moderation / HRF	Ultimate Frisbee	Athletics	Basketball	Athletics	Striking & Fielding
TY2	ATh1	BSu1	BSu2	Badminton	Gymnastics / Football	Moderation / HRF	Gymnastics / Football	Rugby	Netball	Moderation / HRF	Table-tennis	Athletics	Ultimate Frisbee	Tennis	Striking & Fielding
TY3		SEB	Netball	Rugby	Moderation / HRF	Rugby	Gymnastics / Football	Badminton	Moderation / HRF	Basketball	Athletics	Table-Tennis	Striking & Fielding	Athletics	Frisbee
YEAR 8		04/09 - 03/10	06/10 - 24/10	03/11 - 14/11	17/11 - 21/11	24/11 - 19/12	06/01 - 30/01	02/02 - 13/02	23/02 - 20/03	16/03 - 27/03	23/03 - 01/05	04/05 - 05/06	08/06 - 03/07	06/07 - 21/07	
Class	Lessons	Staff *Lead	4 weeks 6 lessons	3 weeks 4.5 lessons	2 weeks 3 lessons	1 week 1-2 lessons	2 weeks 4 lessons	4 weeks 6 lessons	2 weeks 3 lessons	2 weeks 3 lessons	4 weeks 6 lessons	4 weeks 6 lessons	4 weeks 6 lessons	2 weeks 3 lessons	
EX1		CGO	Rugby	Netball	Moderation / HRF	Netball	Badminton	Gymnastics / Football	Moderation / HRF	Ultimate Frisbee	Athletics	Basketball	Athletics	Tennis	Striking & Fielding
EX2	AVle4	BSu2	BSu3	Badminton	Gymnastics / Football	Moderation / HRF	Gymnastics / Football	Rugby	Moderation / HRF	Table-tennis	Athletics	Ultimate Frisbee	Tennis	Striking & Fielding	Athletics
EX3	BSu4	BSu1	SEB	Netball	Rugby	Moderation / HRF	Rugby	Gymnastics / Football	Badminton	Tag Football	Athletics	Table-Tennis	Striking & Fielding	Athletics	Frisbee
EX4		JSB	Gymnastics / Football	Badminton	Moderation / HRF	Netball	Badminton	Rugby	Moderation / HRF	Basketball	Athletics	Tag Football	Striking & Fielding	Athletics	Tennis
YR1	AVle2	ATh2	JAC / JSB	Rugby	Netball	Moderation / HRF	Netball	Badminton	Gymnastics / Football	Moderation / HRF	Ultimate Frisbee	Athletics	Basketball	Athletics	Striking & Fielding
YR2	ATh2	BSu2	CGO	Badminton	Gymnastics / Football	Moderation / HRF	Gymnastics / Football	Rugby	Netball	Moderation / HRF	Table-tennis	Athletics	Ultimate Frisbee	Tennis	Striking & Fielding
YR3		SEB	Netball	Rugby	Moderation / HRF	Rugby	Gymnastics / Football	Badminton	Moderation / HRF	Basketball	Athletics	Table-Tennis	Striking & Fielding	Athletics	Frisbee
YEAR 9		04/09 - 03/10	06/10 - 24/10	03/11 - 14/11	17/11 - 21/11	24/11 - 19/12	06/01 - 30/01	02/02 - 13/02	23/02 - 20/03	16/03 - 27/03	23/03 - 01/05	04/05 - 05/06	08/06 - 03/07	06/07 - 21/07	
Class	Lessons	Staff *Lead	4 weeks 6 lessons	3 weeks 4.5 lessons	2 weeks 3 lessons	1 week 1-2 lessons	2 weeks 4 lessons	4 weeks 6 lessons	2 weeks 3 lessons	2 weeks 3 lessons	4 weeks 6 lessons	4 weeks 6 lessons	4 weeks 6 lessons	2 weeks 3 lessons	
EX1		JSB	HRF	Badminton	Moderation / HRF	Badminton	Netball	Rugby	Moderation / HRF	Ultimate Frisbee	Athletics	Tag Football	Striking & Fielding	Athletics	Tennis
EX2	ATr1	BSu1	CGO	Badminton	Rugby	Moderation / HRF	Rugby	Netball	Moderation / HRF	Table-tennis	Athletics	Ultimate Frisbee	Tennis	Striking & Fielding	Athletics
EX3		BSu2	BSu3	Netball	Rugby	Moderation / HRF	Rugby	Netball	Moderation / HRF	Tag Football	Athletics	Table-Tennis	Striking & Fielding	Athletics	Frisbee
EX4		JAC	Rugby	Netball	Moderation / HRF	Netball	Badminton	Rugby	Moderation / HRF	Basketball	Athletics	Table-Tennis	Striking & Fielding	Athletics	Tennis
YR1	ATr2	BSu2	JSB*	Netball	Rugby	Moderation / HRF	Rugby	Netball	Moderation / HRF	Basketball	Athletics	Table-Tennis	Striking & Fielding	Athletics	Frisbee
YR2	ATr2	CGO	Badminton	HRF	Moderation / HRF	HRF	Rugby	Netball	Moderation / HRF	Table-tennis	Athletics	Ultimate Frisbee	Tennis	Striking & Fielding	Athletics
YR3		JSB	Rugby	Netball	Moderation / HRF	Netball	Badminton	HRF	Moderation / HRF	Ultimate Frisbee	Athletics	Table-Tennis	Striking & Fielding	Athletics	Tennis

Key Stage 4

All students in Key Stage 4 have two lessons of 70 minutes per fortnight. As with KS3, the curriculum is arranged with the students of each group in mind. Students follow different activities throughout the key stage where their effort and involvement and contribution to lessons is assessed.

In Key Stage 4 students become more independent and take more control over their roles and responsibilities in lessons and activities and are expected to take a lead in the delivery of lessons.

We cover many activities from the following areas: Invasion games, net and racket sports, athletics health and fitness and striking and fielding games as well as 'alternative' sports.

YEAR 10		04/09 - 03/10	06/10 - 24/10	03/11 - 14/11	17/11 - 21/11	24/11 - 10/12	06/01 - 30/01	02/02 - 13/02	23/02 - 20/03	16/03 - 27/03	23/03 - 01/04	04/04 - 05/04	06/04 - 03/07	06/07 - 21/07
Lessons	Staff / Lead	4 weeks	3 weeks	2 weeks	1 week	4 weeks	4 weeks	2 weeks	2 weeks	2 weeks	4 weeks	4 weeks	4 weeks	2 weeks
10X1	BMon4	LSM	Football	Table-Tennis	Benchball	Netball	HRF	Benchball	Football	Athletics	Basketball	Football	Croquet	Tennis
10X2		CGO	Badminton	Football	Football	Basketball	HRF	Benchball	Netball	Athletics	Table-Tennis	Tennis	Rounders	Croquet
10X3		SEB	Benchball	Badminton	Football	Badminton	HRF	Basketball	Football	Table-Tennis	Athletics	Netball	Croquet	Rounders
10X4		JSB	Table-Tennis	Football	Netball	Football	Benchball	HRF	Basketball	Athletics	Tag Football	Ultimate Frisbee	Tennis	Croquet
10Y1	BFri4	LSM / JSB	Football	Table-Tennis	Benchball	Table-Tennis	Netball	HRF	Benchball	Athletics	Basketball	Football	Cricket	Tennis
10Y2		CGO	Badminton	Football	HRF	Football	Basketball	HRF	Netball	Athletics	Table-Tennis	Tennis	Rounders	Croquet
10Y3		SEB	Benchball	Badminton	Football	Badminton	HRF	Basketball	Football	Athletics	Benchball	Cricket	Ultimate Frisbee	Rounders

YEAR 11		03/09 - 24/10	03/11 - 19/12	05/01 - 13/02	23/02 - 27/03	13/04 - 22/05
Lessons	Staff / Lead	Half Term 1 7 lessons	Half Term 2 5+2 lessons outside	Half Term 3 6+2 lessons outside	Half Term 4 5 lessons	Half Term 5 6 lessons
11X1	BTue2 BFri3	LSM	Football	Table-Tennis	Benchball	Netball
11X2		CGO	Table-Tennis	Football	Badminton	HRF
11X3		LSM	Badminton	Table-Tennis	Football	Basketball
11Y1		LSM	Football	Football	Football	Football
11Y2	AlVed1 BFri4	CGO	Basketball	Table Tennis / Benchball	Circuits / Benchball	Dodgeball
11Y3		SEB	Badminton	Basketball / Benchball	Netball / Benchball	Badminton

Theory

At KS4 we offer NCFE Level 1/2 in Health and Fitness

Students study two units, one is assessed through written examination and one is coursework based.

The following content is covered:

- Understand and identify the main body systems and their functions.
- Understand the Principles of Training and FITT.
- Explore how physical activities affect the body in the short- and long-term.
- Understand how relevant fitness tests can be used for specific health and skill components of fitness.
- Understand different lifestyle analysis tools and how to apply them.
- Create a health and fitness programme

Key Stage 5

We offer a Level 3 BTEC Extended Certificate in Sport course. Students study 4 units. Two are assessed through external exams, two are coursework-based. The units are:

Year 1 -

Anatomy & Physiology

Professional Development in the Sports Industry

Year 2 -

Fitness Training and Programming for Health, Sport and Well-Being

Sports Psychology

Co-Curricular Opportunities

We offer extra curricular clubs throughout the year, the timetable is shared with students at the start of every term. Clubs run during lunch times and after school. We also have fixtures against other schools throughout the year. Master classes also run alongside the practical extra curricular timetable to support our theory courses.

PE Kit

Full PE kit must be worn for all PE lessons, clubs and training sessions. All items must be named. We understand that sometimes, students may not be able to practically participate fully due to injury. Students will be asked to change into their PE kit and undertake other roles such as coaching, umpiring and performance analyst so they are able to apply their knowledge in slightly more theoretical ways.

Compulsory kit:

- Navy blue polo shirt with KAEPE logo
- KAEPE tracksuit top
- Navy blue shorts with KAEPE logo
- Navy blue football socks (for use with shin pads)
- White sports socks
- Trainers
- Shin pads
- Gum shield
- Hair tie (if required, plus one spare)

Optional / recommended kit:

- Navy blue skort
- Boots - NO METAL TIPS
- KAEPE tracksuit bottoms
- Towel
- Bag for wet or dirty kit
- Change of underwear and spare socks
- Thin, non-restricting navy base layer for wearing underneath kit

Additional Information

- **No leggings** are allowed to be worn during lessons, clubs or fixtures.
- **No jewellery** can be worn during any physical activity and must be removed.
- All hair must be tied up for every lesson (a hair tie is part of the kit).
- All valuables must be handed in at the start of the lesson. The school will not take any responsibility for the loss or damage to items that are not handed in.
- No aerosols are allowed in school, roll on deodorant only.
- Students who are unable to physically participate (due to injury) must bring a note from home explaining the issue and the expected duration it's likely to impact lessons. **They must also change into their PE kit.**