

PE Curriculum and Statement of Intent, Implementation and Impact



Vision statement-

“For all to experience outstanding PE, Dance, Physical Activity and School Sport that will lead to lifelong participation and physical literacy”

What is physical literacy? The definition of physical literacy is that it is a combination of the motivation, physical competence, knowledge of, and confidence of physical skills and movement.

Intent

At Longhill School, we recognize the importance of PE and the role it has to play in promoting long term, healthy lifestyles and making a positive impact on physical, mental and social health. The intent of our PE curriculum is to provide all students with high quality PE and sport provision, not only as a participant but in alternative roles such as a coach, official or choreographer. It is our vision for every child to succeed and achieve their potential as well as to lead physically active lifestyles beyond their years at secondary school. We strive to inspire our students through fun and engaging PE lessons that are enjoyable, challenging and accessible to all. We want our young people of Longhill School to appreciate the benefits of a healthy and active lifestyle. Through our teaching of PE, we will instil our core values and transferable life skills such as resilience and mutual respect as well as providing them with opportunities to take part in competitive sport through our extensive extra-curricular programme.

Our extra-curricular programme is open to all our students to attend on a competitive and social basis, which is run throughout the academic year. For those wishing to play competitively there are further opportunities to represent the school locally, regionally and nationally in various sporting activities.

LONGHILL PE SKILLS

SKILLS



Sport Values - To develop values that can be acquired through PE and Sport such as Respect, Fair Play, Etiquette, Discipline and Inclusion.

Knowledge - Ensure students have knowledge and understanding of fitness, health and well-being that supports positive choices in the future and academic success within PE.

Innovation- Ensure students are creative and innovative in lessons by solving problems and working together to apply new ideas/tactics and concepts

Lifelong Participation - To provide unparalleled opportunities and a broad curriculum which allows students to develop a love for physical activity and a positive health and wellbeing for the future.

Leadership - Use PE as a framework for students to develop soft skills such as leadership and teamwork to allow students to become well-rounded individuals. Students are taught to be respectful, celebrate successes of others and have opportunities to compete for their House through inter-house competitions.

Success- Providing all students opportunities to go above and beyond in PE whether it is through lessons, clubs and fixtures, leadership, rewards systems, gifted and talented opportunities or within GCSE PE and Sports Studies at KS4. We want our students to remember their experiences in PE and thus want to provide the best for them. The best lessons, outstanding clubs and fixtures offer, teachers who are positive role models to improve enjoyment

Links to whole school aims-

ASPIRATION 'PE in the curriculum'- 'PE department will aim to change traditional perspectives about the value of PE allowing pupils to achieve academic potential while guiding pupils into the appropriate career pathway'

DETERMINATION 'Lifelong participation in physical activity and health active lifestyles'- We will raise self- esteem, improve enjoyment and inform healthy lifestyle choice

SUCCESS 'Extra curricular activities'- 'Provide equal opportunities for ALL

All lessons are in line with The National Curriculum-

https://assets.publishing.service.gov.uk/media/5a7c74e2e5274a5255bcec5f/SECONDARY_national_curriculum_-_Physical_education.pdf

All lessons at Longhill will focus on:

1. Developing competence to excel in a broad range of physical activities
2. Making sure all students are physically active for sustained periods of time
3. Engaging students in competitive sports and activities
4. Ensuring students lead healthy, active lives

There are a number of key concepts that underpin the study of PE. Pupils need to understand these concepts in order to deepen and broaden their knowledge, skills and understanding.

- How to develop motor competence
- Rules, strategies and tactics
- Healthy participation- how to improve fitness and factors affecting participation

The Longhill PE Department Aims-

- To ensure Physical Education is enjoyable, fun and challenging.
- To extend each pupil's knowledge and understanding and to develop the ability to perform skills with increasing control and fluency.

- To educate every pupil about their bodies and how to enjoy participating in sport.
- To encourage every pupil to perform to their 'Personal Best'.
- Manage classes of pupils to allow for every child to learn to their full potential.
- Offer a wide variety of opportunities for pupils to experience within lessons.
- Offer a wide variety of opportunities for pupils within the extra-curricular curriculum.
- Deliver examinable courses to a high standard allowing those pupils to have the opportunity to achieve grades which are suitable to their own ability.
- Take Longhill High School into the public eye through teams and individuals performing to the best of their abilities in a suitable and sporting manner.
- Encourage pupils to participate in sport outside of school and to continue to participate in sport on leaving Longhill High School

Implementation:

What do we do to achieve our intent?

- Broad and balanced KS3 core curriculum that provides students with opportunities to experience a range of sports and activities that exceeds the National Curriculum
- Assessment policy at KS3 that allows students to succeed in different areas of PE- Cognitive and performance
- Combination of mixed gender and mixed ability groups with a variety of individual needs which allow students to develop positive values and be more inclusive of others
- Development of Schemes of Work to promote our intent and allow opportunities for students to be assessed in all strands of PE and to be successful.
- Inspire lifelong participation through our KS3 curriculum, our pathway choices at KS4 PE and our outstanding extra-curricular offer
- Provide opportunities for students to excel through outstanding clubs and fixture offers, Sports Captain programmes
- developing theoretical knowledge at KS3 and excellent GCSE PE results which improved over the past 2 years
- We allow students to unite through our KS3 assessment strands, mixed PE, mixed year group and gender extra-curricular clubs, a full fixture programme and inter-house competitions.
- Students remember their PE experience. Their excellent curriculum offer and choice, an outstanding extracurricular offer and many experiences, opportunities, trips and visits
- Clear expectations shared and communicated with students and parents create a positive culture through class charts
- Excellent parental and community communication through regular contact home, an active Twitter / X account

The PE department will strive to teach outstanding lessons that cover SAFE and STAR.

The Basics in lessons- SAFE

1. Safe- Students are exercising safely
2. Active- all students should be actively involved within the lesson
3. Fun- students find lessons fun and relevant to their ability
4. Engage- all students are showing signs of progress

High quality PE- STAR

1. Struggle zone- stretch and challenge
2. Transferable skills- concept based learning
3. Ask objectives- By the end of the lessons and success criteria
4. Relationships and routines- Meet and greet

Teacher will :

- Instruct- Clear use of demonstrations using a variety of guidance methods for different learning styles and abilities
- Practice- Students will have opportunities to practise skills or concepts that they have learnt
- Feedback

Teacher will adopt a variety of different Approaches

- Tgfu- Teaching through the use of games for greater understanding
- Sport Ed- Teaching and learning through a leadership approach
- Co-op learning-
- Direct
- Game sense
- Teaching PersonalSR

Impact:

- Over 90% engagement in all PE learning walks in 2022/23
- AQA GCSE PE results have significantly improved - Additional support through core PE curriculum design and internal moderation of NEA
- A vast range of expertise in different sports and activities has improved teaching and learning within the department. CPD in department meetings (biweekly)
- Record number of students engaged in extra-curricular activities, clubs and fixtures
- Developed KS3 core curriculum and assessment methods that exceeds the National Curriculum and assesses the individual in a range of skills, qualities and knowledge
- KS4 core PE is developing to be more meaningful and accessible for our students to maximise engagement and inspire lifelong learning and participation in sport and activity
- Improved attainment at KS3 - Increase of students achieving targets by end of year 8

Further goals for 2023/24

- Student voice and feedback on curriculum is regular and impacts PE development plan, curriculum and strategic decisions
- Continue to embed

- KS4 Girls PE- engagement drop of at KS4- Shown with kit issues

KS3 PE

Pupils should be taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
- Develop their technique and improve their performance in other competitive sports
- Perform dances using advanced dance techniques within a range of dance styles
- 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.

KS4 PE

Pupils should be taught to:

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games
- Develop their technique and improve their performance in other competitive sports or other physical activities
- 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.