

# PE

## Curriculum intent

It is our belief that Physical Education is vital in maintaining our students' health; not just their **physical health** but using PE and Sport as a vehicle to improve **positive mental health** and **social wellbeing** for all our students.

*The purpose of the PE curriculum and enrichment programme is to provide opportunity for high quality teaching and learning, which immerses students in specialist knowledge, and inspires them to engage in a **lifelong participation within sport**.*

Underpinning the curriculum design is our LPS ethos of the 4 Bs; **Be Professional, Be Inclusive, Be Knowledgeable and Be Learner**. These are not only vital characteristics and skills for school but are essential for what it takes to be successful in the world of sport. Our curriculum is inclusive for all abilities, aiming to nurture and challenge our more able athletes as well as support more reluctant students to find a sport they can commit to and enjoy.

Within Key Stage 3 we expose our students to a **broad and balanced curriculum** which provides them with opportunity to master the fundamental skills which underpin sports performance across a wide range of sporting contexts, both within lesson time and within the extensive enrichment program.

Within Key Stage 4 we provide the opportunity for students to study a **greater depth of knowledge** within the subject through a wide range of examination courses which provide a suitable route for all students whether it be the academic performance-based BTEC Tech Award in Sport or a more vocational ASDAN course. Across both key stages, knowledge is sequenced coherently so that students' appreciation of sport and PE incrementally grows to specialist understanding term on term.

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## Implementation

Our aim at Langdon Park is for all students to be given high quality teaching through a broad, balanced, challenging curriculum and enrichment programme that encourages student excellence, lifelong participation and enjoyment within sport

### Key Stage 3

At Key Stage 3 the focus in PE is on a broad and balanced curriculum which gives students the opportunity to participate in a variety of different sports. Within these sports the focus is on developing a deep knowledge of the threshold movement skills and tactics which underpin all sports, such as throwing, catching and movement skills in team sports; forehand, backhand and footwork skills in net sports; and finally hitting, retrieving and tactical awareness in striking and fielding sports.

As well as the practical focus we also look to embed a mastery theme across each year group. Each term focuses on a strand of theoretical knowledge which underpins sports performance, this helps to create a bigger picture for our students of what it takes to be an elite sports person.

Example themes are basic anatomy and physiology, the components of fitness and effective warm ups. These key mastery concepts will be taught discretely through depth of questioning and where relevant when teaching knowledge of successful skill acquisition.

The sports at Key Stage 3 are selected to best suit the intent, the cohort of students, staff specialisms, and in years 8 and 9 when classes are set, to best suit the ability level of the students. Students are assessed on each sport both practically and on the mastery strands, this is done through the class teachers' observations and interactions with each student across the term, this ensures that those students who have a deep knowledge of physical education but not necessarily the practical ability can still gain successful attainment within the subject.

## **Key Stage 4**

At Langdon Park all students take part in Physical Education even if they choose not to carry it on as an examinable subject. They are given the opportunity to take part in activities that allow them to continue to lead a healthy and active lifestyle and that will give them the confidence and opportunities to explore sport both with school and outside in the community, leading to the using sport to provide a balanced lifestyle in post LPS life. These sports are a continuation from Key Stage 3 but focus no longer on the teaching of new skills but the practical application of the skills and tactics into both drills and game-based scenarios. Students work with staff in shaping their KS4 curriculum to ensure that the enjoyment, participation and engagement remains high.

At Key Stage 4 we also have a varied offer for our examined options ensuring that we are inclusive for all students who wish to follow a sports-based route in Key Stage 4. Whether students follow the BTEC Tech Award or ASDAN course they will receive two 75-minute lessons a week of high-quality teaching. The two 75-minute lessons allow students to embed key knowledge and skills that are required to achieve. Students are taught in a variety of engaging ways to develop the key concepts and skills necessary with an emphasis put on creative, imaginative and interactional ways to learn.

The long-term plans are developed to sequence learning in a way which flows across the key stage with each topic area leading into, and relating to the next, this ensures there is fluency of learning as opposed to discrete sections of unrelated content. For example, Component 1 is always taught first as this underpins all links back to all other areas of the specification. This way students see the knowledge as a 'bigger picture' with clear context as to why each new piece of learning is required to be successful in the course.

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## **Impact**

Students at Key Stage 3 will be able to speak with confidence about their physical literacy. They will be able to explain how physical competence, mastery and knowledge, and character and confidence impact on their sports performance and their overall health and wellbeing. The breadth and depth allow students to find an area of the curriculum which appeals to them and helps to promote a positive attitude towards having an on-going healthy and active lifestyle. The love of sport and physical education at Langdon Park is evident with the uptake in our 'sport enrichment' programme, providing a competitive sports pathway for our students as well as participation pathways for students.

At Key Stage 4 CORE the students will demonstrate positive engagement in sport and exercise through the sports programme which allows them to have practical application over their

curriculum which in turn encourages positive engagement within sport that continues beyond their schooling.

Students at Key Stage 4 within the examined curriculum will gain qualifications which allow them to access further education courses and pursue possible careers in all areas of the sports and exercise industry.