

Physical Education

Key Stage 3 & 4 Curriculum Information

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Key Stage 3

Within the Key Stage 3 curriculum students can expect to cover a number of different activity areas. These include:

- Gymnastics
- Dance
- Games
- Athletics
- First Aid
- Problem Solving

Within each activity area, students will participate within a variety of activities and learn a number of different skills that will aid their performance. Students will learn new techniques, along with the rules of the activity so that they begin to act as an official as and when required.

ASSESSMENT

From 2015-16 all students will also be assessed on their ability to demonstrate respect, sportsmanship, personal and social skills and teamwork in a variety of sporting situations. This will make up 50% of the assessment and takes the emphasis off practical skills and rewards students for developing their personal, social and thinking skills.

Ormiston Denes Academy is proud to be a pilot school in this Department for Education and Youth Sport Trust initiative.

Students are then able to evaluate their performance and the areas that they need to improve within and at the end of Key Stage 3, and make an informed choice regarding taking PE as a Key Stage four option.

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Key Stage 4

Within the Key Stage 4 curriculum, students continue to participate in PE lessons regardless of whether they choose to undertake PE as a GCSE option. Core PE is timetabled to allow students stress relief, improve leadership skills, whilst also demonstrating the importance of physical activity as part of a healthy balanced lifestyle. Students continue to develop their performance levels within the different activities that are covered and begin to take the lead within certain areas of the lessons. Students will begin to develop these skills through a Sport Education focus where they are expected to be able to lead a warm up and cool down confidently and to be able to identify strengths and weaknesses in the performance.

Core PE also shows students where in the local community they can participate in sports activities, such as Waterlane Leisure Centre, where they have the opportunity to participate in spinning, weight training, aerobics and gym sessions. Core PE consists of one 95 minute period a week.

Examination Courses offered at KS4 are:

Year 9

YEAR 9 Access PE:

This is a theory and practical study of PE to allow students to progress to level 2 based qualifications in Sport and Physical education. The curriculum balances time in the classroom with an analysis of sports performance over a range of physical activities. This is for students in year 9 who may be interested in taking the option at Level 2.

Year 10

From September 2016 for students starting in year 10:

The curriculum will change in that students now complete a vocational qualification not a GCSE in PE. Details are being finalised during summer term 2016.

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Year 11

YEAR 11 2015-16-17: A one year GCSE
GCSE PE, through AQA exam board 2015-16-17 (Final years of GCSE PE).

- This course has more of a practical element to it, with students graded from A*-G. Students are expected to make relevant notes within theoretical lessons and participate in every practical session. Within this course students are assessed in the following ways;
- Within 4 practical activities, this could be the student as the performer, coach or official, each worth 15%. (A total of 60%)
- Completion of a controlled assessment (10%)
- Formal Theory exam (30%). Students will have to describe and discuss key aspects of

developing skills, techniques and motivation as well as how to promote a healthy and active lifestyle.

Key STAGE 4 PROGRESSIONS:

The GCSE in PE is ideal as preparation for the As and A Level PE course as well as allowing for progression to related vocational courses such as the BTEC Nationals in Sport or Sport and Exercise Sciences at level 3. This course develops transferrable skills that employers in the recreation management, leisure, coaching and fitness industries look for.