



Quality of Education

Curriculum Intent Statement

Subject: Physical Education



CURRICULUM VISION

At Bedale High School, we recognise the importance of Physical Education and the role it has to play in promoting long term, healthy lifestyles and making a positive impact on **physical, mental and social health**. Throughout Key Stages 3 and 4 in Physical Education we intend to provide a curriculum that is broad, balanced, challenging and fosters a love of learning. The intent of our Physical Education curriculum is to provide all students with high quality PE/Games and sport provision, not only as a participant but in leadership roles such as a coach or official. Our curriculum vision is 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/Games lessons that are enjoyable and challenging and accessible to all. We want the students of Bedale High School to appreciate the benefits of a healthy and active lifestyle. Through our teaching of PE/Games, we will instil Bedale High School's core values which are **courage, commitment and compassion**, as well as other transferable life skills such as **resilience and mutual respect**. At Key Stage 4 students also get the opportunity to study the newly introduced **OCR CNAT Sport Studies** course. Our extra-curricular programme is open to all our students to attend on a competitive and social basis. Those wishing to play more competitively have further opportunities to represent the school locally, regionally and nationally in various sporting activities.

CURRICULUM RATIONALE

Our new Year 7 students come from a wide range of feeder primary schools – and have received a variety of experiences in Physical Education at Key Stages 1 and 2. Over the past 5 years we have made excellent links and strong relationships with many of these feeder schools through the cluster primary sports events that we host and help deliver using our **excellent sport leaders**. Some primary schools also have the opportunity to use our PE facilities, resources and are taught by our specialist staff. This not only helps the students receive high quality PE but also prepares them for life at Bedale High School and makes the transition from primary a lot smoother.

Students in Key Stage 3 will study 2 hours of Games/PE a week in line with the government requirements. Students will participate in a traditional games programme including football, rugby, netball, hockey and basketball for 1 hour a week and is taught in split gender classes. The students' other hour of PE will be taught in mixed gender classes and will consist of a programme of activities such as trampolining, badminton, dance, OAA and health and fitness.

At Key Stage 4 all students will do a minimum of 1 hour of Games and this is normally taught in split gender classes by a specialist PE teacher. These classes also follow a traditional games programme, so we keep the continuity from Key Stage 3. Alongside this at Key Stage 4 students can opt to follow the **OCR Sport Studies** course. This is a newly introduced course, which is a very popular course nationwide and becoming very popular among our students. This gives students a well-rounded, vocational insight into the sports industry. Students complete 3 units over the 2 years, with each unit covering 4 or 5 key topic areas. Students must complete 2 compulsory units – R184 Contemporary Issues in Sport and R185 Performance and Leadership in Sports Activities, as well as completing 1 further unit - R187 Increasing Awareness of Outdoor and Adventurous Activities. Out of the 3 units studied, the students will only complete 1 unit (R184) as a written exam worth 40%. The other 60% will come from 2 other units which are a mixture of practical or coursework-based work. Within the course, there are multiple opportunities for students go on trips to widen their knowledge and understanding – for example, students participate in a Sports Leadership training day at Queen Elizabeth Sixth Form College in Y10 as part unit R185, and also take part in a day of outdoor climbing and abseiling at Brimham Rocks in Y11 as part of unit R187.