

Physical Education

High quality physical education helps pupils succeed in throughout their life. Physical Education and sport enables pupils' to maintain health and wellbeing and make informed choices about the future. It contributes to academic success and it develops a range of characteristics, such as resilience and determination.

In year 7 and 8 pupils have three lessons a week and in year 9 pupils have two lessons a week. All pupils are exposed to a broad and balanced curriculum and the whole subject domain is taught. In year 10 pupils have core lessons which are twice as week, however, pupils' can opt to take AQA GCSE PE or OCR Cambridge National Sports Studies. This would give pupils' an additional three lessons of PE in their chosen route.

Year 7

During Year 7 pupils have a number of concepts such as, Ball Familiarisation, Mastery of Equipment and Technique. Pupils have a curriculum designed so that can re-visit activities more than once to ensure they can recall information and skills to automaticity.

A range of Physical Education activities including athletics, badminton, handball, basketball, cricket, dance, gymnastics, football, and rugby. In game based activities pupils' learning will focus on technique and control. Pupils will develop the core skills for each activity and practise applying them under increasing levels of pressure. In gymnastics and dance pupils' will develop the ability to replicate actions with control whilst developing an understanding of how to apply these creatively, within a performance.

Additionally, pupils will gain the knowledge of:

- How to prepare for physical activity and exercise.
- The muscular system.
- The rules and regulations of various sports and activities.

Year 8

During Year 8 pupils will revisit and master the core skills and actions learnt in Year 7. There will be a greater emphasis on applying techniques to different situations within the PE curriculum at Year 8. During Year 8 pupils have a number of concepts such as, Ball Movement, Mastery of Equipment, Passing and Receiving. Pupils have a curriculum designed so that can re-visit activities more than once to ensure they can recall information and skills to automaticity.

Additionally, pupils will gain the knowledge of:

- The Components of Fitness
- The Muscular System (Revisited)
- The rules and regulations of various sports and activities.

Year 9

In Year 9 pupils will be given the opportunity to build on the success in Years 7 and 8 and concentrate on applying techniques and tactics in activities to understand how to construct activities and games. During Year 8 pupils have a number of concepts such as, Ball Movement, Mastery of Equipment, Scoring and Event Management. Pupils have a curriculum designed so that can re-visit activities more than once to ensure they

can recall information and skills to automaticity. The level of challenge will increase and the learning will focus on:

- Decision making skills, strategies and/or compositional ideas.
- Problem solving in spontaneous and/or pre-determined ways whilst under pressure.
- Analysing performance to bring about personal improvement in physical activity and sport.
- Applying team strategies and/or compositional ideas taking account of the strengths and weaknesses of fellow team member(s), as appropriate.
- Using appropriate physical characteristics to achieve successful performance in physical activity and sport.

Additionally, pupils will the knowledge of:

- The Effects of Exercise
- The Components of Fitness (Revisited)
- The Muscular System (Revisited)
- The rules and regulations of various sports and activities.

Extra-Curricular

The broad and balanced extra-curricular programme is a particular strength at Dean Trust Ardwick. The PE faculty offers the chance for all pupils to experience a range of activities in greater depth. For some pupils it is a chance to gain extra confidence in an activity they may have found challenging. For others, it is a chance to gain an extra competitive challenge in activities they are already proficient in, as well as developing other roles within the sporting community such as becoming a sports leader in PE. Some pupils will also be provided with opportunities to represent the school in inter-school competitions.