



# Physical Education at Cockshut Hill

'Nothing but the Best'

# Meet the team



**Mr Coniff**  
Subject Leader

**Specialisms**  
Rugby, Fitness, Athletics,  
Sports Science (Anatomy  
and Physiology, Nutrition,  
Fitness testing and training)



**Ms Stevens**  
Assistant Subject Leader

**Specialisms**  
Football, Netball, Rounders,  
Badminton Sports Science  
(Anatomy and Physiology  
and Sports Psychology)



**Mr Hargreaves**  
PE Teacher & Achievement  
Leader Year 11

**Specialisms**  
Football, Gymnastics,  
Fitness, Cricket, Sports  
Science (Nutrition, Fitness  
testing and training)



**Mrs Dignum**  
PE Teacher & Achievement  
Leader Year 10

**Specialisms**  
Gymnastics, Trampoline,  
Netball, Dance, Sports  
Science (Nutrition, Fitness  
testing and training)



**Miss Sheerman**  
PE Teacher & Assistant  
Principal for Assessment

**Specialisms**  
Trampoline, Gymnastics,  
Netball, Fitness, Sports  
Science (Anatomy and  
Physiology, Fitness testing  
and training)

# Department aims

- To ensure pupils experience a wide variety of sports allowing them to initially develop the core skills needed to progress in all sports covered. The core skills will be developed and advanced skills along with tactics and strategies will be introduced allowing pupils to have the confidence and ability to play a variety of sports. Therefore, giving them the best opportunity to continue playing sport in later life.
- To make pupils aware of the importance of a healthy active lifestyle and the benefits of maintaining a good level of physical fitness allowing them to live a healthy, active and fulfilled life.
- British values will be at the core of the curriculum and upheld through the delivery of sport and the ethos of sportsmanship, ensuring pupils leave school not only with the characteristics of a good sportsman or sportswomen but also as a well-rounded citizen who can make a positive contribution to society.

# Curriculum overview

Activity units and sports covered at KS3	Activity units and sports covered at KS4	Units covered in Sports Science option Year 1 (year 10)	Units covered in Sports Science option Year 2 (year 11)
<p><b>Boys –</b></p> <p>Football    Rugby Basketball    Gymnastics Handball    Volleyball Fitness    Cricket Softball    Rounders Athletics</p> <p><b>Girls –</b></p> <p>Football    Netball Basketball    Handball Trampolining    Fitness Gymnastics    Handball Rounders    Athletics</p>	<p><b>Boys –</b></p> <p>Football    Rugby Basketball    Handball Volleyball    Fitness Cricket    Softball Rounders    Athletics <i>Sports education &amp; Leadership</i></p> <p><b>Girls –</b></p> <p>Football    Netball Basketball    Handball Trampolining    Fitness Gymnastics    Badminton Rounders    Athletics <i>Leadership</i></p>	<p><b>R041:</b> Understanding different factors which influence the risk of injury</p> <p><b>R042:</b> Applying principles of training</p> <p><b>Begin R043:</b> The body's response to physical activity</p>	<p><b>R043:</b> The body's response to physical activity</p> <p><b>R046:</b> Technology in sport</p>



# Practical sports development at KS3



Core skills in a variety of sports.  
Basic game situation practices.  
Select and application of the core skills.  
Rules and regulations introduced.  
Basic theory knowledge based on Sports Science units.  
Development of the Cardiovascular system through a variety of Fitness based lessons.

Opportunity to use skills and techniques previously covered in game situations.  
More advanced skills introduced along with game tactics and strategies.  
Game conditions will be more pressurised. Development of decision making.  
Opportunity to use some of the advanced skills covered.  
Theory topics will continue to be delivered in lessons where possible in a practical sense.  
The intensity of fitness lesson will also increase.

Year  
7

Year  
8

Year  
9

Recap of the core skills.  
Develop core skills in more pressurised situations.  
Greater range of skills covered.  
Tactics and strategies introduced.  
Specific rules and regulations introduced.  
The theory topics recapped and delivered to a deeper understanding.  
Development of different components of fitness including Speed, Strength and agility.

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# Practical development at KS4



## Year 10

The KS4 curriculum allows to pupils to play a variety of sports in an enjoyable competitive environment.

The sports covered are the same as the KS3 curriculum allowing pupils to use the skills and knowledge developed previously.

Groups are set so that pupils feel comfortable competing with others of a similar ability. Leadership skills are encouraged more and units of Leadership can be covered either by choice of the pupils or as a decision from department staff including the 'Sport Education' format to lessons.

Fitness activities are covered on a less regular basis, one lesson a month for example.

## Year 11

Pupils often have a choice of sports in year 11 to allow them to again enjoy playing sport recreationally and/or competitively.

Pupils are encouraged to compete with others of a similar ability but to also challenge themselves, especially if recognised by members of staff.

Fitness lessons are again covered on a less regular basis

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# Lesson Structure

- **Pupils will be greeted at the changing room door by a member of staff**
- **Pupils are expected to enter the changing area and sit down quietly in order for others to arrive, and then a register to be taken**
- **Pupils then have 3 minutes to change and wait instruction from their teacher**
- **Driving Question**
  - Every lesson has a 'driving question'. This is similar to a learning objective but is a question that can enthuse and engage students into the lesson which they should be able to successfully answer by the end of the lesson.
- **Warm up activity** - Pupils take part in a warm up activity to prepare them for the rest of the lesson. This can involve some retrieval of a skill or technique which the pupils have previously learnt
- **Retrieval practice activity** - Pupils will have the opportunity to practice a skill or technique that they have previously used with in the sport being covered.
- **Modelling and explaining** - A new skill, technique, tactic or strategy is then modelled and explained to pupils with examples of how it should be performed to produce a successful outcome. Effective questioning is used to support pupils in gaining a deeper understanding of the concept being delivered.
- **Independent/group practice activity** - Pupils then have the chance to practice the skill or technique individually, in pairs or in small groups. Tactics and strategies are practiced in groups or small sided teams.
- **Challenge** – Pupils are then required to perform the skill under a little more pressure. This could be in the form of a time limit, against a defender, a restriction on court area or in a small sided game for example.
- **Competitive situation** – Pupils are then put into a competitive situation. This is usually some form of a match, game or competition.
- **Review of learning** – This can take place at any point during the lesson when the teacher feels is necessary but is often after the competitive situation. Pupils will be asked challenging questions in order for assessment of learning.
- **Cool down** – Pupils will cool down and return to the changing rooms.
- **Changing at the end of a lesson** - Pupils be given 3 minutes to change. During this time they are expected behave appropriately and return any kit if they have borrowed.

## Assessment at KS3

- Pupils complete a **practical** formative assessment piece (FAP) once during a half term which is teacher marked in the form of an observation of performance
- Any number of concepts from the 5 core concepts are assessed plus any number of sports specific skills from 3 core skills identified in each sport.
  - 5 core concepts – **Coordination, Spatial awareness, Decision making, Communication and Physical Fitness**
- The 5 core concepts remain the same from years 7 – 9 and are consistent throughout each sporting unit
- The 3 core skills are specific for each sport and increase in difficulty each year.

# Assessment at KS4

- **There is no set assessment of pupils during core PE**
  - Pupils will take part in several fitness tests throughout the year, however this is not used for school data and marking purposes.
  - This is a way of pupils being aware of their personal health and physical fitness
- **Sports Science option course**
  - Pupils will be assessed in 4 units
    - R041: Understanding different factors which influence the risk of injury (1 hour externally assessed exam)
    - R042: Applying principles of training
    - R043: The body's response to physical activity
    - R046: Technology in sport
    - R042, R043 and R046 are all internally assessed assignments which are externally moderated by the exam board
  - During each unit pupils will have a formative assessment piece (FAP) once a half term.
  - This will be based on exam question performance for unit R041 and based on the progress pupils have made during their assignments for the remaining units.



# policy

## KS3

- There is no set homework for years 7, 8 & 9.
- However, pupils are encouraged to watch sporting events regularly which are highlighted by members of staff.
- Pupils may also be given basic knowledge to learn or research based on the content from some of the units covered in the Sports Science course delivered at KS4

## Year 9 Sports Science option pupils

- Pupils who have opted for the Sports Science course will be given more specific homework based on the skills and knowledge needed throughout the course in order to support them in preparing for year 10.
- This will be given on a weekly basis after pupils have picked their options.



# policy

## KS4

- There is no set homework for years 10 and 11 pupils in core PE.

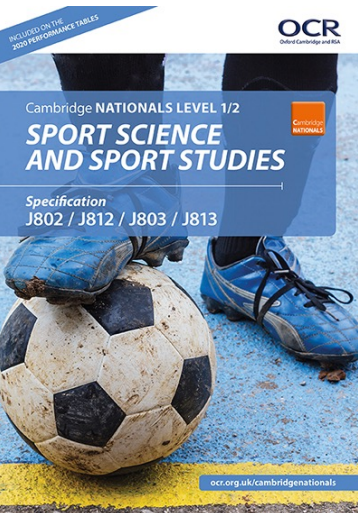
## Sports Science

- Pupils studying Sport Science will be set homework once a week.
- This will be an activity used to review previous learning, deepen understanding of content, practice exam skills or to link the lesson content to new knowledge and future topics.

# Literacy in PE

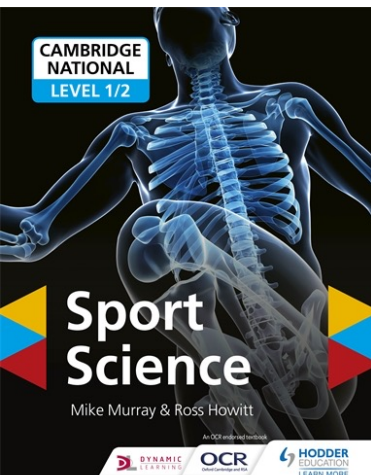
## KS3

- Pupils will become familiar with a range of sports specific terminology.
- As pupils progress through each sport and develop on their skills set, knowledge of tactics and strategies, and their understanding of rules and regulations they will be expected to use specific terminology.
- Pupils will develop a basic understanding of some of the Sports Science terminology used in topics delivered at KS4.
- Pupils will be encouraged to use key words from lessons and create sentences in order to speak out loud and develop their sports specific vocabulary.



## KS4 – Sports Science

- Pupils will be expected to use terminology specific to each unit covered
- Revision of key terms and definitions will support pupils literacy skills and pupils will be encouraged to read these out loud when referred to in lessons
- Pupils will be given extracts from the text book and course specification to support their use of terminology
- Pupils will be reminded and encouraged to use correct terminology when giving verbal answers and explanations in lessons



# Extra curricular

Pupils of all abilities are encouraged to come to extra curricular clubs.

For certain sports their will be local league, cup and tournament competitions for which pupils will need to be selected in order to represent the school.

However we would like pupils to attend extra curricular clubs for enjoyment, to improve their skills and fitness and/or to be selected to represent the school.

Activities are subject to change depending on pupil numbers and demand

Term	Boys PE	Girls PE
1 & 2 (Sept – Easter)	Football, Rugby, Basketball	Football, Trampolining, Netball
3 (Summer)	Cricket, Athletics, Fitness, Basketball, Volleyball	Rounders, Athletics, Fitness, Basketball

# Department team meetings

Whole school briefings are at 8.25am every Monday in Warwick hall

Whole school meetings are after school every Tuesday from 2-3pm

This is followed by a department meeting from 3-4pm

The focus of this changes on a weekly basis, some meetings are guided by SLT others are the responsibility of the Head of department.



- A few examples of how the meeting time is used -
  - Sharing good practice and discussions about what has worked well in lessons throughout the school week
  - Topical department issues such as school fixtures and competitions are often discussed
  - Quality assurance of marking practical performance at KS3 and Sports Science theory work at KS4 e.g. mock exam results and assignment work.
  - What CPD staff would like in order to upgrade their skills set and knowledge.
  - Sharing ideas and using individual staff specialisms when discussing and planning our continued development of provision at both KS3 and KS4. **'Nothing but the Best'**