



The Minster School

Physical Education





The Department

Department Team

Mrs S Gratton – Curriculum Team Leader PE

Mr Brookes—PE Teacher/ITT Coordinator

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Mrs G Burles - PE Teacher/Progress and Achievement Leader for KS3

Mr J Greaves - PE Teacher

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The Physical Education Department enjoys state of the art accommodation and facilities, which include a sports hall, gymnasium, sand based full size AstroTurf, tennis courts and football and rugby fields. The department is committed to delivering a creative curriculum, using a rich and diverse repertoire of teaching and learning strategies. Students engage well with PE including through initiatives such as our Race for Life, Dance Leaders' qualifications for around 150 student each year, Triathlon, inter-House competitions and Sports Day.

There is a very broad ranging programme of extra-curricular sports led by the department including competitive sports. Recent successes have included regional success in tennis, hockey, athletics, cross country and football. We are a progressive team who are continually reflecting and evaluating our work and further developing our teaching and learning styles. Members of the department deliver workshops as part of the Minster School Teaching Alliance.

Our successes are celebrated through our twitter account (@minster_PE), our newsletter, our website and in the local press.

GCSE, Cambridge National Sports Studies and A Level PE are all taught through the OCR syllabus.



National Curriculum Expectations

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Levels of progress

By the end of each key stage, pupils are expected to know, apply and understand the skills and processes specified in the relevant programme of study. This is communicated to students and parents in KS2 and KS3 using a competencies framework, and at KS4 and KS5 relating to predicted progress in GCSE and A Level examination.



Key Stage 2 Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best



Key Stage 3 Curriculum

Pupils are taught in single sex groups. Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs



Key Stage 4 Curriculum

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils should be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games
- develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs



Extra Curriculum Provision

Our extra curricular enrichment provision is broad and balanced. Extra curricular clubs include Football, Rugby, Netball, Basketball, Hockey, Badminton, Dance, Trampolining, Cross Country, Athletics, Tennis and Rounders. We compete in all local competitions and have had many successes at regional and national level.

Pupils also have the opportunity to take part in the Race for Life each year which is a fantastic event raising lots of money for charity.

At KS4 and KS5 pupils may complete the Award in Dance Leadership Level 1 and the Award in Sports Leadership Level 2.

We also work closely with clubs in the local community, enabling our pupils to experience different sporting opportunities which they can't access in school, for example golf.



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