

# PHYSICAL EDUCATION

## Course Content

### KS3

The PE curriculum aims to equip learners with necessary life skills that will help them lead a healthy lifestyle. The processes in PE are:

- Developing skills in physical activity
- Making and applying decisions
- Developing physical and mental capacity
- Evaluating and improving performance
- Making informed choices about healthy, active lifestyles

In Years 7, 8 and 9, two lessons a week are devoted to PE where learners take part in a variety of activities. The PE curriculum helps learners to develop practical performance of physical skills in a wide range of



activities. The learners learn and develop their leadership skills through taking on coaching roles in particular activities. Throughout the units they learn how to evaluate their own and others strengths and weaknesses and use communication skills to suggest ideas for improvement.

Learners are also encouraged to take responsibility for their own and others' learning by planning small sections of the lesson to lead. In Year 7, this may be a warm up and as the learners progress through school, they learn to plan and lead larger

sections of the lessons with guidance.

Our curriculum provides the learners with the following opportunities which are integral to their learning and enhance their engagement with the concepts, processes and content of the subject.

The curriculum provides opportunities for learners to:

- Get involved in a broad range of different activities that, in combination, develop the whole body
- Experience a range of roles within a physical activity
- Specialise in specific activities and roles
- Follow pathways to other activities in and beyond school
- Perform as an individual, in a group or as part of a team in formal competitions or performances to audiences beyond the class
- Use ICT as an aid to improving performance and tracking progress
- Make links between PE and other subjects and areas of the curriculum

Parents' support is vital in ensuring that:

- Learners are fully prepared and equipped for their lessons by ensuring they have the correct PE kit. The Harrow High School PE top, navy tracksuit bottoms/shorts and the navy tracksuit top. All of which can be purchased from 'TeenyWear' in Harrow Weald
- Learners take part in extra curricular activities – the timetable is on display in the sports block, in every classroom, in the Friday letter, as well as on the School's website
- Learners lead a healthy active lifestyle outside of school

## **KS4**

### **Year 10 and 11**

In Year 10 and 11, two lessons a week are devoted to PE where the learners follow GCSE PE.

### **GCSE PE**

#### **Theory (40%)**

Learners study:

- Healthy Active Lifestyles
  - Benefits
  - Influences
  - Exercise and fitness
- Healthy Active Body
  - Cardiovascular system
  - Respiratory system
  - Muscular system
  - Skeletal system

#### **Assessment**

1hour 15 minute exam

#### **Practical (60%)**

Netball, Trampolining, Football, Basketball, Badminton, Fitness, Korfbal, Table Tennis, Athletics, Rounders.

#### **Assessment**

- 4 activities from above (or any other activity that is taken outside of school to club level)
- Analysis of performance
- 6 week training programme

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- Learners take part in extra curricular activities – the timetable is on display in the sports block, in every classroom, in the Friday letter as well as on the School's website
- Learners complete all homework set to best of ability
- Learners lead a healthy active lifestyle outside of school