

Subject – Physical Education

Subject Leader: Mr Ashman

Subject teachers: Mr Jenkins, Mrs Alexandridis

Department aims: To inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. 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.

The Physical Education department aims to 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 and lead healthy, active lives.

KS3

Pupils are taught to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] 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.

KS4-Core

Pupils use their acquired skills and techniques from KS3 to develop an overall understanding of how to lead and officiate competitive sport, whilst still developing their understanding and skills within competitive sports such as:

- Badminton
- Basketball
- Cricket
- Football
- Hockey
- Netball
- Rounders
- Rugby and tennis

By the end of a students' life at Birches Head Academy they will have experienced participating in various different sports, in a variety of competitive situations. They will also have been given the opportunity to experience leading others and participating in various different extra-curricular opportunities.

KS4- BTEC Level 1/Level 2 First Award in Sport

What will you study?

BTEC Level 1/Level 2 First Award in Sport has been designed primarily for young people aged 14 to 19 who may wish to explore a vocational route throughout Key Stage 4, but it is also suitable for other learners who want a vocationally focused introduction to this area of study. It has been developed to:

- Encourage personal development through practical participation and performance in a range of sports and exercise activities.
- Give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of optional specialist units.
- Encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select from optional units available in the qualification structure.
- Provide education and training for sport, leisure and recreation employees.
- Give opportunities for sport, leisure and recreation employees to achieve a nationally recognised level 1 or level 2 vocationally-specific qualification.
- Give full-time learners the opportunity to progress to other vocational qualifications, such as the Pearson BTEC Level 3 Nationals in Sport or Sport and Exercise Sciences, or on to GCE AS or A level, and, in due course, to enter employment in the sport and active leisure sector.
- Give learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

Assessment

Edexcel BTEC Level 1/Level 2 First Award in Sport			
Unit	Core units	Assessment method	GLH
1	Fitness for Sport and Exercise	External	30
2	Practical Sports Performance	Internal	30
Optional specialist units			
3	The Mind and Sports Performance	Internal	30
4	The Sports Performer in Action	Internal	30
5	Training for Personal Fitness	Internal	30
6	Leading Sports Activities	Internal	30

Grade Boundaries

Calculation of qualification grade Award (120 GLH)	Grade Minimum points required
U	0
Level 1	24
Level 2	Pass 48
Level 2	Merit 66
Level 2	Distinction 84
Level 2	Distinction * 90

Course enrichment

The content of this specification is designed to enable you to enjoy and understand the benefits of living a healthy and active lifestyle.

Where could BTEC Sports Lead?

The qualification provides a route to further study in further education awards, such as A levels and/or the new Diplomas, and to Higher Education in PE as well as to related career opportunities.

Useful websites: www.britishswimming.org , Amateur Swimming Association, www.badmintonengland.co.uk Badminton Association of England, www.britishcycling.org.uk , British Cycling <http://www.british-gymnastics.org> , British Gymnastics <http://www.teamgb.com/> , The British Olympic Association, www.britishvolleyball.org

Extra-Curricular Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Before School (7.45-8.25am)</u> -No sports (Whole school briefing)</p>	<p><u>Before School (7.45-8.25am)</u> -No Sports (Whole school year meetings)</p>	<p><u>Before School (7.45-8.15am)</u> -No Sports (PE Meeting)</p>	<p><u>Before School (7.45-8.15am)</u> -Bench ball (Mr Ashman) Sports hall</p>	<p><u>Before School (7.45-8.15am)</u> -Basketball (Mrs Alexandridis) Sports hall</p>
<p><u>Lunchtime (12:10pm-12.30pm)</u> -Year 7 Football (Mr Ashman) Sports hall</p>	<p><u>Lunchtime (12:10pm-12.30pm)</u> -Year 8 Football (Mrs Alexandridis) Sports hall</p>	<p><u>Lunchtime (12:10pm-12.30pm)</u> -Year 9 Football (Mr Ashman) Sports hall</p>	<p><u>Lunchtime (12:10pm-12.30pm)</u> -Year 10 football (Mrs Alexandridis) Sports hall</p>	<p><u>Lunchtime (12:10pm-12.30pm)</u> -Year 11 football (Mrs Alexandridis) Sports hall -Table tennis (Mr Ashman) Drama</p>
<p><u>After School (2.50pm-3.50pm)</u> -Badminton (Mr Ashman/Mr Burndred) Sports Hall</p>	<p><u>After School (2.50pm-3.50pm)</u> -No clubs due to staff meetings</p>	<p><u>After School (2.50pm-3.30pm)</u> -Fixture nights -Ultimate Frisbee KS3 (Mr Kyme)</p>	<p><u>After School (2.50pm-3.30pm)</u> -Athletics (Mr Ashman/Mrs Underwood) Fields -Rugby (Mr Jenkins/Mr Kumar) Fields -Volleyball (J. Broklehurst) Gym</p>	<p><u>After School (2.50pm-3.30pm)</u> -Basketball (Mr Lindsey) Sports Hall -Rounders (Mrs Alexandridis) Front yard -Circuits (Mr Ashman) Gym</p>