

NHGS – Physical Education – Curriculum Intent, Implementation and Impact

Intent

We aim to create the very best experience for all ability levels within Physical Education. We challenge students to think, act and speak like those working in the field would. We do this by building leadership qualities in the students, for example by leading peers in warm-ups and drills and learning to speak confidently in front of others. We facilitate this in a way that is inclusive and fun. For those relishing the challenge of competitive sport, it is achieved through competitions against other schools at local, regional and national level.

Our curriculum at NHGS goes far beyond what is taught in lessons, for whilst we want students to achieve the very best examination results possible, we believe our curriculum goes beyond what is examinable. As a department we offer an outstanding and varied extra-curricular programme open to all students. The activities on offer and the range of competition levels we compete in develops our students' sporting abilities. From traditional sports such as football, netball and hockey to lifestyle activities such as HIIT training, use of the fitness suite and T25. This fully complements students' sporting commitments outside of school and in many cases allows the students to access the scholarship systems and potentially into professional sports.

Our ethos in Physical Education strongly reflects the behaviours outlined in the NHGS ethos statement, particularly those of collaboration. SMSC is a regular feature of PE lessons; students learn how to operate in teams and the etiquette associated with taking part in physical activities. Students are taught strategies to solve problems in how to outwit an opponent or design/choreograph a gymnastic/dance sequence. Subject specific vocabulary is used regularly and expected to be used accurately by the students.

As a knowledge-engaged curriculum we believe that knowledge underpins and enables the application of skills; both are entwined. As a department we define the powerful knowledge our students need and help them recall it by having a carefully planned curriculum that allows progression for all and allows the students in Year 9 and above to start to plot their own Physical Education development through pathway choices. The groundwork for these pathway choices is developed from the knowledge and skills students develop in Year 7 and 8.

At examination level we take on board the latest developments in education from the training days and teaching and learning directives. We incorporate initiatives designed to give the students the skills needed to gain the best possible grade. We help students recall knowledge by using self quizzes, throwback Thursday, lagged homework, Kahoot, student led starters and plenaries.

We build the Cultural Capital of our students by providing opportunities for all, enabling them to be a 'doer of deeds' rather than 'cold timid souls'. This is achieved through whole school events such as inter form cross country (turkey trot/christmas dash), sports day, Christmas dancing and activity week. We look into opportunities to watch live international sport with the students and run sports tours.

Further rationale behind our curriculum design includes the delivery of the curriculum through our Head, Heart and Hands philosophy. We assess these areas through a combination of practical participation (Hands), strategic and logistical thinking to plan the next move (Head) and grit, determination and resilience (Heart). As a department our key focus is on the three benefits of being physically active: physical, emotional and social wellbeing.

Implementation

Collaborative curriculum planning lies at the heart of what we do in the department. We are committed to a three-year plan of developing our schemes of work. In 2019/2020 we are working on KS4 schemes of work. These are focussed on embedding challenge, metacognition, memory techniques and literacy into our departmental curriculum.

In Physical Education we give the students the best start to becoming an athlete; we provide a stepping stone between primary and secondary school PE. We have a broad and balanced curriculum in Years 7 and 8 and have developed greater choice for students as they move into Year 9 and Key Stage 4. In all lessons we embed core skills, knowledge, principles, confidence across a broad range of activities. We strongly recognise the need to make PE fun and to foster a lifelong love of physical activity.

Impact

We know our curriculum is working in the Physical Education department in a number of ways. Firstly, student participation in lessons and their engagement in developing skills is high. High participation rates at extra curricular sessions leading to teams winning competitions at local and regional level. As a department we are very successful in winning competitions and that is one of the selling points to students selecting NHGS over other schools.

Our GCSE examination results are consistently in line or above the school's average in terms of residuals, meaning our students are gaining higher grades in PE than other subjects, this is down to staff expertise and the positive learning environment we create in the classroom. We have a member of the PE team who is a senior examiner for AQA PE and is therefore able to give the students the most up to date and relevant learning experience. Numbers on the A level course are increasing.

NHGS students are happy and proud to help out officiating at local competitions such as the primary school athletics, cross country and netball. GCSE and A Level students help officiate and run the inter form cross country and sports day events.

The PE offer is a crucial part of the student experience at NHGS. Inside and outside of the classroom, we live to learn and learn to live, fostering a life-long commitment to physical activity.