



PE and Sports Science

Subject intent Sport Science:

The intent of Sports Science is to teach students how the body works, how we can design and conduct training programs safely, follow a balanced diet and avoid injury through risk management. The course intent is to allow students to be more aware of what they do and why they do it allowing them to make better life choices when exercising.

Subject intent Core PE:

The intent of Physical Education at JCA is to develop the holistic child through the development of their physical, mental and social skills. PE is so much more than developing specific skills within sports such as tennis or football. We believe PE provides the perfect opportunity to build a student's skills in resilience, teamwork, communication, empathy as well as their physical aptitude.

We believe we can genuinely make a difference to students' lives. By developing good listening, teamwork and all-round communication skills it will positively impact learning in all subjects and by becoming better at these skills and aptitudes it will underpin their employability and improve their life chances.

At JCA our PE curriculum builds over time and in developing physical, emotional and mental skills we are building a students' physical literacy. The development of Physical literacy should provide fun, enjoyable and progressive lessons. The enjoyment experienced should develop a love of activities and a 'want' to join a school or local team, club or gym.

- In KS3 students will develop their physical literacy through a range of different student-centred activities across the three years of KS3. This will be assessed using Age Related Expectations and two "snapshot" Assessments in terms 3 and 6.
- In KS4 Core PE students will further develop their physical literacy via a range of recreational activities with a view to engraining positive behaviours that promote the benefits of physical activity and prepare them for activity across their life course. There is no formal assessment of KS4 core PE.

Our curriculum is deliberately not focussed on specific activities and the performance of the skills within them, but is focussed on the underlying principles of physical literacy

Sport Science is taught as an option for KS4 students and aspects of the course are delivered during core PE lessons in addition to the practical sport taking place. In Year 7 and 8 content is covered and knowledge organisers supplied to support future learning at KS4, however the content is useful for students even if they don't choose sport science.

This course teaches students about injury prevention; the principles of training; how the body responds to exercise and sports nutrition. Work is applied to the world of sport and exercise but also to a healthy lifestyle. The course is mainly coursework based allowing students to draft their work and develop ideas as they progress through KS4. Students must work well to deadlines and work hard within lessons to ensure they are able to apply the course content in their coursework.

Link to KS4 Sport Science specification:

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/>

KS3 curriculum plan:

Year 7

Across the course of the year students will experience:

- Core skills
- Rugby
- Hockey
- Netball
- Basketball
- Badminton
- Gymnastics
- Dance
- Challenge/ OAA
- Athletics
- Tennis
- Striking and fielding activities

Your Movement

Skills - I can learn and apply skills and techniques

Actively Participate - I always take part in lessons

Your Knowledge

Communication – I cooperate well and give thoughtful and effective feedback

Working With Others – I am an effective team member

Your Feelings/ Mentality

Confidence – I am able to challenge myself

Empathy - I show patience and support others

Your Actions

Respect – I am tolerant of other peoples differences and abilities

Resilience - I keep going when it gets hard

Year 8: Students continue with year 7 content but add in...

Across the course of the year students will experience:

- Core skills
- Rugby
- Hockey
- Netball
- Basketball
- Badminton
- Gymnastics
- Dance
- Challenge/ OAA
- Athletics
- Handball
- Tennis
- Striking and fielding activities
- Heath and fitness
- Short tennis
- Experiences

Your Movement

Skills - I can learn and apply skills and techniques

Actively Participate - I always take part in lessons

Tactics – I can understand and apply simple tactics such as attacking and defending

Rules – I can apply and abide by the rules of the activities we participate in

Your Knowledge

Communication – I can speak confidently and listen attentively to others

Working With Others – I am an effective team member

Officiating – I am willing and able to take on the role of an officials

Assessing Others - I cooperate well and give thoughtful and effective feedback

Your Feelings

Confidence – I am able to challenge myself

Empathy - I show patience and support others

Assessing Myself – I can recognise my strengths, weaknesses and how to improve

Motivated – I have a desire to take part and be at my best

Your Actions

Respect – I am tolerant of other peoples differences and abilities

Resilience – I can cope with a react positively to failure

Perseverance - I keep going when it gets hard

Being Organised – I am always appropriately equipped to take part

New content

Year 9: Students continue with year 7/8 work content but add in...

Across the course of the year students will experience:

- Rugby
- Hockey
- Netball
- Basketball
- Badminton
- Gymnastics
- Handball
- Dance
- Football
- Challenge/ OAA
- Athletics
- Tennis
- Striking and fielding activities
- Health and fitness
- Dodgeball

Your Movement

Skills - I can learn and apply skills and techniques fluently

Actively Participate - I always take part in lessons

Tactics – I can understand and apply simple tactics such as attacking and defending

Rules – I can apply and abide by the rules of the activities we participate in

Transferable Skills - I can adapt my skills and performance across a range of activities

Your Knowledge

Communication – I can speak confidently and listen attentively to others

Working With Others – I am an effective team member

Officiating – I am willing and able to take on the role of an officials

Assessing Others - I cooperate well and give thoughtful and effective feedback

Leading Others – I can lead small teams and groups, and question others appropriately

Benefits of Physical Activity – I know why its important to be physically active

Your Mentality

Confidence – I am able to challenge myself

Empathy - I show patience and support others

Assessing Myself – I can recognise my strengths, weaknesses and how to improve

Motivated – I have a desire to take part and be at my best

Setting Goals – I can set appropriate targets to improve myself and others

Role Model – I am positive role model to others

Your Actions

Respect – I am tolerant of other people's differences and abilities

Resilience – I can cope with a react positively to failure

Perseverance - I keep going when it gets hard

Being Organised – I am always appropriately equipped to take part

Patience – I remain calm and positive when I find things challenging

New content

KS4 curriculum plan:

Year 10/11: students participate in a range of activities

Across the course of the year students will experience a range from:

- Rugby
- Netball
- Basketball
- Badminton
- Handball
- Ultimate Frisbee
- Hockey
- Fitness Gym
- Tchoukball
- Dance
- Yoga/boxercise
- Volleyball
- American football
- Football
- Challenge/ OAA
- Athletics
- Tennis
- Striking and fielding activities
- Heath and fitness
- Volleyball
- Bench ball

Your Movement

- Listen and acting on feedback – I can change what I do as a result of feedback given to me
- Team work – I can work as a team and in different roles within a team.

Your Knowledge

- Communication – I can use verbal and non verbal communication to make a positive impact
- Critical Thinking – I am able to analyse sports and activities using my experience to understand
- Give feedback – I use my knowledge to help others from skills to tactics.
- Creative thinking – I can come up with ideas and think objectively about situations

Your Mentality

- Problem Solving – I am able to consider problems and find solutions
- Empathy – I am aware of how others can react and can put myself in their shoes when supporting
- Cooperation – I am able to work with others in various roles

Your Actions

- Resilience – When things are tough I am able to keep trying and applying effort.
- Listening – I can listen to others, both students and staff.
- Perseverance – I am willing to keep trying in activities to get a result/improvement

