



Overview

At Clifford Holroyde pupils in key stage 3 and 4 have 3 lessons of Physical Education each week. All pupils follow the national curriculum for Physical Education. Key stage 4 pupils who have chosen Physical Education as an option follow the Edexcel short course syllabus for Physical Education.

Pupils in key stage 4 are also offered the option to complete AQA Unit Awards as an alternative and also in conjunction with the traditional GCSE route.

Key Stage 3

Key stage 3 pupils are given the opportunity to develop their ability in a number of sporting areas such as:

- Football
- Badminton
- Basketball
- Trampolining
- Table tennis
- Tennis
- Cricket

While developing their ability in these areas pupils are also encouraged to develop personal skills such as communication skills, team work, cooperation and self-control as well as developing a better understanding of the importance of a healthy balanced diet and the benefits of exercise and physical activity.

Pupils in key stage 3 are assessed 6 times a year at the end of each half term.

Key stage 4

Key stage 4 pupils have the opportunity to select Physical Education as an option. If this is the route pupils undertake they will follow the Edexcel short course syllabus for Physical Education. Within this course pupils will develop their understanding of a number of topics such as:

- Applied anatomy and physiology
- Movement analysis
- Health fitness and wellbeing
- Use of data

The pupils understanding of these areas will be assessed in the form of a 1 hour 30 minutes written examination at the end of the course.

Pupils will also be required to take part in and be assessed in 2 sports,

- One team activity
- One individual activity.

These performances will be moderated externally and the marks given will contribute to the overall level attained by the pupil.

AQA Unit Awards

All pupils in key stage 4 are required to take part in Physical Education even if they have not selected the subject as one of their options. This takes place in the form of games lessons throughout the week. Within these lessons pupils are given the opportunity to complete Unit Awards in a range of different sporting areas such as:

- Badminton
- Football
- Basketball
- Tennis
- Table tennis
- Cricket
- Trampolining

Unit awards are completed in lessons over the course of the year and allow pupils to be rewarded with a certificate of achievement at the end of each unit. Nominally we would expect pupils to complete 6 AQA units per year.

Extra-Curricular Activities

As a school we offer a number of activities which take place during the school day to ensure the maximum uptake that is possible. These activities include:

- Boxing at the Rotunda ABC boxing Club.
- Mountain Biking.
- Tennis

Each of these sessions are delivered by staff who are qualified in their respective field. Both key stage 3 and 4 have football teams which take part in competitions all year round.

The school has also taken the opportunity to be a part of the Lawrence Dallaglio Foundation. This is a programme which works with the pupils in our year 10. Below is a link for the Dallaglio foundation website.

<http://www.dallaglorugbyworks.com/>