

PE

Vision and Intent



Co-op Academy
Grange

Our Vision for PE at Co-op Academy Grange

Our PE curriculum at Co-op Academy Grange will provide all students with an opportunity to have equal access to a broad, balanced and relevant curriculum. The intended outcome is that students will improve their maximum potential physically, socially, emotionally and cognitively, while developing a lifelong love of physical activity and sport. We supply students with the knowledge to make informed decisions regarding healthy lifestyles and provide as much physical activity as possible to improve fitness levels.

Key skills and concepts are interwoven into the curriculum within the practical context via independent learning tasks, for example leading warm ups and problem solving tasks. As students progress through KS3, they will build on, embed and broaden the basic skills and knowledge acquired in KS1 and KS2, and those learnt in Year 7 onwards. Physical education will continue to be developed in KS4 through our student-centred "Sports Education" programme. The students will take responsibility for their learning and have opportunities to take on different roles in a team; this improves the student's leadership skills, and gives them vital tools to improve them for life after Grange. This is done by allowing students to take ownership of the lesson, allowing them to make decisions and solve problems which will complement their social skills needed in the world of work.

Our Intent for PE at Co-op Academy Grange

Our Curriculum – What do we want our PE curriculum to be?

Key Stage 3

At Co-op Academy Grange, the PE department:

- Interests and motivates, both through its content and its range of teaching and learning styles, ensuring varied and engaging learning is delivered. Here students take part in a variety of sports for four weeks (6 x 80-minute lessons). The lessons build on what they have been taught in previous years.

Learning Outcomes - Year 7 build on procedural knowledge, rules and scoring systems that have been introduced in KS1/KS2

Learning Outcomes - Year 8 broadening procedural knowledge and understanding

Learning Outcomes - Year 9 embedding procedural knowledge and developing techniques

- Enables students to develop their knowledge, understanding and procedural knowledge according to their interests and abilities.
- Allows students to make progress at a challenging pace, which also provides for the development of special educational needs and disabilities. This is done in a welcoming environment where students feel confident to attempt regardless of their success.
- Meets the broader needs of our students in an ever-changing world, whilst maintaining a strong ethos in line with the Co-op “Ways of Being”, harnessing and bringing together sportsmanship and inclusivity. The department offers a wide and comprehensive extra-curriculum programme that has been designed by student voice. The department also offers sporting fixtures against other schools, a sports day and educational trips.
- Provides an environment in which ALL students can achieve success, where all students are valued and respected and extend the same value to others.
- Introduces students to pedagogical thinking in Physical Education applied in an age-appropriate way to the three cornerstones of Head (cognitive application), Heart (character development) and Hands (physical application). The 3H model proposes that any effective teaching or learning activities should embed the “Head” as essentially responsible for imparting knowledge, “Heart” that inculcates in an individual the values and a sense of appreciation, and “Hands” component that encourages active involvement during teaching and learning activities. The Heads-on creates the knowledge culture, Heart-on influences reflection, and Hands-on helps develop student's thinking and living skills.

- Monitor and assess the fitness levels and progression of students over time by a yearly fitness block of work. The focus on fitness is further developed in the KS4 examination course offered which is based on Health and Fitness.

Key Stage 4

At Co-op Academy Grange, the PE department:

Will provide students with an array of skills consisting of how to outwit an opponent, how to work as a team and problem solve, whilst instilling a resilience and self-confidence to persevere. Through developing these skills and qualities students will be equipped with the knowledge and understanding to overcome adversity and succeed.

Students of this generation face many obstacles, including: body image, weight management, sedentary lifestyles, poor motivation, low confidence and skill level when comparing themselves to others. Through a learner-centred approach, we work with each student instilling a positive growth mind-set, improving self-esteem and encouraging a high level of self-efficacy, developing our students beyond academic progress and preparing them for their future socially and physically.

The Core PE curriculum at KS4 has been designed to build upon and embed the physical development and procedural knowledge of our students so that it encourages them to become more confident. It also embeds the importance of maintaining a healthy lifestyle during and beyond their time at Co-op Academy Grange. Students in Y10 and Y11 receive one x 80 minute lesson of Core PE per week. Sport Education relies on direct instruction, peer teaching and cooperative learning, so it will give everyone a chance to work together and try something different. Staff will deliver engaging and challenging lessons through a "Sports Education" approach to lessons. The Sports Education model has been chosen to increase student motivation and engagement, considering it is a student-centred model of learning. The students take responsibility for their learning and have opportunities to take on different roles, whilst the teacher takes the role as a facilitator, helping students out and making sure everything is running smoothly. A large part of the Sports Education programme is the "Competition and Celebration" at the conclusion of the season and unit.

For students who wish to study at KS4, the NCFE (VCERT) Level 1/2 Health and Fitness course is offered, which provides learners with the underpinning knowledge and understanding required for health and fitness.

What does it look like in the classroom? (Implementation)

Students have an engaging warm up that focuses them for the lesson and educates them about the working body. This information is repetitive to ensure recall opportunities across all sports and activities. The teachers apply the I/We/You model throughout the lesson to encourage independent learning. Verbal feedback is readily given to students to help them improve their performance, knowledge and understanding. When students are struggling to articulate or formulate an answer, they are prompted by skillful questioning that helps address their misunderstanding. Students are encouraged to develop their skills by attending and participating in extra-curricular activities.

Extra-curricular activities boost young people's confidence to interact socially with others; extend their social networks; and provide them with new skills and abilities. Above all, they offer an important space to have fun and relax away from the pressures of school work. Our extra-curricular provision supports the learning which occurs in lesson time. In Y7 we want students to try different sports and gain experiences in a wide range of different activities. As students progress throughout the years at Co-op Academy Grange, we hope that they will demonstrate commitment to their preferred activities, regularly training and competing for the school.

Our provision includes pathways for the students who enjoy sport and want to participate for the love of it, in addition to the serious athletes who want to compete to the best level they can. We are looking to develop our provision to engage more students, where not just the elite performers engage in our extra-curricular provision.

Activities available to students throughout the year (timetabled in line with the competition seasons) include the following activities:

- Football
- Rugby
- Netball
- Table Tennis
- Basketball
- Badminton
- Striking and Fielding (Rounders, Softball and Cricket)
- Fitness
- Tennis
- Athletics
- Trampolining

If there are any other activities that students wish to participate in, we encourage them to speak to a member of the team and we will do our best to accommodate this.

What will the impact be?

Within PE we are aiming to offer a diverse and engaging curriculum which challenges students both physically and academically. In addition, PE and school sport are some of the most popular ways of extending students' learning activities outside of the classroom. Being physically active generates a whole host of benefits including increased physical health which will reduce levels of obesity, the risk of diabetes, asthma, sleep disorders, CHD (chronic heart disease) and other illnesses.

The positives of participating in PE include:

- Increased academic performance through improved concentration levels and more directed, composed behaviour.
- Enhanced social assimilation; activities in PE help students develop social interactions and explore the benefits of working with a range of students in an array of situations.
- Improved mental health and wellbeing through having fun. There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with: better sleep – by making you feel more tired at the end of the day. Happier moods - physical activity releases feel-good hormones that make you feel better in yourself and give you more energy.
- Developed self-discipline.