

## PE AT STANBOROUGH

Our aim in PE is to develop a lifelong love of sport and physical activity and to foster a healthy and active lifestyle. Through PE we teach the key skills of co-operation, leadership, team spirit, perseverance, competition, friendship, creativity, communication, confidence and respect for others, as well as the technical and tactical elements of the full range of sports.

Students are encouraged to take advantage of our large range of extra curriculum activities before, during and after school.

For students who wish to study Physical Education in more detail we offer GCSE/BTEC and A Level courses.

We have excellent facilities at Stanborough and make full use of surrounding opportunities such as Stanborough lakes and Gosling sports park to fully enhance students experience in Physical Education.

We are extremely proud of the opportunities we provide for students to develop their leadership. We provide leadership courses for students in 6th form and develop leadership from year 7 in lessons and outside of the classroom. Every year many Stanborough students lead in sport events at primary schools .

## CURRICULUM KS3

Students take part in a range of activities and sports at KS3. They are taught core skills and how to apply these in competitive and performance environments. Students develop leadership skills and learn how to analyse and improve performance.

An example of sports/activities that students are taught at KS3:

Football

Rugby/Tag Rugby

Basketball

Netball

Badminton

Gymnastics

Volleyball

Dance

Fitness

Athletics

Striking & Fielding (Cricket, Rounders & Softball)

## CURRICULUM KS4

All students at KS4 follow a core PE practical curriculum, students are taught a range of traditional and alternative activities. We strongly believe in offering students opportunities to take part in sports which they may not have experienced before, such as Ultimate Frisbee, American Football and Yoga. We have two accredited course routes for PE at KS4, where students can opt to study PE as part of their GCSE's.

### GCSE PE

We follow the Edexcel exam board GCSE grade 1-9. The aims and objectives of this qualification are to equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit health, fitness and well-being. Topics covered include:

- Applied anatomy and physiology, Movement Analysis, Physical training, Health, fitness & well-being, Sports psychology, Socio-cultural influences
- Practical sport, students will be assessed in three activities.

### Level 1/2 BTEC First in Sport

We follow the Edexcel exam board. The aims and objectives of this qualification are to provide an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. Topics covered include:

- Fitness for sport and exercise, Practical performance in sport, Applying the principles of personal training, Leading sports activities, The mind and the sports performer in action.

## CURRICULUM KS5

We follow the Edexcel exam board. The aims and objectives of A-level PE at KS5 are to develop theoretical knowledge and understanding of the factors that underpin physical activity and sport. Students will gain knowledge in how physiological and psychological states affect performance and key socio-cultural factors that influence people's involvement in physical activity and sport.

There are four components to the course including two written exams, one practical performance and one written coursework component.

**Component 1:** Scientific Principles of Physical Education.

**Component 2:** Psychological and Social Principles of Physical Education .

**Component 3:** Practical Performance.

**Component 4:** Performance Analysis and Performance Development Programme.

**Topics covered include the following:**

- Applied anatomy and physiology.
- Exercise physiology and applied movement analysis.
- Skill acquisition
- Sport psychology
- Sport and society

## RESOURCES AND FACILITIES

We enjoy the use of the following:

On-site facilities include large Sports Hall , Dance Studio and Gym, 9 floodlit Netball courts and Field.

Off-site facilities include the Pavilion Sports Ground (Football Pitches), Gosling Sports Park and Stanborough Lakes.

We make regular use of the Gosling Sports Park Facilities and use the Athletics track for lessons. We also use the other facilities available at Gosling to enrich the students curriculum.

## EXTRA CURRICULAR ACTIVITIES IN PE

We offer a wide range of extra-curricular activities, we enter local, district and county level competitions. We have extra-curricular clubs and practices that run during lunchtimes and after school.

The clubs and competitions include the following:

Football, Netball, Girls' Football, Rugby, Volleyball, Athletics, Cross-country running, Badminton, Softball, Cricket, Basketball, Rounders and Dance.