

Brentwood Ursuline Convent High School



PE Department

The aim of the Brentwood Ursuline PE Department is to ensure that students attain the highest standard of achievement in relation to all aspects of physical activity. The key to success is the relationships that are formed through teaching, learning and enjoyment.

Physical Education gives students the opportunity to take responsibility for their own learning through resilience, resourcefulness and reciprocity.

All Students are encouraged to adopt healthy and active lifestyles which are proven to enhance academic progress and in turn continue to maintain this lifestyle when they leave school.

The PE department Staff

Miss S Ball (Head of Department)

Miss K Mackenzie (Second in department)

Miss L Clark

Mrs S Lowrie (OCR A Level Moderator)

Miss M Griffin

Mr R Boshier

Other Staff who help to run clubs

Mr J Barber - Cricket Club

Mr D Kingaby - Trampoline Club

Key Stage 3 PE Curriculum

All students follow the National Curriculum and at BUCHS we implement the following:

1. Outwitting Opponents: the major team game taught will be netball, rounders and minor team games.
2. Accurate Replication of Movements: gymnastics, Trampolining
3. Performing at Maximum levels: Cross Country, Athletics
4. Exercising Safely and Effectively: Fitness

Each class has 5 lessons over the 2 wk cycle. The table below shows the curriculum for 2012

	Year 7	Year 8
Winter Spring Term	Netball Gymnastics Trampolining Cross country Indoor Athletics Badminton Football	Netball Badminton Fitness Gymnastics Trampolining Football Indoor Athletics
Summer Term	Rounders Athletics	Rounders Athletics

Assessment

At the end of each block of activity students are assessed using the National curriculum Key Stage criteria. Each sport may focus on a different aspect of the criteria. Students are graded on the scale 1-8, marks for the best four sports from each activity area are added together. Students are then graded as Advanced, Intermediate or Foundation.

Key Stage 4 Curriculum

Year 9

All students have four lessons over the 2 week cycle, one outdoor lesson and one indoor lesson per week. Students are taught in mixed ability groups.

Activities are chosen for each group from the following activities.

<u>Games Activities</u>	<u>Fitness</u>	<u>Performing at Maximum</u>	<u>Challenging Activities</u>
<ul style="list-style-type: none"> • Basketball • Netball • Badminton • Table Tennis • Rounders • Tennis • Football 	<ul style="list-style-type: none"> • Aerobics • Circuits • SAQ • Interval Training 	<ul style="list-style-type: none"> • Athletics • Trampolining 	<ul style="list-style-type: none"> • Orienteering • OAA

Year 10

All students have 3 PE lessons over the 2 week timetable. Each student follows the same curriculum dependent on facilities available and the weather!

Assessment

All students are graded on each module of activity on:

- the level of effort that they apply to each activity,
- attainment

Year 11

All students have 3 PE lessons over the 2 week timetable. Students continue their activities from Year 10

The GCSE students are put together to allow for more time to be spent on their GCSE course and to give more time for excellence to be achieved. There may be opportunity for students to choose which route of activities they take part in, but this depends on which half of the year they are set for PE and the number of girls in each group.

Assessment

Students are assessed on the following criteria

- the effort that they put into each block of activity
- their knowledge of health and fitness
- their ability to plan and evaluate their performance and that of others.

Students are assessed for their IPR's on their effort and for all aspects in their end of year report.

GCSE Physical Education

The department runs two GCSE Pe groups in each year group.

Year 11 will continue with AQA 4890 Physical Education. Students can be assessed in a very wide range of sports and can be entered for the short course (1/2 GCSE), full GCSE or double award (2 GCSE)

Exam Board: AQA

Year 9 and Year 10 will be studying the new AQA GCSE PE specification

	Full Course
Number of Practical activities assessed	3
Number of written Exam Papers	2

Assessment: 40% Practical
60% Theory

Theory: Topics studied include
Health and Fitness, Training, Injuries and Diet
Aerobic and anaerobic exercise
Leisure and Recreation
School influences
Emotional well being
Cultural and social factors
Vocational opportunities
Media, Sponsorship, International events and competitions
ICT and Technology
Acquisition of skills
Fitness Testing
Risk assessment and safety in Sport

The exam Paper has a mixture of short answer questions and longer 8 mark questions.

Activities highlighted in bold tend to be taught in the lesson time. All other activities can be assessed if performed out of school time

Games	Dance	Performing at Maximum
Football Netball Badminton	Stage Dance (Tap, Modern, Ballet) Folk Dance Country dance (Irish) Educational dance	Athletics Cross Country Swimming
Gymnastics	Outdoor	
Trampolining Gymnastics	Personal Survival Skiing Canoeing Mountain Walking Lifesaving Horse riding	

Practical assessments: all activities are given two grades,

Key Process A: is for performing skills in isolation marked out of 10.

Key Process B: is for performing the skills effectively in a game situation marked out of 15.

Key Process C: is marked out 10 for one activity. Students have to observe a performer and pick out their strengths and weaknesses and complete an action plan of how they could improve.

A Level Physical Education Year 12 from 2016

Exam Board: OCR H555

Assessment:

70% 3 x exams taken at the end of two years of study

20% 1 Practical sports assessed in March of yr 13

10% Oral analysis given on 1 sport

Theory

Students study 3 different areas of theory relating to Physical Education:

Anatomy and Physiology and Biomechanics

Skill acquisition and Psychology

Socio-Cultural Studies and contemporary issues in sport

Practical

Students have to be assessed in 1 sports which can be chosen from a range of practical areas.

Oral Analysis (EAPI)

Students have to give an oral analysis of a live performance. Identifying the strengths and weakness of the performance, devise an action plan for improvement and give the health benefits of taking part in the activity.

A2 Physical Education Year 13 2016/7

Exam Board: OCR H554

Assessment:

G453 60% 1 x 2 1/2 hour written Paper taken in June

G454 30% 1 practical sport as performer/coach or official
10% Oral analysis given on one sport (E&A)

Theory

Students study 3 different areas of theory relating to Physical Education and building on the courses from Year 12.

Exercise Physiology

Psychology of Sport

History of Sport or Comparative Studies

Practical

Students are assessed in one activity and marked out of 40. Students should be training and competing in this event throughout the year. Some activities will require a log book to be kept. Information on the log book can be found on the OCR website.

Oral Analysis (E&A)

Students are required to complete an oral analysis after observing a performer from the sport in which they are being assessed. They will analyse a performer's strengths and weaknesses and create an action plan for improvement. Throughout the talk, the Student is expected to justify their answer by using the theory content learnt throughout the two years.

BTEC Level 3 National Diploma in Sport

New for September 2016, the Department will be running a Level 3 BTEC Nationals in Sport.

This is a two year full-time course providing a specialist, work-related programme of study. It covers the key knowledge and practical skills required for those who have already decided the specialist area they wish to study. Students will cover 15 units

Assessment:

Most of the units are assessed by coursework – and this may include the production of portfolios, presentations, practical projects, and staff observations.

3 of the Units are externally assessed

- 1) Anatomy and Physiology – 1 ½ hour exam
- 2) Fitness Training and Programming for Health, Sport and Well-being – Controlled assessment based on pre-release material
- 3) Development and Provision of Sport and Physical Activity – Controlled assessment based on a case study

Extra Curricular Program

The department runs a high quality all inclusive programme of extra-curricular activities at lunchtimes and after school.

Teams are run in the following activities: Netball, Football, Swimming, Rounders, Cricket, Cross country, Athletics, Indoor Athletics, Trampolining, Tennis and Badminton. Training sessions for the teams are held at lunchtime and after school. Teams compete in tournaments in the Brentwood District and in the MESSSA (Mid Essex) Leagues which are held throughout the year and in the Essex Cup competitions. Some of the teams compete in Regional and National Competitions.

Recreational clubs are organised at lunchtimes/after school for Badminton, Running club, Trampolining club and Gymnastics club.