



THE PE CURRICULUM AREA



Our diverse Physical Education provision allows all students to enjoy and succeed in a range of physical activity whilst improving their health and well-being. We firmly believe Physical Education develops confidence and athletic competencies in our students so that the physical activities become a central part of their lives, both in and out of school. It allows our students to develop their practical performance, creative and leadership skills. Studying Physical Education at a higher level can help students break into careers in coaching, teaching, personal training, and diet and nutrition advisory roles in the future.

Across Key Stage 3, our students follow a curriculum which is not only innovative and challenging, but is adapting to imminent national changes. Our aim is to develop students' abilities to the highest levels and increase participation across the key stages. Students will participate in net wall games, invasion games, athletic activity and striking and fielding activities throughout the course of the Year 7 and 8. Covering a wide variety of activities in the first year allows students to discover what they like to do and from an early age students can begin to make informed choices about lifelong physical activity. Students will participate in a broad range of activities that will help to develop their physical literacy. These include rugby (boys), football (boys), basketball, dance (girls), gymnastics, hockey, netball (girls), health related fitness, athletics, tennis and other striking and fielding games.

Physical Education is a popular option for students at both Key Stage 4 and 5, where we follow the Edexcel specification for both GCSE and 'A' Level, and the BTEC Level 3 Sport Extended Certificate course. Performance across all qualifications shows a track record of good results.

Teaching staff will give students verbal feedback throughout the lesson which helps students' to refine techniques and apply them tactically within the activity in which they are participating. End of unit assessments are formally assessed in line with our newly developed assessment framework. This assessment is shared with the student and then targets are set on how attainment can be improved upon. A recent focus within the department has been the development of e-learning and the use of iPad technology to video, share and analyse student performance and allow instant target setting and progression.

Formby High School has an excellent reputation for participation in sport, not just locally but also nationally. There are a wide range of extra-curricular opportunities for all students, either through participation or through the Leadership Academy programme. Extra-curricular activities play a huge role within the school and, as well as entering a number of competitions with our teams, we run numerous popular activities that promote 'sport for all'. Sports Leaders support and manage a number of ambitious events and festivals with local primary schools, acting as real ambassadors for the school and department. Many students represent the school at regional and national level, in a range of sports such as athletics, football, netball, basketball, rugby and swimming. The PE Department also contributes to our FHSBacc programme in the Sixth Form, through practical enrichment activities, an Introduction to Psychology course in partnership with Edge Hill University and sports leadership qualifications. Our PE team also deliver a range of community outreach activities with local partner primary schools.

The PE team at Formby High School are a dynamic group of teachers who are passionate about their subject and their aim is for all students to enjoy and achieve in PE and School Sport no matter their background. The SLT at the school are fully supportive of the subject and teachers across the school



support them, whether that be through coaching teams, taking part in PE initiatives or working across subjects on projects. There is a whole school commitment to developing PE and school sport.

In 2018, we were delighted to be awarded Secondary School of the Year and Team of the Year (Cross Country Team) at the Sefton Sports awards. In the same term, we also achieved the afPE Quality Mark. These awards are testament to the department's belief in providing an environment in which all students flourish and reach their true potential.