



# **Head of Department Welcome**

Thank you for your interest in Glebelands School and the Physical Education department. I am pleased that you are considering applying for the advertised position and hope that the department brochure will provide you with the information you require to give you an insight into the department.

This is an exceptional opportunity for a dynamic teacher to become part of the team. The successful candidate will align to both the school's and the department strategic vision, have a drive and energy to help shape the curriculum and ensure the learning environment is one in which all of our students will thrive.



Head of Department













# **Physical Education Department Vision Statement**

The Physical Education curriculum at Glebelands is ambitious and aspirational having been designed to enable all students to develop their physical competence and confidence. Physical Education at Glebelands promotes physical skilfulness, physical development and a knowledge of the body in action. (physical literacy) The Physical education curriculum at Glebelands provides opportunities for students to be creative, competitive and to face up to different challenges as individuals and in groups and teams.

Students learn how to think in different ways to suit a wide variety of creative, competitive and challenging activities. Students develop their ability to observe and reflect on their own and others performances, a key aim of the curriculum is to ensure that students evaluate performances and create their own ideas to improve the quality and effectiveness of their practical performance.

The Department have adopted a 'PPE' approach. This stands for Plan, Perform, Evaluate which enables students to demonstrate not only physical skills but theoretical and social skills as they are asked to demonstrate problem solving skills and ways of moving/ or tactics to employ in games activities, perform these and evaluate their success.

In PE lessons, the department follow the Glebelands way principles of reviewing previous learning and outlining lesson objectives, time for independent learning and use of challenge, questioning, feedback and reviewing learning throughout and at the end of lessons mostly through questioning. The department include the 'Teach-Boost-Teach' philosophy of Glebelands through dedicated learning time given to students to practise skills they have identified as an area to improve. The department have developed 'Boost' resources in several activities that enable students to select the task and skill they wish to improve and do this in lesson time as part of the development and refinement of their practical skills.

The Physical Education curriculum also includes opportunities to teach students about the anatomy and physiology of the human body, the importance of a healthy diet and psychological issues relating to physical education and sport. GCSE practical tasks are included in the key stage three curriculum planning with students being taught how to demonstrate skills in isolated and competitive situations

A key aim of Physical Education at Glebelands is to promote positive attitudes towards active and healthy lifestyles. The curriculum is designed to give students the opportunity to perform in a range of physical activities, through this process students discover their aptitudes, abilities and preferences, and make choices about how to get involved in lifelong physical activity.

#### It is our purpose in teaching PE to ensure students leave Glebelands being able to:

- Demonstrate physical competence in a range of activities (physical literacy)
- Demonstrate an ability to communicate effectively with others to solve problems and improve their own and others performances
- Demonstrate an understanding of the physical benefits of exercise and participation in a range of activities
- Demonstrate an understanding of the anatomy and physiology of the body as well as the significance of a healthy lifestyle for continued good health in the future and understand how to exercise safely
- Demonstrate an ability to link the benefits of a healthy diet and physical activity to mental and physical wellbeing
- Make positive informed choices around their health, well-being and diet
- Transition from KS3 to KS4 and KS5 with the skills, knowledge, character and leadership to excel in KS4 and KS5
- Demonstrate leadership qualities and skills through sport, if they choose to
- Have a lifelong love of sports and physical exercise
- Attend extra-curricular sporting clubs and competitions, have an opportunity to represent their school and community.
- Demonstrate a sound understanding of different sports, their origins, including British and world-wide sporting role models



# **About the Physical Education Department**

**Department Staff** 

RMW- Head of PE

VNR- Teacher of PE (Responsible for Student leadership and Primary school liaison)

SDJ- Assistant Headteacher and Teacher of PE

MFK- Deputy Headteacher and Teacher of PE

NHA- HOA Year 10 and Teacher of PE

## **Facilities**

**Sports hall (4 badminton courts)** 

**Gymnasium** 

Weights/Fitness room

Floodlit Astroturf 3G pitch (full size)

**Extensive outdoor playing fields** 

Tennis courts (x6) of which three are floodlit





## **Physical Education Key Stage 3 Curriculum**

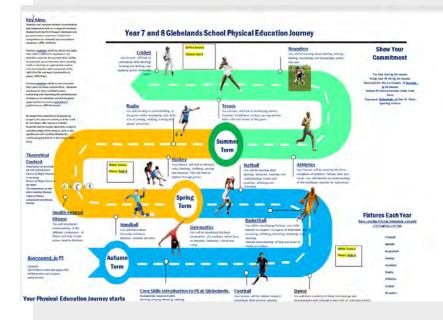
Students participate in a variety of activities and rotate between activities every 4 weeks. Students are assessed on their physical skills and their physical literacy as well as their theoretical knowledge in Year 8 and 9

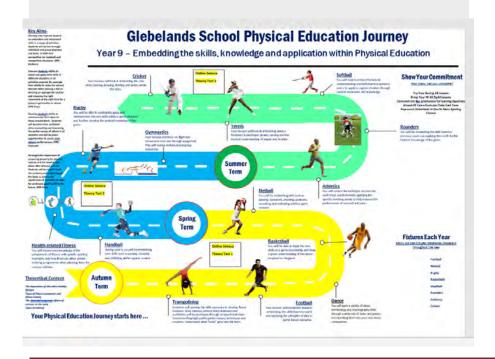
Students are grouped by sex and ability where possible.

The activities include outwitting opponents (Football, Rugby, Netball , Handball, Basketball, Hockey, Tchoukball), Tennis, Cricket and Rounders. Gymnastics, Accurate replication-Dance (CBM), Performing to personal best-Athletics

Activities taught in Year 9 are slightly different to Year 7 and 8









## Curriculum Map

Diet and Nutrition
Consequences of sedentary lifestyle,
Somatotypes
Muscular/Skeletal system
Biomechanics
Types of sonosorship and Media
Spectator behaviour- Hooliganism
Technology and Sport

Year 11

Health, fitness and wellbeing Cardio-respiratory system Energy systems Classification of skills/goal setting IPM, Feedback and Motivation Components of fitness ptimising Training, Training zones ai

Year 10

Hinge and ball & socket joints
Movements at joints
Antagonistic muscle pairs
Pathway of blood
Oxygen debt
Short and long term effects of

Year 9

Purpose of a warm up and cool dowr Functions of the skeleton Balanced diet Structure of the heart Effects of exercise on the body

Year 8

Phases of a warm up and cool down Major bones Major muscles Pathway of air Difference between aerobic and anaerobic exercise

Year 7









### Curriculum Map

Consequences of sedentary lifestyle,
Somatotypes
Muscular/Skeletal system
Biomechanics
Types of sponsorship and Media
Spectator behaviour- Hooliganism
Technology and Sport
Performance enhancing drugs

Year 11

Year 10

Year 9

Year 7

Engagement Patterns
Health, fitness and wellbeing
Cardio-respiratory system
Energy systems
Classification of skills/goal setting
IPM, Feedback and Motivation
Components of fitness
stiniciper Trainings Trainings arones and

Hinge and ball & socket joints
Movements at joints
Antagonistic muscle pairs
Pathway of blood
Oxygen debt
Short and long term effects of

Purpose of a warm up and cool down
Functions of the skeleton
Balanced diet
Structure of the heart
Effects of exercise on the body
Effects of a poor diet

Major bones
Major muscles
Major muscles
Pathway of air
Difference between aerobic and
anaerobic exercise
Preparing for exercise

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## **Physical Education Key Stage 4 Curriculum**

At Key Stage 4, the aim is to provide a broad programme of physical activities, which will not only consolidate skills but also equip the students for active participation in leisure activities—students will participate in a range of activities from curriculum football, netball, tchoukball, dance, weight training/fitness, badminton, basketball, volleyball, tennis, athletics, softball, rounders, table tennis, trampolining, handball and ultimate frisbee.

In Year 10, activities are taught in four week blocks and where possible students are grouped by ability.

In Year 11, students continue to be taught a range of activities from Year 10. In addition to this, students are expected to consolidate their skills in the major team games and develop new skills in activities like aerobics/fitness and spikeball.

There is also the option of taking a Sports Leadership course in Year 11, leading to a nationally recognised qualification.

## Key Stage 4 2022 Results:

GCSE 84% 9-4 36% 9-7

#### **Key Stage 4 2021 Results:**

GCSE 100% 9-4

33% 9-7

Cambridge National-

100% Pass

60% Distinction/Merit

33% Distinction+/Distinction









# What our students said when asked to finish the sentence 'I like Physical Education because....'

'It's a chance to stay healthy and you can discover different sports and learn how to play them'

'It gives us a chance to try out lots of different things and it improves our teamwork. It can be challenging, but in a fun way'

'It teaches me to improve skills in different areas and encourages me to push myself to the best of my abilities'

'It makes me feel happy and healthy. It also gives me skills such as team work and determination'

'It is fun as you get to exercise and do different activities'

'I like exercise and it makes me feel happy and calm'

'it gives us a chance to explore different activities so that you can find out what you enjoy'

'I like sports and I like doing fun activities'





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