

Physical Education at Samuel Whitbread Academy

Intent

At Samuel Whitbread Academy we aim to provide an engaging and challenging curriculum that allows students to achieve beyond their expectations. We study PE to develop the physical, social and emotional well-being of our students and provide experiences in the academic and practical setting.

Our key stage 5 curriculum is supported by our extensive department who have a range of different specialisms with excellent qualifications within their sports, this translates to the classroom with staff drawing on personal experience.

Our A level PE develops a broad range of skills and knowledge, this is partly due to the breadth of the course. We aim to create passionate, articulate and enquiring young adults who are well equipped for the next stage of their lives.

Implementation

Key Stage 5: Year 12

Each year of A level PE is multifaceted students will have three members of teaching staff each with a different area of expertise. The main area of study in this year is applied anatomy and physiology and exercise physiology. Students are able to draw on their own experiences within sport to fully understand our anatomy and the effect it can have on performance.

Skill acquisition is another area of study, this delves into how we learn and develop new and existing skills.

Finally, we look at sport and society, looking back at where and how sport began and the changes that have taken place referring to how society has developed and the impact this has had on sport.

Key Stage 5: Year 13

During this final year again, students have three members of staff. The scientific element has biomechanics focus and the higher order applied physiology such as energy systems.

The second area of study is sports psychology. This gives students an insight into what makes us who we are and how we may have the similar skill set; however, each person will react to the environment or situation differently, ultimately affecting performance.

Finally, the more ethical based element of contemporary issues in sport here we analyse the impact of deviance on sport alongside developments in technology and media influences, these areas can spark interesting debate.

Our Intent and Implementation aim to ensure that all PE students have a well-rounded understanding of sport and physical education which allows pupils to continue their education in PE beyond A Level and is broad enough to work within the wide-ranging industry of sport and physical education.

Students are regularly assessed to check their understanding and progress within each of the units they are taught in Key Stage 5.

Our assessments include:

- Regular Enquiry Question assessments which are teacher marked.
- Peer and self-assessment of lesson tasks.
- End of unit assessments for all topic areas.
- IPE exams throughout Year 12 and 13.

The department consistently and regularly provide feedback to our students through our KS5 assessment booklets, assessment-based questions, and enquiry question assessments, ensuring that all of our learners make progress through their topic-based learning. Which is reinforced by the end of unit assessments.