

## PHYSICAL & OUTDOOR EDUCATION AT THE BOURNE ACADEMY

### Key Stage 3 (Years 7 and 8)

**Physical Education** - Students at Key Stage 3 are taught 3 main areas of the PE person **KNOWLEDGE SOCIAL PHYSICAL** which make up our assessment strands. All students participate in a wide and varied curriculum spending 6 hours on each activity covering Football, Netball, Rugby, Lacrosse, Hockey, Handball, Fitness, Basketball, Trampolining, Parkour, Badminton, Short Tennis, Table Tennis, Volleyball, Athletics, Striking & Fielding, Leadership and Alternative Activities like Ultimate Frisbee, Football Golf and American football.

**Outdoor Education** - from Year 9, our students are taught basic outdoor skills and knowledge in Bush Craft, Leadership and Survival skills.

Each subject develops the students' knowledge & understanding in preparation for them opting into the subject at GCSE level, Key Stage 4.

### Key Stage 4 (Years 9, 10 and 11)

The main focus for PE in Key Stage 4 is students participating in different sports and developing the understanding of leading an active and healthy lifestyle, which improves their mental health which they take with them when they leave the Academy. Other students may have opted to study Level 2 BTEC Sport or Outdoor Education, which the students take equivalent GCSE exams or complete coursework units in. Whether participating in Core PE, BTEC Sport or Outdoor Education, all students are taught the principals behind sports studies; importance of warming up, muscular and skeletal systems, rules regulations and scoring systems, Leadership skills, roles and responsibilities, sports and performance analysis, practical skills of sports and bush craft and fitness and testing.

Main aspects covered are as follows:

**Core PE** All students participate in a wide and varied curriculum spending 6 hours on each activity covering Football, Netball, Rugby, Lacrosse, Hockey, Handball, Fitness, Basketball, Trampolining, Parkour, Badminton, Short Tennis, Table Tennis, Volleyball, Athletics, Striking & Fielding, Leadership and Alternative Activities like Ultimate Frisbee, Football Golf.

**BTEC Sport** Unit 1 – Fitness training & testing  
Unit 2 – Practical Sport  
Unit 3 – Planning & leading sports sessions  
Unit 4 – Sports performer in action

**BTEC Outdoor Education** Outdoor Education & Water sports including sailing, climbing, coasteering, kayaking, DofE and 1<sup>st</sup> Aid.

## **Key Stage 5 (Years 12 & 13 – 6<sup>th</sup> Form)**

In Key Stage 5, our students can choose from two courses

Level 3 BTEC – Outdoor Education and Level 3 BTEC – Sport (from September 2015)

Sport and Outdoor Education gives students the opportunity to study the subject at a much more advanced level. Building on the skills learned during Key Stages 3 and 4. Both subjects and courses provide an excellent route way from Level 2/GCSE to Level 3/A level and into work or further education and university.

### **Trips & Outreach**

Throughout the Key Stages, we have various opportunities for students to participate in activities both internally and externally. Our students have opportunities to participate in workshops and events at Bournemouth University, Bryanston School leadership conferences, as well as opportunities to visit local businesses work placements and experiences of sporting and outdoor interest.

There is a large extra curricular and ACE programme where students have the opportunity to play in sports teams like football, netball, rounders and athletics. Plus a number of additional sports and activities including surfing, climbing, dri skiing and also trips to watch matches at local sports venues.

Every year the school runs a ski trip to Austria (and once to America) and the opportunities for trips has increased massively with the addition of Duke of Edinburgh to the Academy curriculum, which includes a Pupil Premium trip and 3 Peaks Challenge.

We work closely with local primaries to increase leadership opportunities for our students.

### **Where Can Sport and Outdoor Education Lead You?**

The study of Sport and Outdoor Education can lead you to a variety of paths in further education as well as various job opportunities or universities.

Job areas, and degree options, which involve an understanding of sporting knowledge or experience include working with children or athletes; youth worker; coaching; instructor; personal trainer; sports therapy; PE teacher; leisure centre; armed forces; physiotherapy; refereeing; sports development; exercise science; outdoor pursuits; sports equipment and sales; firefighting; sports nutrition; stunt work; diving; close protection work; sports massage and many more...

Some degrees can be studied closer to home (Bournemouth or Southampton Universities) or further afield (elsewhere in England, Wales, Scotland or Ireland), or even abroad (USA, Europe, Asia or Australia).

Whether studying for, or working in, the field of Sport and Outdoor Education you can be sure that it can give you opportunities to see the world and a worthwhile career!

Please email the Subject Leader [mike.child@thebourneacademy.com](mailto:mike.child@thebourneacademy.com) if you have any questions about the curriculum or about your child's progress during the year.