**Physical and Outdoor Education**

*Within PE & ODE at The Bourne Academy we focus on the quality of teaching and learning and develop knowledge and understanding across all years. PE lessons are planned to develop student interests, understanding of physical literacy and provide challenge, independence, and aspirations. Our aim is to create ambitious, self-confident, physically literate students who have the resilience to cope with health, fitness, and physical activity. We want our students to build an understanding of health and fitness, develop literacy through their homework and physical activity in lessons, creating a passion for the subject within the school and beyond.*

**KS3**

Within the KS3 curriculum, emphasis is placed on creating opportunities for physical development and developing knowledge and understanding across a broad and varied PE curriculum. A PE assessment based on **Head** **Heart** **Hands**, retrieval of subject information from a range of health and fitness areas, physical literacy development building confidence, mastering practical skills and attitude to learning. This helps students build a strong foundation that will support students into KS4 options subjects and beyond. The curriculum is broken into areas across Year 7 & 8 over the terms.

These areas cover:

Autumn – Gymnastics, Mult skills, Invasion games and Outdoor Ed activities.

Spring – Invasions games, net games and Health related fitness.

Summer – Striking & Fielding, Athletics and Outdoor Ed activities.

The use of Knowledge organisers is part of our retrieval practice to support retention of knowledge. Within KS3 students receive a midyear and end of year assessment, to inform the feedback cycle and group setting. A Question Level Analysis is provided after each assessment point which allows us to understand the strengths and weaknesses of each child and support future planning.

**KS4**

All KS4 students participate in a broad and varied PE curriculum within their core PE lessons being assessed on their attitude to learning and engaging with health life styles, then as an optional subject in Sport and Outdoor Education. Students are examined at the end of Year 11, completing GCSE equivalent NCFE Health & Fitness level 2 award, with the exam board NCFE. The students complete two units, consisting of one exam unit and one coursework unit (synoptic assessment).

The curriculum at KS4 continues to build on the learning from KS3. The topics taught in Year 9 is content from the Year 7 and 8 knowledge organisers, to ensure that they have the fundamental skills to be successful within the GCSE option courses.

The topics taught include:

Unit 1 – Body systems and principles of health and fitness – Exam based assessment

Unit 2 – Preparing and planning for health and fitness – Coursework based assessment

During year 9, 10 and 11 students start to build on schema with the subject exploring more complex topics, regularly reviewing work through retrieval practice and practical activities.

QLA’s are used post assessment to support student feedback, independent learning, and future planning for staff. Homework is completed using SMHW online, which continues to consolidate learning.

Assessment points take place throughout the year that are in line with school assessment calendar. These assessments help with students gaining familiarity with the exam style questions, track progress and obtain up to date gap analysis though the QLA’s, informing the feedback cycle.

**KS5**

There are two pathways for studying SPORT beyond GCSE

1. Single A level equivalent BTEC Sport course
2. Triple A level equivalent BTEC Sport course

Sport is offered to students who achieve a grade 4 or higher at GCSE. This course allows students to explore the subject with greater real-world and life topics covered. The course includes Anatomy and Physiology, Investing Sport business, Healthy Lifestyles, Sports and coaching, Rules, regulations, and officiating, Organising a sports event, Sport injury management, Work experience, Skill acquisition. The BTEC Sport course allows students to explore different areas of Sport, which is one of the fastest growing industries. The course is studied over 2 years with the final assessment taken in the form of exams or coursework-based assessment for each unit covered. The exam board is Pearson’s.

The single a level course can be taken with two other A level courses or the triple a level course taken as just one course for the two years. Students have gone onto study at university and become PE teachers, Sports coaches, Outdoor Ed instructors and talent scouts for West Ham United and Tottenham football clubs.