

PHYSICAL EDUCATION

Introduction

Physical Education at Thomas Mills is aimed at improving pupil's performance and understanding in a range of activities and roles, as well as providing exercise. We hope that it is enjoyable and challenging, with pupils ultimately leaving us with the skills and desire to be active, healthy adults. If you wish to see more about the PE departments fixtures, results and inter-house competitions, please follow our Instagram page @Thomas_Mills_PE.

Core PE KS3 and KS4 Refer to the Curriculum Rationale below

Sixth Form

In the Sixth Form physical education is no longer compulsory; however, the pupils are given the opportunity to use the facilities during timetabled supervised sessions, including access to the Fitness Suite. They can also opt to undertake the Level 2 Sports Leader Award, building on the Level 1 delivered from Year 7 to 10. The course requires the pupils to develop their planning, organisational, presenting and evaluating skills using sport as the content.

GCSE Physical Education (OCR J587) is taught at Key Stage 4.

A2 Physical Education (Edexcel 9PE0) are taught at Key Stage 5.

Details of the courses content can be found at www.edexcel.com and www.ocr.org.uk

The department offers an extensive range of in excess of 30 clubs at lunchtime and after school throughout the year. There is also a very active intra and inter school sporting fixture program.

Physical Education Department - Curriculum Rationale

Key Stage 3 - Year 7

Ultimate Frisby; Fitness; Sports Leader Dance; Athletics; Rugby; Hockey; Netball; Football; Gymnastics; Rounders; Cricket; Short; Tennis; Golf; Orienteering; Basketball; Tennis; Playmaker Award

Key Stage 3 - Year 8

Orienteering; Table Tennis; Dance; Sports Leaders; Athletics; Football; Cross Country; Netball; Hockey; Rugby; Gymnastics; Rounders; Cricket; Tennis; Softball; Short Tennis; Basketball; Fitness

Framework

- Year 7 Pupils are taught in mixed gender and single gender ability groups. They are provided with the opportunity to experience a wide range of activities and sports primarily as a performer.
- Year 8 Pupils are banded in their double lesson to enable appropriate challenge and development in a range of activities and sports. Observation and analysis skills will be developed through pair and group work.

Key Aims

- Year 7 All pupils have had a range of positive (enjoyable) experiences (competitive, creative and challenge-type) and are clear on the benefits (health) of and safe involvement in PE.
- Year 8 Pupils' levels of understanding (thinking and decision making) and performance (skills and control) have improved in all curriculum areas.

Key Stage 4 - Year 9

HRF Multi Skills; Golf; Sports Leaders; Table Tennis; Orienteering; Theory; Rugby; Gymnastics; Football; Netball; Basketball; Trampolining; Dance; Hockey; Athletics; Rounders; Cricket; Tennis; Softball; Vaulting; Badminton

Key Stage 4 - Year 10

Sports Leaders; Hockey; Badminton; Golf; Basketball; Football; Rugby; Netball; Dance; Fitness; Cricket; Rounders; Softball; Athletics; Trampolining

Key Stage 4 - Year 11

Rugby; Football; Basketball; Hockey; Netball; Badminton; Trampolining; Ultimate Frisby; Table Tennis; Golf; Athletics; Rounders; Cricket; Softball

Framework

- Year 9 The focus in year 9 is to provide pupils with the opportunity, skills, understanding and confidence to undertake the various roles involved in Physical Education in addition to performer.
- Year 10 Pupils are taught using 'Sport Education' framework. They are encouraged to utilise their leadership training and are guided by the teacher in the delivery of the units of work.
- Year 11 Pupils opt for the activities that they wish to undertake and take responsibility for certain aspects of the lessons.

Key Aims

- Year 9 All pupils have the knowledge and experience to confidently contribute in a positive fashion (in lessons or extra-curricular clubs) in a role of their choice.
- Year 10 Pupils specialise in their chosen roles showing a desire to improve their expertise and competence.
- Year 11 The pupils have identified the activities and roles that they will continue beyond Key Stage 4 as independent learners committed to healthy active lifestyles and possess the stamina, suppleness and strength to do so.

More information can also be found on Instagram @Thomas_Mills_PE