



KING JAMES'S
SCHOOL
KNARESBOROUGH

CURRICULUM OVERVIEW

PHYSICAL EDUCATION

2021/22

'TO SET NO LIMITS ON WHAT WE CAN ACHIEVE'

King James's School PE Department is a thriving 'hub' of physical activity, which on a daily basis challenges students to achieve individually and collectively. The department firmly support that all sport should be **inclusive**. Our varied curriculum and extra-curricular programme successfully allows all students to feel engaged and experience success across many different activity areas. King James's PE Department continues to promote the core values that develop through participating in physical activity, such as; **commitment fair play, resilience, teamwork sportsmanship and determination.**

The department has an incredible tradition of excellence across a range of activities. Over the years, students representing the school have consistently competed to a high standard, with successes in a number of sporting areas at district, county and national level. Our aim for all students is to be inspired to take part in a **healthy active lifestyle** - whether it is recreational or competitive and we believe this is achieved by delivering 'Outstanding' high quality lessons that inspire and motivate all students, providing them with the knowledge and skills necessary to make responsible lifestyle choices that directly impact their health and well-being. .

Key Stage 3 Physical Education consists of a broad and balanced programme, which includes dance, gymnastics, fitness, athletics, outdoor adventurous activities and badminton along with a variety of team games. Within the curriculum, students improve their practical skills, learn how to adapt and apply them to different situations, evaluate and improve performances, understand health and fitness as well as developing their tactics & composition ideas. Pupils are encouraged to work together, develop their team work and communication, as well as have the opportunity to take on different leadership roles.

In Years 10 and 11, the emphasis is placed on physical activity and students adopting a range of responsibilities within a sporting setting, alongside trying new activities to encourage more participation outside of school. PE at Key Stage 4 equips them with the skills and confidence to lead active and healthy lifestyles after they leave school. Students have the opportunity to obtain experience as a young leader and to follow one of the highly popular courses such as GCSE Physical Education or BTEC Sport. These courses are not just an excellent base for moving onto A-Level Physical Education, it can take you much further. For those of you fascinated by the human mind, why not carry on to Psychology? For people into the why of the human race this carries you through to Sociology. This is also an excellent additional qualification for those undertaking the sciences with the intention to move through into medicine or physiotherapy routes.

The Department also runs a successful A Level Physical Education course, which involves theoretical aspects from Skill Acquisition, Psychology, Anatomy and Physiology, Sport History as well as a practical element and an analysis piece of coursework.

Beyond A Level, the study of Physical Education can lead on to university degrees in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology, teacher training and many more. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

The Department's extra-curricular programme at lunchtime and after school is extensive, with many clubs running throughout the week. It includes recreational clubs and activities as well as competitive sports. The school enters both Area, County and National level competitions in a number of different sports.