



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 promotes 5 core values that develop through participating in physical activity: **teamwork, motivation, respect, resilience, and leadership**.

Our aim is for all students to be inspired to take part in a **healthy active lifestyle** - whether it is recreational or competitive. We firmly believe this is achieved by delivering 'outstanding' high quality lessons that inspire and motivate all students. The PE department strive to provide students 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, badminton, tennis, cricket, rounders along with a variety of invasion games. We follow a curriculum model of "Hand, Head Heart" which is integrated and embedded into all lessons. Hand focuses on the practical - students improve their skills and learn how to adapt and apply them to different situations. Head is about their cognitive processing - from evaluating and improving to developing their tactics & compositional ideas. Heart focusses on the spiritual, moral, social, and cultural (SMSC) development - promoting our core values and taking on different leadership roles. This ensures that students experience a well-rounded Physical Education alongside their personal development.

At Key Stage 4, the emphasis is placed on enjoyment of physical activity and students adopting a range of responsibilities within a sporting setting. We give opportunities to try new activities to encourage more participation outside of school. PE at Key Stage 4 equips students with the skills and confidence to lead active and healthy lifestyles after they leave school. Students can also follow one of the highly popular courses such as GCSE Physical Education or BTEC Sport. These courses provide a depth of understanding into a variety of theoretical topics and applying the knowledge to sporting examples. Staff ensure that lessons are interactive, engaging, and challenging, whilst encouraging students to think for themselves.

Key Stage 5 is a continuation of these qualifications, with the chance to gain a qualification at A level PE. The depth and variety of topics covered at A level is exciting, interesting and opens many doors for students moving forwards. We delve into the anatomy & physiology of the human body; explore the impact of different psychology theories on sports performances and discover how sport has evolved since the 19th Century. In addition, students develop their communication skills through a verbal analysis of their chosen sport. The transferable skills you learn through your study of Physical Education, such as decision making, and independent thinking are useful in any career path students choose to take.

The Department runs an extensive extra-curricular programme promoting recreational enjoyment alongside competitive sport. The school enters both Area, County and National level competitions in several different sports and has an excellent reputation for success. Alongside our curriculum, we ensure that all our clubs are inclusive and continue to promote our 5 core values. Student leadership is encouraged and welcomed, with sixth form students coaching and acting as role models to the younger years.