

# **An Introduction to Physical Education and Sports Science**

## **Intent**

The Physical Education department is committed to raising attainment and building a culture where students achieve beyond their expectations. The department believes that it is our responsibility to prepare students for their next step in life, and this should include giving them opportunities to make informed choices, to broaden their horizons and inspire them to become the sports stars of the future. As such, we aim to develop transferrable skills and qualities such as leadership, coaching, knowledge, decision making, technical ability, mind-set, character and fitness.

These are skills and qualities that form the bedrock of our assessment framework and which students will benefit from for the rest of their life, whether they choose to follow a sporting vocation or not. Ultimately, we encourage lifelong physical activity, listen to students' ideas, offer them new sporting experiences, and give them clear and informed guidance.

## **Implementation**

Our curriculum is implemented with our intentions as the drivers behind our actions. By ensuring our students think about what they learn, who they are when they are learning, how they act when they learn, and who they are in the world, we build happy, resilient, and successful students.

Our curriculum incorporates a variety of activities to ensure all students develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. These practical activities are taught in both the Lower School and the Upper School, with every student in the Lower School being assessed within our own robust assessment framework. Lower School students have 2 hours of P.E. per week (4 hours per fortnight) and Upper School students have 1 hour 30 minutes per week (3 hours per fortnight). Often, lessons are seasonal, with gymnastic activities, outdoor adventurous activities, team sports (rugby, football, netball, basketball), and racket sports being taught mainly during the winter months. Strike and field, athletic activities and outdoor adventurous activities (OAA) are then taught during the summer months. 'Outwitting Opponents' tends to provide the core of activities throughout the year – this suits the context of the school and wider community.

We also offer Cambridge National in Sport Science (Key Stage 4) and BTEC National Level 3 Extended Certificate/Diploma in 'Sport' (Key Stage 5). Students follow these courses throughout the Upper School and/or Sixth form and have the opportunities to study a wide variety of sports science modules, including anatomy and physiology, sports psychology, nutrition, sports development, and sports leadership. These modules provide the perfect platform for students to move into further or higher education.

Finally, we provide opportunities for all students to engage in extra-curricular activities during and after school hours, in addition to many competitive sporting events. This is an inclusive approach, which endeavours to encourage not only physical development but also well-being.

## **Impact**

Our Physical Education Curriculum and BTEC Sport courses aim to improve the knowledge, wellbeing and fitness of all students at The Abbey School, not only through the sporting skills and theory taught, but through the underpinning values and morals that physical education promotes. Within our lessons, students are taught about self-discipline and that to be successful students need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate students they to utilise these underpinning skills and knowledge in an independent and effective way in order to promote happy and healthy lives long after they have left school.

We expect external examination results to feature amongst the highest within the school and to compare favourably with government expectations. Moreover, most students leave our courses in Year 11 and Year 13 with excellent grades that set them up for future academic study in the science of sport or meaningful vocation in the sports industry.