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PE Curriculum

Welcome to St. Patrick's Physical Education Department.

The aim of the department is to provide a broad and balanced curriculum of both team and individual activities which allow students to develop and understand their own physical capabilities and interpersonal skills.

Enjoying participating in sport is paramount and we look to developing in each pupil a lifelong interest in being physically active and healthy and encourage them to continue their involvement beyond the school curriculum time.

More specifically our objectives are:

- To promote enjoyment and a sense of achievement.
- To develop social and interpersonal skills
- To encourage good levels of health and fitness.
- To promote a sense of competitive spirit and a sense of fair play.
- To promote lifelong participation in sporting activities.

KS3 follows a prescribed curriculum with 3-4 different activities being covered each term.

KS4 is a guided curriculum designed by the students in which they can pursue their own tailored pathway.

We have a range of facilities and lots of great equipment to ensure that pupils can experience a number of sports and pursue them to a high level.

Facilities include;

A full size floodlit astro-turf pitch (shared with Thornaby Academy)

3 outdoor netball courts and 1 outdoor basketball courts.

Extensive playing fields – used for Football, Rugby, Athletics, Rounders, Softball, Orienteering.

Gymnasium – used for Basketball, Handball, Dodgeball, Badminton, 5-a-side, Short Tennis, Indoor Cricket/Volleyball.

20 x Mountain Bikes.

2 x Trampolines.

Main Hall – used for delivering Dance, Gymnastics, Boxercise, Cheerleading, Table Tennis and Fitness

Outdoor gym cv and resistance gym.

There is also a full extra-curricular activities program for all students, as well as the opportunity to represent the school a competitive level in sports such as, Athletics, Netball, Table Tennis, Handball, Football, Rugby, 5-a-side etc

The department also provides opportunities for students to become sports leaders, sports officials and improve literacy through sport. This is as well as boasting a consistently exceptional teaching standard amongst its staff.



Core PE

In Key Stage 3 pupils have two lessons of physical education per week and follow a prescribed curriculum in Years 7 and 8, and a gradual guided curriculum in Year 9 (3 lessons every two weeks).

The curriculum is broad and balanced with pupils experiencing a range of activities.

YEAR 7

At the start of Year 7, every pupil is assessed through a series of different baseline activities. This is to see where the pupil is currently, and to set realistic targets for the end of KS3. We encourage pupils to come along to after-school enrichment clubs to learn more and to develop their knowledge and understanding further.

In the following terms pupils will experience the activities listed below.

Girls lessons include - Netball, Dance, Gymnastics, Football, Trampolining, Hockey, Football, Basketball, Dodgeball, HRE, Athletics and Rounders

Boys lessons include - Football, Rugby, Basketball, Cricket, Hockey, Movement, Athletics, Table Tennis, Cricket, Softball, Ultimate Frisbee and HRE.

YEAR 8

In Year 8 pupils are taught the following activities;

Girls lessons include - Netball, Dance, Gymnastics, Football, Trampolining, Athletics, Hockey, Ultimate Frisbee, Dodgeball, Table Tennis and Rounders

Boys lessons include - Football, Rugby, Basketball, Cricket, Hockey, Trampolining, Athletics, Handball, Volleyball, Table Tennis, Ultimate Frisbee and Softball.

YEAR 9

In Year 9 pupils are taught the following activities;

Girls lessons include - Netball, Dance, Gymnastics, Hockey, Football, Trampolining, Athletics, Dodgeball, Badminton, Fitness and Rounders

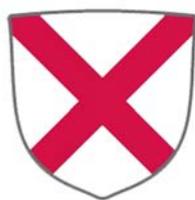
Boys lessons include - Football, Rugby, Basketball, Hockey, Cricket, Fitness, Dodgeball, Handball, Athletics, Table Tennis and Softball.

Pupils are assessed over 3-4 activities per term using a combination of teacher and self-assessment over three strands (performance, evaluation and understanding of H&F).

In Key Stage 4 pupils have three lessons of core physical education every two weeks, and follow a student designed curriculum.

The curriculum remains broad and balanced, and all pupils have the opportunity experience a range of activities or follow a particular pathway. Key stage 4 PE is mixed sex.

We encourage pupils to come along to after-school enrichment clubs to learn more and to develop their knowledge and understanding further.



YEAR 10 & 11

In Years 10 and 11 pupils have chosen the following activities;

Y10 activities - Netball, Dance, Football, Volleyball, Trampolining, Fitness, Athletics, Table Tennis, Basketball, Softball, Handball, Cycling, Cricket and Rounders

Y11 activities - Netball, Badminton, Football, Handball, Volleyball, Trampolining, Fitness, Athletics, Table Tennis, Basketball, Softball, Handball, Golf, Cycling and Rounders

AQA Technical Award in Sport

In key stage 4 the PE department offers 2 different types of qualification PE. New for September 2017 is the AQA Technical Award in Sport. This qualification is designed for 14–16 year olds who want to learn about sports coaching, officiating or organising sporting events in a practical setting that helps them develop the knowledge, skills and experience that could open the door to a career in the industry.

Learners complete three mandatory units across 120 guided learning hours.

Unit 1: Practical player performance (internally assessed)

Learners develop their player performance in two sports activities, and their ability to analyse their own performance and those of others.

Unit 2: Coaching and officiating or organising a sports event/activity (internally assessed)

Learners can coach a sport of their choice. This may be a group or individual activity, depending on the needs of the learner, peer group and school or college. They will also have the choice of officiating or organising a sports event or activity.

Unit 3: The sports industry (externally assessed)

Learners will study the fundamentals of the sports industry and its organisations, knowledge of which will be relevant when considering future career choices.

The course will develop a wide range of practical sporting skills incorporating agility, balance, coordination, reaction and timing. Learners will understand the technical and tactical demands of the sports they choose to study in addition to a variety of transferable skills such as self-appraisal, evaluation, leadership, communication, decision making and problem solving.

Learners will also have an increased awareness of the positive effects of physical activity on the general health and wellbeing of individuals as a result of completing this qualification.

Also at KS4 the department offer a very popular Sports Science course (OCR).

This course runs to the same time scale as AQA Technical Award in Sport but is less exam driven.

Reducing The Risk of Sports Injuries

- Understanding different factors which influence injury.
- Understanding how warm ups and cool down help prevent injury.
- Know how to respond to injuries in a sporting context.
- Know how to respond to common medical conditions.



Applying Principles of Training

- Know the principles of training in a sporting context.
- Know how training methods target different fitness components.
- Be able to conduct fitness tests.
- Be able to develop fitness training programmes.

Sports Nutrition

- Know about the nutrients needed for a healthy, balanced diet
- Understand the importance of nutrition in sport
- Know about the effects of a poor diet on sports performance and participation
- Be able to develop diet plans for performers

Technology in Sport

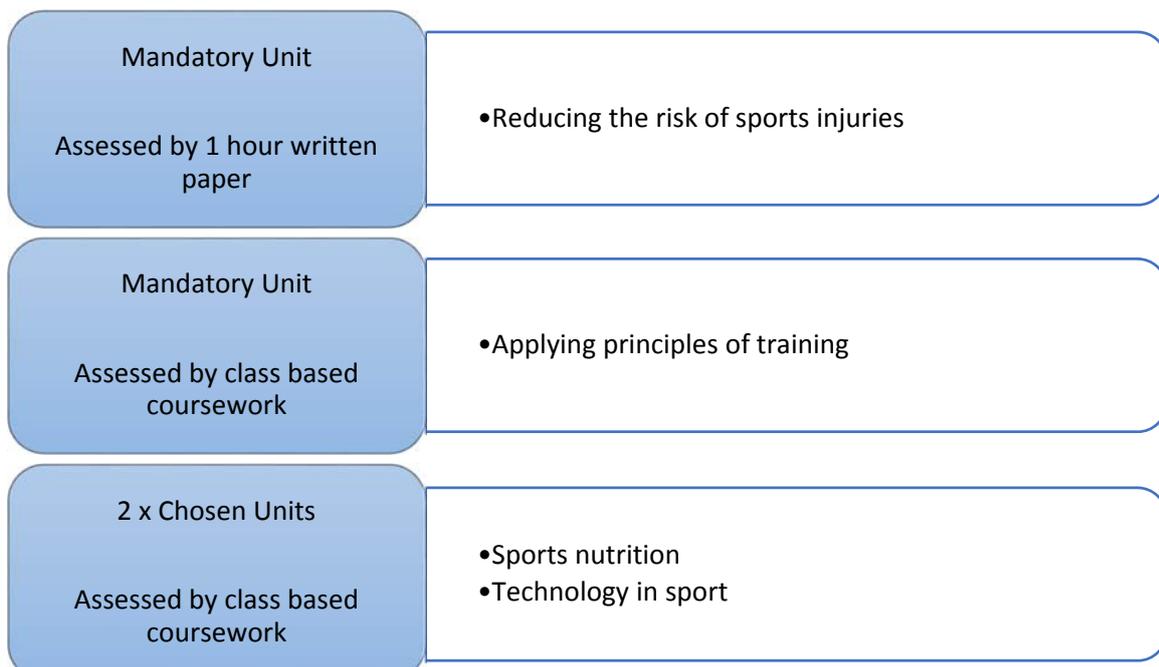
- Know how technology is used in sport
- Understand the positive effects of sports technology
- Understand the negative effects of sports technology
- Be able to evaluate the impact of technology in sport

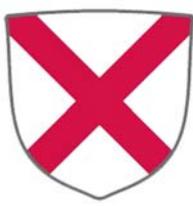
OCR Sport Science

30 students in the current Y11 have chosen to study Sport Science (OCR) as part of their option subjects. Along with 20 students in Y10 and 35 students in Y9.

The course itself, which is classroom based, covers a variety of aspects in sport over 5 hours every 2 weeks for Y10 & 11, with 4 hours over 2 weeks in Y9.

75% of the final grade is based on 3 classroom based controlled assessments which will be completed in the first part of the overall course, leaving the final unit for Y11. This unit, which is worth 25% of the final grade, will be assessed by written exam.





Y7 Baseline Testing

1	2	3	4	5	6	7	8	9
TRAMPOLINE	FOOTBALL	BADMINTON	T/TENNIS	HOCKEY	BASKETBALL (NETBALL)	FITNESS	GYMNASTICS	RUGBY (TAG)
BADMINTON	TRAMPOLINE	FOOTBALL	BASKETBALL (NETBALL)	T/TENNIS	HOCKEY	RUGBY	FITNESS	GYMNASTICS
FOOTBALL	BADMINTON	TRAMPOLINE	HOCKEY	BASKETBALL (NETBALL)	T/TENNIS	GYMNASTICS	RUGBY	FITNESS

KS3 Core Curriculum

	XMAS TERM		EASTER TERM		SUMMER TERM	
YEAR 7	FOOTBALL	NETBALL	TABLE TENNIS		ROUNDERS	SOFTBALL
	TRAMPOLINING		HOCKEY		ATHLETICS	
	FITNESS		BASKETBALL	DANCE	ULTIMATE FRISBEE	
YEAR 8	FOOTBALL	NETBALL	TABLE TENNIS		ROUNDERS	SOFTBALL
	TRAMPOLINING		HOCKEY		ATHLETICS	
	FITNESS		BASKETBALL	DANCE	ULTIMATE FRISBEE	

Y7 Curriculum will commence after baseline testing

House Games 1 (Jan): Dodgeball

House Games 2 (Mar): Rounders

House Games 3 (Jun): Athletics



KS4 Core Curriculum

	XMAS TERM	EASTER TERM	SUMMER TERM
Y9	FOOTBALL	RUGBY	SOFTBALL
	TABLE TENNIS	HOCKEY	ROUNDERS
	NETBALL	BASKETBALL	ULTIMATE FRISBEE
	TRAMPOLINING	DANCE	ATHLETICS
	DODGEBALL	HANDBALL	CRICKET
Y10	FOOTBALL	HOCKEY	SOFTBALL
	TABLE TENNIS	RACKET SPORTS	ROUNDERS
	DODGEBALL	DANCE/FITNESS	ULTIMATE FRISBEE
	TRAMPOLINING	STUDENT VOICE	ATHLETICS
Y11	FOOTBALL	HANDBALL	SOFTBALL
	TABLE TENNIS	RACKET SPORTS	ROUNDERS
	DODGEBALL	DANCE/FITNESS	ULTIMATE FRISBEE
	TRAMPOLINING	STUDENT VOICE	STUDENT VOICE