



Tollbar MAT
Family of Academies



Tollbar Academy

Physical Education

Intent

The intention of the Physical Education curriculum is for students to build on and develop the fundamental skills that are taught across Key Stage 2.

At Tollbar Academy we aim for students to develop values and transferable skills, such as fairness and respect, as well as techniques, tactics, knowledge and understanding across a wide range of activities. In lessons, students will have opportunities to develop personal and social skills such as; communication, co-operation, leadership, tolerance, respect and the ability to solve problems and evaluate themselves and others. Students are encouraged to develop knowledge and appreciation of rules and regulations, as well as the awareness of safety considerations when exercising.

Within Physical Education, students are encouraged to develop the links between current issues in the local area and society, such as equality, opportunities and the impact of fitness on the health of the individual and the nation.

There is a comprehensive range of extra-curricular activities and inter house events throughout the year, open to all students. These give students the opportunity to develop their skills and techniques further and, if the students want to, they can represent the Academy against other schools and compete at district, county and national level. As well as opportunities to develop as a performer, students have the chance to develop their leadership skills by completing a Sports Leaders qualification in year 9 and year 10.

Implementation

Key stage 3

Students complete base line testing in the first lesson in year 7 which allows the students to be placed in a group that is suitable for their ability level. All groups complete the same broad range of activities that include team sports and individual activities in a competitive non-competitive context. Students develop an appreciation of aesthetic qualities in movement (dance and gymnastics), teamwork and co-operation in games activities and the ability to make personal improvements (in athletics).

In year 7 and 8, students are building basic skills and techniques as well as developing their knowledge of rules across a wide range of sports.

Key Stage 4

Students are consolidating skills and developing more advanced techniques and tactics in Key Stage 4. Students are given options in year 10 and 11 that encourage them to take responsibility for their own participation by allowing individuals to further develop their understanding and practical abilities in their areas of interest. This is a key moment in a student's life to encourage lifelong participation, or ensure that students have the skills to access sport and physical activity when they leave the Academy. The option blocks are a very successful feature of our key stage 4 provision.

GCSE/BTEC/A Level

At Tollbar Academy we offer the option to study sport as a qualification at key stage 4 and 5. These options are provided for students that have a keen interest in sport and physical activity and would like to develop their knowledge of the world of sport and performers within it even further. All of these courses allow students to gain a more in depth understanding of how the body works, how physical activity affects the body, the psychological aspect of sport and how sport is affected by issues in society. The skills that students develop whilst studying Physical Education are the ability to analyse data and evaluate, justify and discuss theories and apply them to sporting life. Physical Education also enables the student to unpick and analyse their own performances and experiences, as well as understanding the world of sport and its role within society. The course deepens the knowledge and understanding that students have from Key stage 3 and 4 Physical Education as well as Science and Citizenship.



Impact

The intention of the Physical Education curriculum is to give students the confidence, skills and knowledge to continue to take part in physical activity and sport away from the Academy, post 16 and beyond.

It is expected that students will have an understanding of the importance of health and fitness, exercising safely and the importance of following rules within sport and society. It is also hoped that students will view their vast experience in PE and sport at the Academy as a positive one and that this will shape future behaviour.

Some students may wish to follow a career as a result of their experience in Physical Education and these careers could include: teacher, personal trainer, coach, physiotherapist, sports scientist, diet and fitness instructor, armed forces, leisure and tourism industry.