

Intention, Implementation and Impact

3 page Summary

Intent

The promotion of a lifelong active lifestyle is one of the central aims of physical education. Our vision '**Fostering knowledge and passion for lifelong participation**' supports the school aim which is to **Work hard and Be Kind**. By achieving this, as a department, we will ensure that our students have the skills, knowledge and ability to lead healthy and active lifestyles. Students should have the ambition to develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the short- and long-term health benefits of physical activity.

It is the intention that all teachers work towards delivering consistently engaging, challenging and appropriate lessons in which students are primarily physically active, improve their levels of performance in relation to their individual physical starting points and make good educational progress.

At St James PE we follow the National Curriculum set by the Department of Education to achieve the following aims:

To ensure that all pupils;

1. Develop competence to excel in a broad range of physical activities
2. Are physically active for sustained periods of time
3. Engage in competitive sports and activities
4. Lead healthy, active lives.

Our vision:

'Fostering knowledge and passion for lifelong participation'

To achieve our vision we have the following Intent for our students:

1. Enjoy their lessons and working with others
2. Learn new knowledge within a variety of activities/sports
3. Understand how to use these skills outside of the classroom when they leave St James
4. Perform have the opportunity to apply their skills/knowledge/strategy and perform to the best of their ability.

Students in Year 7 and 8 Students are assessed using the Youth Sports Trust (YST) model of **Head, Heart, Hands**. Which does not just look at the physical assessment criteria throughout each activity, but also the knowledge of the sport, leadership et al, which would allow for progression to be tracked in all activities and through PE as a whole. Currently students are assessed mainly through teacher observation, verbal questioning and feedback as well as peer and self-assessment. Furthermore, from September 2022, students will be focusing on Concepts within their Pe lessons, providing examples of how Pe and exercise skills can relate to outside the classroom. E.g. resilience, teamwork, communication etc.,

Within PE we are aiming to offer a diverse and engaging curriculum which challenges students both physically and academically. In addition, PE and school sport is some of the most popular ways of extending students' learning activities outside of the classroom. Research suggests that being physically activity generates a whole host of benefits including;

- Increased physical health will reduce levels of obesity, the risk of diabetes, asthma, sleep disorders, CHD and other illnesses

- Increases academic performance through increased concentration levels and more directed, composed behaviour
- Enhances social assimilation. Activities in PE help students develop social interactions and explore the benefits of working with a variety of different students in an array of different situations
- Improves mental health and wellbeing
- Developing self-discipline as well as stretching students beyond their perceived physical capabilities.

Implementation

Each student will complete a series of lessons over a 4-week period; aiming to improve their skills, knowledge and analytical ability within each activity. However, we have number of key themes for each 5-week block which we teach through the activity. To achieve our 'intent': our curriculum is differentiated to develop a broad range of physical activities along with developing knowledge of skills, ability to analysis performance and lead. We offer a variety of teaching a learning styles, building on the pupils existing skills. Furthermore, we promote gifted and talented pupils within PE in school and provide opportunities both in and outside of school.

Overall aim for each year group:

Year 7: Exploring Physical Literacy: Lots of opportunities to engage and understand the importance of physical literacy. Competence, confidence, knowledge and motivation.

Year 8: Personal Development: Opportunities to experience the power of sport and exercise to their own personal development. Looking at communication, resilience, emotional intelligence along with intra-personal skills.

Year 9: Character development – start to build a connection with skills in PE, Sport and Exercise to the outside world. I.e. sporting values, competition, problem solving along with the power of positivity.

Year 10: Leadership Skills: Opportunity to use sport, PE and exercise to help develop leadership skills. Focus in lessons on self-reflection, effective teamwork, attitudes and behaviours.

Year 11: Active for Life: Gaining the knowledge and passion to continue with sport and/or exercise when they leave
St James School.

Concept overview

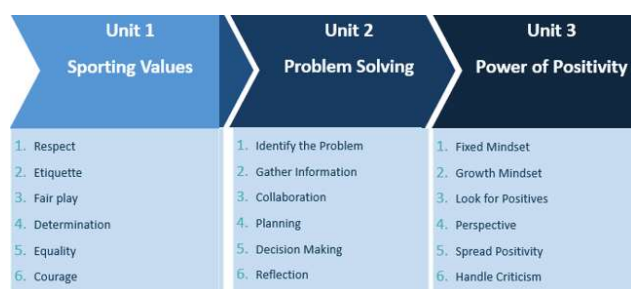
Year 7

Unit 1 Movement Competence	Unit 2 Confidence	Unit 3 Knowledge & Understanding
1. Competence	1. Confidence	1. PE, Sports and Physical Activity
2. Practice	2. Attitudes	2. Fitness
3. Skills & Techniques	3. Positive approaches to PE	3. Physical Benefits
4. Providing Feedback	4. Comfort Zones	4. Mental Benefits
5. Acting on Feedback	5. Failure	5. Social Benefits
6. Performance	6. Growth Mindset	6. Emotions and Activity

Year 8

Unit 1 Communication	Unit 2 Emotional Intelligence	Unit 3 Intra-Personal Skills
1. Verbal Communication	1. Emotional Intelligence	1. Behaviour
2. Non-verbal Communication	2. Recognise Emotions	2. Empathy
3. Active Listening	3. Understand Emotions	3. Patience
4. Conflict Resolution	4. Label Emotions	4. Adaptability
5. Asking Questions	5. Express Emotions	5. Coping with Pressure
6. Providing and Receiving Feedback	6. Regulate Emotions	6. Work Ethic

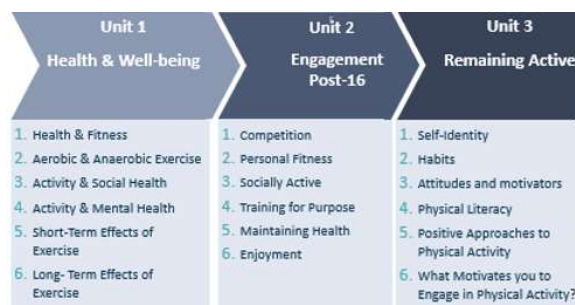
Year 9



Year 10



Year 11



Impact statement

Careful planning has been taking to look at how St James offer a physical education curriculum which is appropriate to each individual child. Pupils are provided with a balance of individual, group and team activities some of which are competitive. Our vision:

‘Fostering knowledge and passion for lifelong participation’

To achieve our vision we have the following Intent for our students:

1. Enjoy their lessons and working with others
2. Learn new knowledge within a variety of activities/sports
3. Understand how to use these skills outside of the classroom when they leave St James
4. Perform have the opportunity to apply their skills/knowledge/strategy and perform to the best of their ability.

We promote the impact that Physical activity can have on a pupil’s mental health and well-being. Our curriculum is differentiated to offer a variety of games, gymnastic activities, dance and trampoline, athletic activities, outdoor activities and health related fitness. This range of experiences is intended to provide for pupils’ increasing self confidence in their ability to manage themselves and their bodies within a variety of movement situations and to increase understanding of the importance of a healthy lifestyle.

During the course of the year we have key themes which flow alongside the activities being taught; these are there to allow pupils to develop their teamwork skills, learning how to communicate and work with others. Also allowing them to cope with disappointments, along with being able to develop them leadership skills.

For those students in Key stage 4 they are able to opt for OCR in Sports Studies or VCERT Health and Fitness, which a portion of our impact will be assessed on their examination results.

Pupils have access to extra-curricular fixtures along with additional competitions such as School Games. Furthermore, students have the opportunity to represent St James through school competitions from local right up to National level.

Finally, our impact is to motivate students to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives, therefore:

'Fostering knowledge and passion for lifelong learning'.

The Projected Impact of our Curriculum over time

- Yearly survey shows high percentage of students reaching recommended guidelines of physical activity.
- Year survey shows high percentage of students enjoy and value PE lessons.
- High percentage of students engage in extra-curricular programme.
- Increased percentage of students represent their school in a sporting context.
- All students represent their house in a sporting context throughout the year.
- Students have the opportunity in school to exercise for an hour every single day.
- Increased % of the year group choose to take a PE or Health Course option in year 9.
- Positive progress 8 score in every single PE and Health Course is achieved each year.
- Increased percentage of students take part in sport outside of school to strong links in the community.
- Students leave school with a high level of knowledge around health as evidenced by multiple choice tests in core PE assessment weeks.
- Students leave school as confident young people who can lead others. 'leading others in sport'
- Recognise physical activity in terms of impact on mental health.