

Curriculum Statement

PE Department

Ranelagh School

For the Spirit that God has given us does not make us timid; instead, his Spirit fills us with power, love, and self-control (2 Timothy 1.7)

At the heart of our distinctive culture is our commitment to being a dynamic learning community, rooted in Christianity, where people matter. In this we seek wisdom and pursue excellence.

Ranelagh PE Department

'An athlete is not crowned unless he competes according to the rules' (2 Timothy 2:5)

The PE Department at Ranelagh School aims to foster an enjoyment of participation in physical activity, whilst being embedded in our shared vision and the core values of the Ranelagh School Learner Profile:

- **Confidence** - Students are able to use their knowledge of sport and physical activity to be able to contribute positively in group activities and perform to the best of their ability in individual and team activities. They communicate with others confidently and appropriately during practical activities and use tier three language to inform evaluation and analysis. Students confidently apply performance skills to compete and perform with and against others and then evaluate their contribution.
- **Resilience** - Students are able to keep learning even when they find work difficult. They show flexibility and stamina and are open to targets to improve. When they need to work for long periods on challenging problems they persevere, both in terms of skills, understanding and quality of their work. Students understand that sport and physical activity is something that needs to be practiced to improve. They are also able to persevere even when activities are physically hard or tiring and understand the need to continue to work hard to improve fitness and health.
- **Creativity** – Students are given the opportunities to be inspired by new activities and situations, create their own solutions to practical problems. They should be inventive and resourceful, so that they respond to new situations in different ways.
- **Empathy** – Students are able to recognise and respond to the emotional or mental state of others and adjust their behaviour accordingly. Students will be expected to support, encourage and show appreciation of the efforts of other team or group members. They work well in team or group activities and show warmth, humour, respect and positivity as they collaborate effectively with others. They are given opportunities to lead others and develop skills that will enable them to do this successfully. Students ensure that there is equality of opportunity among members when working as a group, whilst also recognising the strengths and weaknesses of others.
- **Curiosity** - Students are inquisitive and have a genuine interest to learn more about sport and physical activity. They are keen to try new activities and enjoy meeting new challenges.
- **Independence** - Students self-regulate their learning. They are able to work independently or with others in practical situations. They respond to feedback in order to improve their learning and organise themselves to ensure they are prepared to achieve their best work. They have self-belief and can access opportunities and know how to learn successfully beyond Ranelagh. Students are self-motivated and will work well when performing in front of or with others, or alone.

PE Department Statement of intent:

Our main objective is for Ranelagh students to have the confidence and enthusiasm to participate in Physical activity during and outside of lesson throughout their time at Ranelagh, so that when they leave, they actively chose to and regularly continue to participate in Physical activity and thus lead healthy, active lives.

The intention of the Ranelagh PE Curriculum is that all students receive a Physical education they:

- will enjoy learning about and developing an understanding of its knowledge base and skills;
- will make strong progress in Physical Education throughout the key stages;
- will develop a wide range of transferable skills including team work, leadership, creativity and resilience;
- will appreciate different activities from a variety of cultures and traditions;
- will achieve the highest level of success commensurate with their aspirations;
- will become actively involved in their own learning and be able to work well independently and collaboratively, thinking analytically and evaluating effectively;
- will develop an increased awareness of the relevance and significance of physical activity for life – for the individual, and for the local, national and international communities;
- will develop an understanding of sporting etiquette and rules and know how to be humble in victory and gracious in defeat;
- will explore relevant social and cultural context of sport and physical activity;
- will be given the opportunity to take part in extra-curricular PE activities including house competition, dance/gym performances, matches against other school and leadership activities;

YEAR 7 'core' PE: 5 Lessons per fortnight

Themes:

Basic skills and rules

Values, sportsmanship and ethics

Working with others

Warm up and cool down

Personal responsibility – for kit, ready for learning

In year 7 we aim to equip students with the basic physical and social skills and confidence that will enable them to participate successfully in physical activities of their choice outside of lessons. A limited number of activities are covered, particularly those in which staff have expertise and those that are widely available outside of school. Students are encouraged to focus on core skills which can be successfully transferred to a wide variety of physical activities.

Curriculum	Autumn 1 st half term	Autumn 2 nd half term	Spring 1 st half term	Spring 2 nd half term	Summer 1 st Half term	Summer 2 nd half term
Single gender groupings 1 lesson per week	Netball, Football, Rugby Students will complete 4 half termly blocks of a combination of a combination of these of these 3 invasion games activities, for one lesson per week in single gender groups.				Rounders and Cricket Students will complete work based on these two activities for one lesson per week throughout the summer term in single gender groups.	
Mixed tutor groups 1 lesson per week	Dance and Gymnastics Students will complete 2 half termly block of each of these activities in their tutor groups.				Tennis and Athletics Students will complete a half termly block of each of these activities in their tutor groups.	
Each tutor group 1 lesson per fortnight	Multi skills One lesson per fortnight of basic skills and tactics: Running, jumping, throwing, dodging, hitting etc.					
Extra- curricular opportunities available in school	Netball, Dance, Cross country/Fitness, Rugby, Badminton, Gymnastics, Multi-skills club		Netball, Dance, Cross country/Fitness, Football, Badminton, Gymnastics, Multi-skills club		Netball, Cross country/Fitness, Football, Cricket nets, Table tennis, Gymnastics, Multi-skills club Athletics, Tennis, Rounders, Cricket, Gymnastics, Multi-skills club	

YEAR 8 'core' PE: 5 Lessons per fortnight

Themes:

Refining basic skills through practice

Types of training

Resilience and confidence

Core GCSE Vocabulary

In year 8 we aim to develop student's ability to transfer basic skills and tactical understanding to a wider variety of activities, but to maintain a focus on the 'main sports' introduced in year 7 and encourage students to practice, show resilience and develop increasingly advanced skills.

	Autumn 1 st half term	Autumn 2 nd half term	Spring 1 st half term	Spring 2 nd half term	Summer 1 st Half term	Summer 2 nd half term
Girls Group Curriculum	<p>Netball, Football, Rugby, Dance, Gymnastics, Fitness, Hockey, Basketball, Badminton and Handball</p> <p>Students will complete half termly blocks of a combination of 8 of these activities depending on the availability of facilities, staffing and interests of the group. They will do two different activities each half term for one lesson a week.</p>				<p>Athletics, Tennis, Rounders and Cricket (One lesson per week for half a term of each activity)</p>	
Boys Group Curriculum	<p>Netball, Football, Rugby, Dance, Gymnastics, Fitness, Hockey, Basketball, Badminton and Handball</p> <p>Students will complete half termly blocks of a combination of 8 of these activities depending on the availability of facilities, staffing and interests of the group. They will do two different activities each half term for one lesson a week.</p>				<p>Athletics, Tennis, Rounders and Cricket (One lesson per week for half a term of each activity)</p>	
Mixed Group Curriculum	<p>Netball, Football, Tag Rugby, Dance, Gymnastics, Fitness, Hockey, Basketball, Badminton and Handball</p> <p>Students will complete half termly blocks of a combination of 8 of these activities depending on the availability of facilities, staffing and interests of the group. They will do two different activities each half term for one lesson a week.</p>				<p>Athletics, Tennis, Rounders and Cricket (One lesson per week for half a term of each activity)</p>	
All groups 1 lesson per fortnight	<p style="text-align: center;">Personal Training</p> <p style="text-align: center;">One lesson per fortnight with a focus on a variety of fitness training methods and principles of training.</p>					
Extra-curricular opportunities available in school	<p>Netball, Dance, Cross country/Fitness, Rugby, Badminton, Gymnastics, Multi-skills club</p>		<p>Netball, Dance, Cross country/Fitness, Football, Badminton, Gymnastics, Multi-skills club</p>	<p>Netball, Cross country/Fitness, Football, Cricket nets, Table tennis, Gymnastics, Multi-skills club</p>	<p>Athletics, Tennis, Rounders, Cricket, Gymnastics, Multi-skills club</p>	

YEAR 9 'core' PE: 4 Lessons per fortnight

Themes:

- Analysis of performance
- Ownership of learning/Responsibility
- Principles of training/Health and Fitness benefits of physical activity
- Leadership, officiating and safety
- Empathy – supporting others
- Creativity and problem solving
- Preparation for sporting pathways – opportunities in and outside of lesson time

In year 9 we aim to encourage students to take far greater responsibility for their learning in PE and participation in physical activity. A few opportunities to choose activities will be available to students in order to encourage students to think about their participation both in and outside of lessons.

	Autumn 1 st half term	Autumn 2 nd half term	Spring 1 st half term	Spring 2 nd half term	Summer 1 st Half term	Summer 2 nd half term
Curriculum	<p>Netball, Football, Rugby, Fitness, Hockey, Basketball, Volleyball, Badminton and Handball (Athletics will be delivered in the last few weeks of the spring term to enable students to prepare for competitions early in the summer term.)</p> <p>Students will complete half termly blocks of a combination of 6 or 7 of these activities depending on the availability of facilities, staffing and interests of the group. They will do two different activities each half term for one lesson a week. Students will work in ability groupings in one lesson a week and in mixed groupings for the second lesson each week.</p> <p>Dance, Gymnastics and Table Tennis will be offered as options for 1 lesson a week in one or two of these half termly blocks.</p>				<p>Athletics, Tennis, Rounders and Cricket (One lesson per week for half a term of each activity, softball may be offered as an alternative to cricket or rounders)</p>	
Extra- curricular opportunities available in school	<p>Netball, Dance, Cross country/Fitness, Rugby, Badminton, Gymnastics, Multi-skills club</p>		<p>Netball, Dance, Cross country/Fitness, Football, Badminton, Gymnastics, Multi-skills club</p>	<p>Netball, Cross country/Fitness, Football, Cricket nets, Table tennis Gymnastics, Multi-skills club</p>	<p>Athletics, Tennis, Rounders, Cricket, Gymnastics, Multi-skills club</p>	

YEAR 10 'core' PE: 3 Lessons per fortnight

Themes:

Taking on a variety of roles (coach, analyst, official, choreographer, motivator) and responsibilities (Safety, organisation, effort)

Participating independently – setting personal goals

Communication, co-operation and co-ordination with others for effective participation

Advanced skills, techniques and tactics

New activities – adapting core principles from other activities

Purposes of physical activity – challenge = competition, relaxation = recreation – Mental and Social well being

Physical activity outside of lessons – maintaining Physical, mental and social health

Curiosity

Leadership/Empathy – supporting others – Leadership opportunities

A wider variety of activities will be available during Year 10 in Key stage 4. All groups will study a core program of activities in the weekly lessons, and optional activities in the fortnightly lessons. The program of optional activities is dependent on the interests of the group, staffing and facilities available.

	Autumn 1 st half term	Autumn 2 nd half term	Spring 1 st half term	Spring 2 nd half term	Summer 1 st Half term	Summer 2 nd half term
Curriculum	<p>Netball, Football, Badminton and Handball will be followed by all groups for one lesson a week for half a term each.</p> <p>Dance, Gymnastics Rugby, Fitness, Basketball, Volleyball, Hockey and Table Tennis will be offered as options for 1 lesson a fortnight with activity groups changing at the end of each term in one or two of these half termly blocks.</p> <p>(Athletics will be delivered in the last few weeks of the spring term to enable students to prepare for competitions early in the summer term.)</p>				<p>Athletics, Tennis, Rounders and Cricket (One lesson per week for half a term of each activity, softball may be offered as an alternative to cricket or rounders)</p>	
Extra- curricular opportunities available in school	<p>Netball, Dance, Cross country/Fitness, Rugby, Badminton, Gymnastics, Fitness room, Leadership opportunities</p>		<p>Netball, Dance, Cross country/Fitness, Football, Badminton, Gymnastics, Fitness room, Leadership opportunities</p>	<p>Netball, Cross country/Fitness, Football, Cricket nets, Table tennis Gymnastics, Multi-skills club, Fitness room, Leadership opportunities</p>	<p>Athletics, Tennis, Rounders, Cricket, Gymnastics, Fitness room, Leadership opportunities</p>	

GCSE PE is available and we enter candidates for the AQA GCSE PE. Students studying GCSE PE will be grouped together where possible for core PE lessons and assessed according to the GCSE assessment criteria in all activities in both core PE and GCSE PE lessons, with the best 3 scores counting towards their GCSE practical NEA. These students have an additional 5 GCSE PE lessons and usually at least 3 of these lessons are theory lessons.

YEAR 11 'core' PE

Themes:

Taking on a variety of roles (coach, analyst, official, choreographer, motivator) and responsibilities (Safety, organisation, effort)

Participating independently – setting personal goals

Communication, co-operation and co-ordination with others for effective participation

Advanced skills, techniques and tactics

New activities – adapting core principles from other activities

Purposes of physical activity – challenge = competition, relaxation = recreation

Physical activity outside of lessons – maintaining physical, mental and social health, stress relief

Curiosity

An even wider variety of activities will be available during Year 11 in Key stage 4. Optional activities are available in both the weekly and the fortnightly lessons. The program of optional activities is dependent on the interests of the group, staffing and facilities available.

	Autumn 1 st half term	Autumn 2 nd half term	Spring 1 st half term	Spring 2 nd half term	Summer 1 st Half term	Summer 2 nd half term
Curriculum	<p>Netball, Football, Rugby, Fitness, Hockey, Basketball, Volleyball, Badminton and Handball Aerobics, Ultimate sports, Dance, Gymnastics and Table Tennis will be offered as options for either one lesson a week for half a term or one lesson a fortnight for a term. Options will largely be determined by the interests of the group although staffing and facilities will have a bearing on what can be offered.</p>				<p>Athletics, Tennis, Volleyball, Softball, Basketball, Rounders and Cricket will be offered as options for either one lesson a week for half a term or one lesson a fortnight for a term. Options will largely be determined by the interests of the group although staffing and facilities will have a bearing on what can be offered.</p>	
Extra- curricular opportunities available in school	<p>Netball, Dance, Cross country/Fitness, Rugby, Badminton, Gymnastics, Fitness room, Leadership opportunities</p>		<p>Netball, Dance, Cross country/Fitness, Football, Badminton, Gymnastics, Fitness room, Leadership opportunities</p>	<p>Netball, Cross country/Fitness, Football, Cricket nets, Table tennis, Gymnastics, Multi-skills club, Fitness room, Leadership opportunities</p>	<p>Athletics, Tennis, Rounders, Cricket, Gymnastics, Leadership opportunities</p>	

YEAR 12/13 'core' PE

Themes:

Taking on a variety of roles (coach, analyst, official, choreographer, motivator, captain, prefect, sports leader) and responsibilities (Safety, organisation, effort)

Participating independently – setting personal goals

Communication, co-operation and co-ordination with others for effective participation

Advanced skills, techniques and tactics

New activities – adapting core principles from other activities

Purposes of physical activity – challenge = competition, relaxation = recreation

Physical activity outside of lessons – maintaining physical, mental and social health

Curiosity

High performance, competitive and/or continued recreational participation

Leadership and Officiating

At Key stage 5 there is a real focus on students preparing to participate in physical activity when they leave Ranelagh. Those involved in team activities are encouraged to take a full part in the group/team and to communicate effectively with other members and organise many aspects of the activity with the support of Ranelagh PE staff, thus mimicking participation in a sports club or university sports activity. Those students who choose to participate in an 'individual activity' outside of school are encouraged to see this as an opportunity to maintain their health and fitness alongside their academic studies and to manage their program and ensure at least weekly Wednesday afternoon participation.

	Autumn 1 st half term	Autumn 2 nd half term	Spring 1 st half term	Spring 2 nd half term	Summer 1 st Half term	Summer 2 nd half term
Curriculum	<p>Dance, Football, Badminton, Rugby (Team), Fitness, Netball, Indoor games (eg. Basketball, Volleyball, Badminton, Handball and Table Tennis) will be offered as options during the Autumn term. Other options can be made available at the request of students.</p> <p>Year 13 students who have a good record of attendance who wish to do an 'individual physical activity' eg. Golf, train at their own gym during sixth form PE may get permission from parents to go off site to do this.</p>		<p>Dance, Football (Team) , Badminton, Fitness, Netball (Teams) , Indoor games (eg. Basketball, Volleyball, Badminton, Handball and Table Tennis) will be offered during the Autumn term. Other options can be made available at the request of students.</p>		<p>Athletics, Tennis, Rounders and Cricket</p> <p>Other options can be made available at the request of students.</p>	
			<p>Year 12 and 13 students who have a good record of attendance who wish to do an 'individual physical activity' eg. Golf, train at their own gym during sixth form PE may get permission from parents to go off site to do this.</p>			
Extra- curricular opportunities available in school	<p>Dance, Cross country/Fitness, Rugby, Badminton, Leadership opportunities</p>		<p>Netball, Dance, Cross country/Fitness, Football, Badminton, Leadership opportunities</p>	<p>Netball, Cross country/Fitness, Football, Cricket nets, Table tennis, Gymnastics, Multi-skills club, Leadership opportunities</p>	<p>Athletics, Tennis, Rounders, Cricket, Gymnastics, Leadership opportunities</p>	

Examined PE

A LEVEL PHYSICAL EDUCATION: AQA: Teacher 1 JRN/HSB					
Year 12			Year 13		
Autumn	Spring	Summer	Autumn	Spring	Summer
Skill Acquisition	Skill Acquisition	Sport Psychology	Sport Psychology	Sport, Society and Tech.	Revision
Practical NEA	Practical NEA	Written NEA	Sport, Society and Tech.	Mock Exam 2	
Christmas Holidays	Sport Psychology	Year 12 Exams and revision	Finish Practical and written		
	Easter Holidays	Feedback and Exam Technique	NEA Evidence	Easter Holidays	
			Revision		
			Mock Exams		
			Christmas Holidays		

A LEVEL PHYSICAL EDUCATION: AQA: Teacher 2 JSM/SJN					
Year 12			Year 13		
Autumn	Spring	Summer	Autumn	Spring	Summer
Anatomy and Physiology	Anatomy and Physiology	Biomechanical movement	Exercise Physiology	Sport and Society	Revision
Christmas Holidays	Biomechanical movement	Year 12 Exams and revision	Sport and Society	(Mock Exam 2)	
	Easter Holidays	Feedback and Exam Technique	Revision	Easter Holidays	
			Mock Exams		
			Christmas Holidays		

NCFE SPORT AND PHYSICAL ACTIVITY (Sports Coaching) : Teacher 1 SCC					
Year 12			Year 13		
Autumn	Spring	Summer	Autumn	Spring	Summer
Exercise Health and	Sports Nutrition	Fitness Training and	Analysis of Performance	Instructing Physical ivity	Sports Injuries
	Fitness Training and		Assessing Risk in Sport	Technical and tactical Skills in Sport	
			Sport Development		
The Athlete's Lifestyle					
Christmas Holidays		Organising Sports Events	Christmas Holidays	Easter Holidays	
	Easter Holidays				

NCFE SPORT AND PHYSICAL ACTIVITY (Sports Coaching) : Teacher 2: GPL					
Year 12			Year 13		
Autumn	Spring	Summer	Autumn	Spring	Summer
Sports Coaching	Psychology of Sport	Leadership in sport	Practical Team Sports	Preparing for a Career in Sport and Physical Activity	(Sports Injuries)
Psychology of Sport					
Christmas Holidays	Leadership in Sport	Work Experience in Sport	Sport Development	Technical and tactical	
	Easter Holidays			Skills in Sport	
			Christmas Holidays	Easter Holidays	

NCFE SPORT AND PAHYSICAL ACTIVITY (Sports Coaching): Teacher 3 JRN
Combined Year 12 & 13: Year 1 Practical Individual Sports Year 2 Practical Team Sports

1. The curriculum in examined PE classes is structured in sequential manner, so that key skills are taught in a logical order, allowing clear progression through the course. Particularly those areas of content that are likely to be useful in written NEA are delivered earlier in the course so that students can choose to use these topics in the written NEA, leaving the sport and society topics until later in the course as these are far less likely to be useful in the written coursework.
2. The practical activities delivered at GCSE may be changed to reflect the strengths and needs of each cohort.
3. The A level PE course is currently led by J.Nicholls (CL) and also taught by J.McCoy, H.Bond and S.Netherway. The GCSE PE course is currently led by Shaun Netherway and also taught by G.Lane, H.Bond and J.McCoy and the NCFE course is led by S.Cambell and taught by G.Lane and J.Nicholls.