



## **The Physical Education Department** **Bishop Challoner Catholic College**

In line with the aims of the school, the PE Department aims to contribute to the overall education of our students by developing them to lead full and valuable lives by engaging them in purposeful physical activity. We provide students with a broad, balanced PE curriculum, which is progressive, stimulating and challenging. We aim to teach students the long-term benefits of participation in physical activity, to appreciate skills and creative movement and to develop problem-solving skills. We also contribute to the establishment of self-esteem, the improvement and recognition of individual achievement and the development of important skills and cultural awareness.

In accordance with National Curriculum requirements we require students to demonstrate the knowledge, skills and understanding involved in planning, performing and evaluating physical activities and health related exercise. Our Physical Education Programme provides equal access for all students in the development of whole body control and co-ordination. The department have accredited provision in BTEC (Dance and Sport both Pearson), GCSE (OCR), A-Level (OCR) and Sixth Form OCR Cambridge Technical Course. In addition through our extensive SGO programme we provide teaching and CPD for our community of primary schools.

Students are taught through a variety of enjoyable physical activities which involves games, dance, gymnastics, athletics, outdoor adventurous activities and swimming. Through these mediums they are encouraged to work independently, developing their skills of co-operation, communication and teamwork. Through actively participating in lessons all students will be encouraged to understand the importance of safe practice and a need for a healthy life.

Integral to the Physical Education Programme is our extensive Extra-Curricular Programme. All students are encouraged to take an active role in such extra-curricular activity. Our programme offers students the opportunity to engage in physical activity every morning and afternoon. Furthermore, there is extensive educational visits and trips including Netball and Football Development Tours, Duke of Edinburgh and the Nature Valley Classic Tennis Ball Crew.

The PE Department is a thriving team of expert practitioners with a total of 15 staff including full and part time teaching staff, PE Technicians, Sports Centre Manager and our on-site School Games Organiser.

## Physical Education Department Aims

Teach students to:

- 🏃 Be physically active developing body management
- 🏃 Demonstrate knowledge and understanding through physical actions
- 🏃 Develop understanding of language relevant to activities
- 🏃 Be concerned with their own and others' safety in all activities undertaken across different environments, actively prevent injury

Enable students to become independent through:

- 🏃 Solving problems and making decisions
- 🏃 Observing and evaluating activities
- 🏃 Practising activities along with others
- 🏃 Improve performance through practice and repetition
- 🏃 Setting independent goals and to strive for excellence

Encourage students to develop positive attitudes by:

- 🏃 Observing the conventions of fair play and good behaviour
- 🏃 Developing an understanding of individual achievement including coping with success and failure
- 🏃 Taking responsibility for their own actions
- 🏃 Appreciating the strengths and weaknesses of others
- 🏃 Raising self-esteem through achieving success
- 🏃 Developing an understanding of the importance of exercise and its effect on an individual's health

Our objectives are to enable students to:

- 🏃 Devise and adapt strategies and tactics across appropriate activities
- 🏃 Adapt, refine and develop skills safely across activities
- 🏃 Practice and perform movement composition devised by themselves and others
- 🏃 Understand and evaluate achievement
- 🏃 Appreciate strengths and weaknesses
- 🏃 Be able to suggest ways of improving
- 🏃 Understand different effects of exercise on the body's systems
- 🏃 Work towards a healthy enjoyable lifestyle through physical activity