

CURRICULUM OFFER

Subject	PE
Intent	Each student is given access to high quality physical activity at CSS, which is aimed at improving a student's health, wellbeing and self-confidence in a fun, engaging and competitive way, whilst gaining qualifications to support their next steps in Education.
Implementation	<p>We offer practical PE lessons to KS3 students developing skills in a variety of different sports, this can lead to accreditation for those students who demonstrate a willingness to commit, try hard and can demonstrate a variety of different skills and knowledge within the sport.</p> <p>At KS4, students are offered both theory and practical PE, which together can lead to a GCSE (short course) qualification. Students can also be accredited with AQA Unit Awards individually for each sport. For this they will demonstrate, and perform skills required and have a good knowledge of the sport.</p> <p>During the GCSE (short course), students will learn:</p> <ul style="list-style-type: none"> • Unit 1: Health, training and exercise <ul style="list-style-type: none"> ➤ Health, fitness and well-being ➤ The contribution physical activity makes to health and fitness ➤ Consequences of a sedentary lifestyle ➤ Diet and nutrition ➤ Components of fitness ➤ Methods of training ➤ Training zones ➤ Principles of training and exercise ➤ Data analysis • Unit 2: Exercise physiology <ul style="list-style-type: none"> ➤ Muscular-skeletal system ➤ Cardio-respiratory and vascular system ➤ Aerobic and anaerobic exercise ➤ Short and long term effects of exercise ➤ Data analysis • Unit 3: Movement analysis <ul style="list-style-type: none"> ➤ Muscle contractions ➤ Lever system ➤ Planes and axes of movement ➤ Data analysis <p>At CSS, students have the opportunity to take part in a range of offsite activities in addition to the standard curriculum. The purpose is to improve confidence, resilience and team working whilst learning a range of new skills. Activities we offer include Swimming, Gymnastics, Outdoor Learning and The Duke of Edinburgh Award.</p>

	<p>Offering students, the opportunity to take part in these activities has proven to help build positive relationships between staff and peers as well as developing skills in how to engage and behave appropriately in a public setting. Taking students outside of the standard school environment has been shown to reduce students' stress and give them the chance to ignite an interest in something they wouldn't usually have tried, as well as most importantly having fun!</p> <p>Students can also earn an AQA Unit Awards for taking part in the activities by showing they can make a regular weekly commitment; perform skills they have learned and demonstrate that they are aware of the health and safety implications of the activity.</p>
Impact	<p>Students are taught life and social skills along with SMSC to help them become rounded individuals.</p> <p>Within the PE curriculum, students have the opportunity to develop their knowledge on health and fitness. This gives students skills and awareness to increase body confidence, and self-esteem for now and the future.</p> <p>The GCSE (short course) qualification can lead to students studying Level 2/Level 3 BTEC sport qualifications or A-level PE in their post 16 setting.</p>
Accreditations	<p>WJEC Eduqas GCSE in PHYSICAL EDUCATION (SHORT COURSE) Duke of Edinburgh Award AQA Awards</p>
Enrichment opportunities	<p>Students have the opportunity to attend a variety of offsite provisions to enhance our PE curriculum, these have consisted of, swimming, gymnastics, outdoor learning and visits to an outdoor adventure site.</p> <p>CSS are part of the Alternative Provision Sports Federation. Regular inter-school competitions are organised to give students the opportunity to represent and compete for their school across a range of activities.</p> <p>We give students real life sporting experiences across the year so that students develop understanding of the world.</p>
Safeguarding	<p>In PE we encourage an ethos of 'Heathy body and Healthy Mind,' through fitness and physical activities.</p> <p>We adopt a sensitive and flexible approach to the need to change clothing for sport. Where students do wish to change, we will ensure there is a safe space to do so. We educate students on appropriate clothing for activities and will ensure clothing is fit for the activity and in line with our dress code.</p> <p>Any physical contact needed for sport will be fully monitored and closely supervised.</p>

<p>Outline of Virtual Curriculum offer</p>	<p>Lessons will be offered through a virtual timetable and accessed via TEAMS. Worksheets will be sent to students via different platforms and teachers will assess in line with teaching expectations. Students can communicate through timeslots with teachers. Recorded PE lessons will be available through TEAMS. PE challenges will be shown on CSS social media PE curriculum will reflect the expectations of the existing curriculum.</p>
<p>Reading / Literacy</p>	<p>We encourage students to read within lessons, focusing on key words needed for the GCSE qualification. In addition, we promote and encourage reading through fitness/sports magazines, sporting autobiographies and sharing PE based cross-curricular resources to help engagement in other subject areas.</p> <p>Suggested Reading</p> <ul style="list-style-type: none"> • WJEC/Eduqas GCSE PE, Introduction to Physical Education • BBC Bitesize • 442 magazine • Marcus Rashford: You are a champion, how to be the best you can be • Freddie Flintoff: Right, Said Fred • Kelly Holmes: Black, White & Gold - My Autobiography
<p>Numeracy</p>	<p>We highlight the importance of numeracy skills with the PE curriculum and develop the strands of Time and Distance within lessons. In PE these strands are explored through a variety of different sporting activities and linked to theoretical GCSE knowledge.</p> <p>PE also shares cross-curricular numeracy resources to help engagement in other subject areas such as Mathematics and Science</p>
<p>Digital Literacy (including e-safety)</p>	<p>Students take photos to show progress. Research key sports skills and to develop techniques Utilises interactive whiteboard to analyse sporting technique Utilising the dictation function on tablets to record verbal questioning and feedback Students have the use of using online revision Students have the opportunity to listen online to audio books Students have the opportunity to look back through their video evidence and suggest ways to improve and progress. Discuss online safety in lessons, look at sports people who have been trolled and how to keep themselves safe online and report abuse.</p>
<p>Careers</p>	<p>Within the PE areas, staff will provide up to date information about local college courses and links to potential sports related and physical based career options. Students are given the opportunity to visit or take part in activities off-site, which allow them to gain an insight into career pathways linked to specific venues and career paths in the leisure and sports industry.</p>