

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.
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 and 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; Fishing, Swimming, Gymnastics, 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 Princes Trust Level 2 Award- Participating in Exercise Unit.</p>
Enrichment opportunities	<p>Students have the opportunity to experience real life sporting events across the year in addition to the offsite activities. Southend United Career trips</p>
Safeguarding	<p>Within PE we encourage student to wear appropriate clothing for activities, which shows students how to not encourage unwanted advances. Also encourage Heathy body and Healthy Mind through fitness sessions and physical activities</p>
Outline of Virtual Curriculum offer	<p>Lessons will be offered through a virtual timetable and accessed via TEAMS.</p> <p>Worksheets will be sent to students via different platforms and teachers will be assess in line with teaching expectations.</p> <p>Students will be able to communicate through timeslots with teachers.</p> <p>Recorded PE lessons will be available through TEAMS.</p> <p>PE challenges will be shown on CSS social media</p> <p>PE curriculum will reflect the expectations of the existing curriculum.</p>

Reading / Literacy	<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 and sports magazines and sporting autobiographies.</p> <p>Suggested Reading</p> <ul style="list-style-type: none">• WJEC/Eduqas GCSE PE, Introduction to Physical Education• BBC Bitesize• Freddie Flintoff: Right, Said Fred <p>Kelly Holmes: Black, White & Gold - My Autobiography</p>