

## CURRICULUM OFFER

<b>Subject</b>	PE
<b>Intent</b>	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.
<b>Implementation</b>	<p>We offer practical PE lessons to KS3 students in a variety of different sports, which 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 BTEC level 1 qualification in Sport and Active Leisure or IGCSE PE. Students can also be accredited with a 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>Examples of what students will learn during the PE theory lessons are:</p> <p><b>BTEC Level 1 in Sport and Active Leisure:</b></p> <ul style="list-style-type: none"> <li>• how the human body works and its structure</li> <li>• how to keep the body healthy</li> <li>• how to train effectively</li> <li>• and how to exercise safely</li> </ul> <p><b>IGCSE PE</b></p> <ul style="list-style-type: none"> <li>• Anatomy and Physiology</li> <li>• Health, Fitness and Training</li> <li>• Social, Cultural and Ethical Influences</li> <li>• Skill Acquisition and Psychology</li> </ul> <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 the them the chance to ignite an interest in something they wouldn't usually have tried, as well as most importantly having fun! 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>

<b>Impact</b>	<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 give students skills and awareness to increase body confidence, and self-esteem for now and the future.</p> <p>The BTEC Level 1 can lead to them taking Level 2 sport courses at any college. The IGCSE PE can lead to them taking a variety of A-Levels or Level 3 courses at any college.</p>
<b>Accreditations</b>	<p>BTEC Level 1 in Sport and Active Leisure          IGCSE PE          Duke of Edinburgh Award          AQA Awards          Princes Trust Level 2 Award- Participating in Exercise Unit.</p>
<b>Enrichment opportunities</b>	<p>Students have the opportunity to experience real life sporting events across the year in addition to the offsite activities.</p>
<b>Safeguarding</b>	<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>