



The PE Department

Welcome

We at St Joseph's P.E are a lively and welcoming department who strive to challenge our students to participate fully in lessons, improve their knowledge, skills and understanding and to continue with an active and healthy lifestyle after leaving school.

St Joseph's provides a balanced P.E Curriculum which covers a variety of activities over the academic year.

P.E Kit

Indoor Kit:

- House polo shirt
- Black shorts
- Indoor trainers.

Outdoor kit:

- House rugby top
- Black shorts
- Black tracksuit trousers
- Football socks
- Outdoor trainers/football boots.

Shorts and tracksuit trousers should be school issue or black with no sporting logos e.g. Adidas stripes. Students are still expected to bring P.E. kit in for lessons, even when injured, as they will still be able to take part in the lesson in some form.

Our aims are:

- At St Joseph's we follow the aims set by the National Curriculum which are:
- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Key Stage 3

During this key stage all pupils have the opportunity to develop their fundamental skills in a variety of sports. Practical activities include: basketball, rugby, dance, sports science, gymnastics, sport education, and orienteering, athletics, rounders, cricket and tennis.



Saint Joseph's

CATHOLIC SCHOOL

Within P.E, we strive for all our students to make outstanding levels of development from their individual starting point; this is a minimum of 2 whole levels of progress. We track this with the KS3 Flightpath which is a new assessment system adopted by St Joseph's School.

In year 8 students are able to opt for GCSE PE, which they will follow in years 9, 10 and 11, in addition to their core PE lessons.

As a department we offer a variety of extra-curricular PE through inter-house competitions, lunchtime clubs, afterschool clubs and school fixtures.

Key Stage 4

Following on from the foundations built at Key Stage 3, students have the option to study one of the following well respected qualifications alongside their core PE lessons:

AQA GCSE PE

The course aims to encourage pupils to develop an understanding of the human body, physical fitness and a healthy lifestyle; along with being practically assessed. We currently deliver the new specification (2016) for your year 9, 10 and 11 students. The course is broken down into two main sections; theory and practical.

In the theory unit students will learn about healthy, active lifestyles along with how to maintain good health. The students are also assessed practically in a number of activities. With the new specification the students are assessed in 3 activities all as a performer. For more details on the new GCSE PE specification please visit the following website: <http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

The GCSE PE course is suitable for students who are thinking of a career in sports performance, teaching, personal training.

V Cert

V Cert PE is a new technical qualification which delivers flexible and engaging content with clear progression routes. It is GCSE-equivalent and has been found to improve pupil engagement, achievement and confidence.

The course aims to encourage pupils to develop an understanding of the human body, physical fitness and a healthy lifestyle; however it is not practically assessed. We currently deliver the specification (2017) for year 9 students. The course is broken down into various topics which are taught extensively, often using practical components, and require evidence for each unit.

In the theory unit students will learn about healthy, active lifestyles as well as how the body works and how exercise impacts upon it. For more details on the new VCERT PE specification please visit the following website: <https://www.ncfe.org.uk/schools/v-certs/v-cert-qualifications>.



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The V Cert PE course is suitable for students who are considering Level 3 programmes and apprenticeships in sport and leisure and often provide access to specific career paths.

AQA GCSE Dance

This course aims to encourage dancers to be creative thinkers in creating their own choreography, performing set phrases and learning to understand and appreciate professional works. The course is broken down into two main sections; theory and practical.

The theory component builds pupils ability to critically analyse their own work and tests their knowledge of dance terminology and understanding. Pupils must also analyse 6 professional works. The practical component consists of solo and duet performances as well as creating their own choreography. The GCSE Dance course outlined on this website: <http://www.aqa.org.uk/subjects/dance/gcse/dance-8236>

Core Lessons

In KS4 students have a more varied curriculum where they can focus on developing their skills in specific sports alongside improving their knowledge on how to stay healthy when leaving school. During Key Stage 4 the students will also have the opportunity to study Sports Leaders along with gaining basic First Aid skills.

Extra-curricular clubs / House Competitions

There is an extensive Extra-curricular timetable throughout the year for Physical Education, both at lunchtime & after school. Pupils are also encouraged to be physically active at lunchtimes through inter - house competitive activities (completed every Friday) and training sessions which are played on the indoor areas and sports field throughout the year.