



# Hailey Hall School PE Curriculum Booklet

## **PE Curriculum Intent**

Physical Education at Hailey Hall uses a variety of sports and situations to develop students' self-esteem, physical fitness and functional abilities of their bodies. Pupils will need to adapt to a range of situations and develop their problem-solving skills in order to progress in individual and team drills and sports. Physical Education will then require pupils to work independently to expand on their previous experiences to be creative within a gym session and become a leader as part of a leadership course. Pupils will develop ownership of the work and practical performance they have produced. They will also be held to high standards to ensure they deliver a good standard of session for their peers.

Physical Education uses a variety of different school links and is adaptable across the curriculum, Math's is used daily for time keeping and scoring, science is heavily referred to through means of Biology and English can be used through key words and spelling. Pupils are given verbal feedback regularly to give an instant reflection on their skills and abilities, this allows them to assess their skills and make the relevant changes to achieve.

The PE curriculum is organized in a way to allow Pupils to develop skills in the following areas:

- To develop an understanding of health and safety
- To gain a range of practical PE skills
- To understand the impact a developed skill can have in a match situation
- Gain an understanding of how sports can be transferrable in all walks of life, from independence to team work to following the rules and lead of an official.
- The Physical Education department at Hailey Hall endeavors to build the confidence of pupils in a range of physical activities. These will be based on individual and team-based sports of a competitive nature for a sustained period.
- Aiming high and promoting a desire to achieve the goals set for themselves
- Develop resilience and dealing with upset in a positive way when losing
- Communication skills (listening, speaking, presenting)
- Teamwork and problem solving,
- Creative thinking to develop and defeat an opponent
- Self-management, ensuring you behave as much as a leader as possible
- Leading others positively win or lose
- The British values of democracy, the rule of law, individual liberty, and mutual respect of those with different faiths and beliefs are taught explicitly and reinforced in the way in which the school operates.

## **Year 10 BTEC Sport**

### **Why this subject is important:**

This subject is important as it extends the work-related focus and knowledge of the sport and active leisure industry. Pupils will learn about how the sports industry and leisure industry work together.

This qualification is designed to help learners understand the skills and knowledge needed to work in the sector, which they'll be encouraged to demonstrate through participation in a wide range of sport and active leisure activities.

### **What you will learn:**

<b>Unit name</b>	<b>Topics</b>	<b>Skills and understanding</b>	<b>Skills curriculum Links</b>
Term/Unit: Fitness for sport and exercise.	Components of physical fitness  Principles of training  Fitness training methods  Fitness training	Physical and skill related components of fitness.  Fitness components and why they are important to successful participation in sport.  FITT Principle  Additional principles of training.  Types of training.	Using effective revision skills to prepare for end of year test.  Foundation study for personal fitness qualification  Knowledge and understanding to access further education courses.  Understanding of healthy living and diet.
Term /Unit Practical Sport	Understand rules, regulations and scoring systems  Demonstrate skills, techniques and tactics.  Review sports performance.	Application of rules, regulations and scoring systems.  Roles Of officials  Responsibilities of officials  Technical and tactical demands of sport  Safe Participation	Knowledge and understanding to access further education courses  Practically take part in teams outside of education promoting teamwork and friendship.  Education of rules and regs for different sports opening up possibilities to referee courses at further education

**Promoting British Values:**

The ethos of British Values including fair play, team work and co-operation are embedded throughout every lesson.

**How you will be assessed:**

75% of the course is assessed by the submission of a portfolio of evidence of work carried out over a period of time. The course is continuously assessed by the external completion of assignments throughout the year.

25% of the course is assessed with an external examination.

**The final (BTEC) grade is calculated in the following way:**

One externally assessed exam. Coursework and assessment of skills throughout the year.

**How parents / carers can help:**

Provide them with a quiet place to do homework and revision

**Useful website and details of course books:**

[www.bbc.co.uk/sportacademy](http://www.bbc.co.uk/sportacademy)  
[www.brianmac.com](http://www.brianmac.com)

**Progression routes and career opportunities**

Level 3 BTEC sport Diploma  
A Level PE  
Employment in the leisure industry

**Who to contact and how if you have a query regarding your child:**

Name	Position	Email Address	Telephone
Mr Adrian Devine	PE Co-Ordinator	<a href="mailto:adevine@haileyhall.herts.sch.uk">adevine@haileyhall.herts.sch.uk</a>	01992 465208
Mr Josh Hewitt	PE teacher	<a href="mailto:jhewitt@haileyhall.herts.sch.uk">jhewitt@haileyhall.herts.sch.uk</a>	01992 465208

## Year 11 BTEC Sport

**Why this subject is important:**

This subject is important as it extends the work-related focus and knowledge of the sport and active leisure industry. Pupils will learn about how the sports industry and leisure industry work together.

This qualification is designed to help learners understand the skills and knowledge needed to work in the sector, which they'll be encouraged to demonstrate through participation in a wide range of sport and active leisure activities.

**Intent: What you will learn:**

Unit name	Topics	Skills and understanding	Skills Curriculum Links
Term/ Unit: Training for personal fitness	<p>Design a personal fitness training programme</p> <p>Exercise adherence factors</p> <p>Take part in an exercise training programme</p> <p>Short- and long-term adaptations of the body systems to exercise.</p> <p>Different energy systems used during sport.</p>	<p>SMARTER targets</p> <p>Principles of training</p> <p>Safety issues</p> <p>HR zones</p> <p>Programme design</p> <p>Training methods</p> <p>Training diary</p> <p>Measures for success</p> <p>Review of training programme</p> <p>Aerobic and anaerobic energy systems</p> <p>Short- and long-term adaptations of the musculoskeletal system.</p> <p>Short- and long-term adaptations of the cardiorespiratory system.</p>	<p>Builds on understanding of the leisure industry from year 10</p> <p>Progression into A Levels or Level 3 FE qualifications</p> <p>Steppingstone into personal training or fitness instructor careers.</p>
Term/ Unit: 6 Sport Leadership	<p>Know the attributes associated with successful sports leadership</p> <p>Undertake the planning and leading of sports activities</p>	<p>Explain what attributes are needed to be a successful sports leader</p> <p>Understand the importance of prior planning.</p> <p>Independently design a sport</p>	<p>Career pathway into teaching or coaching</p> <p>Life skills promote independence</p> <p>Pathway into A level PE, Sports Coaching qualifications at FE or employment</p>

	Review the planning and leading of sports activities	<p>leaders lesson plan and delivery to a primary school class.</p> <p>Understand the importance of why it is important to review performance.</p> <p>Strengths and areas for improvement Information to inform future planning.</p> <p>Communication, leadership and organisation skills</p>	
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