



Subject: Physical Education

Intent

We aim to create the very best experience for all ability levels within Physical Education. We challenge students to reach aspirational levels in both skill and knowledge. We do this by building leadership qualities in the students, for example by leading peers in warm-ups and drills and learning to perform and speak confidently in front of others. We foster personal and social responsibility through sports education units in years 7 – 9. We facilitate this in a way that is inclusive and fun. For those relishing the challenge of competitive sport, it is achieved through competitions against other schools at local and regional levels.

Our curriculum at Holy Cross goes far beyond what is taught in lessons, for whilst we want students to achieve the very best examination results possible, we believe our curriculum goes beyond what is examinable. As a department we offer an outstanding and varied extra-curricular programme open to all students. The activities on offer and the range of competition levels we compete in develops our students' sporting abilities. From traditional sports such as football, netball and athletics to lifestyle activities such as HIIT training, boxing, cross-country, Surrey Cricket club, use of the fitness suite and track and field activities at the David Weir athletics track. This fully complements students' sporting commitments outside of school and in many cases allows the students to access sports academies (e.g. Wimbledon AFC, Cobham and Tiffin NC) and potentially move into a career in sports.

Our ethos in Physical Education strongly reflects the behaviours outlined in the Holy Cross PE department aims, particularly those of collaboration. Spiritual, moral, social and cultural development (SMSC) is a regular feature of PE lessons; students learn how to operate in teams and the etiquette associated with taking part in physical activities. Students are taught strategies to solve problems in how to outwit an opponent or design/choreograph a gymnastic/dance sequence. Subject specific vocabulary is used regularly and expected to be used accurately by the students.

As a knowledge-engaged curriculum we believe that knowledge underpins and enables the application of skills; both are entwined. As a department we define the powerful knowledge our students need and help them recall it by having a carefully planned curriculum that allows progression for all and allows the students in Year 9 and above to start to plot their own Physical Education development through pathway choices. The groundwork for these pathway choices is developed from the knowledge and skills students develop in Year 7 and 8.

At examination level we take on board the latest developments in education from the training days and teaching and learning directives. We incorporate initiatives designed to give the students the skills needed to gain the best possible grade. We help students recall knowledge by using self quizzes, exam question technique practice activities, quizzes, Kahoot, interactive and contextual activities, student-led starters and plenaries.



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We build the cultural capital of our students by providing opportunities for all, enabling them to be a 'doer of deeds'. This is achieved through whole school events such as inter house netball and football at lunchtime, vertical inter-house sports games, athletics day, sport days over a week. We look into opportunities to watch live international sport with the students and run sports match visits. We also run a sports committee that allows students at all levels to become leaders and organisers.

Further rationale behind our curriculum design includes the delivery of the curriculum to develop the whole child – a holistic approach. As a department our key focus is on the four benefits of being physically active: physical, emotional, cognitive or mental and social wellbeing. This is known as fit attitudes and values, fit to live, fit to perform, fit to lead and be part of a team and fit to think.

Implementation

Collaborative curriculum planning lies at the heart of what we do in the department. We are committed to a three-year plan of developing our schemes of work. Since 2018 we have been working on and continue to work on both KS3, KS4 and KS5 schemes of work. These are focussed on embedding challenge, metacognition, memory techniques, exam technique and literacy into our departmental curriculum.

We have a broad and balanced curriculum in Years 7, 8 and 9 and have developed greater choice for students as they move into Key Stage 4. In all lessons we embed core skills, knowledge, principles and self confidence across a broad range of activities. We strongly recognise the need to make PE fun and to foster a lifelong love of physical activity.

Impact

We know our curriculum is working in the Physical Education department in a number of ways. Firstly, student participation in lessons and their engagement in developing skills is very high. We do not have a problem with 'non doer's as almost all our students enjoy their lessons and enjoy coming to class.

We have high participation rates at extra- curricular sessions leading to teams winning competitions at both local and county level. As a department we are very successful in winning local borough competitions and that is one of the selling points to students selecting Holy Cross over other schools.

Our GCSE examination results are consistently above the national average, this is down to staff expertise and the positive learning environment we create in the classroom. We have attended GCSE and A level workshops and are able to give the students the most up to date and relevant learning experience.



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A level results have been excellent since 2019 with all students achieving at or above their ALPS predicted grades. For instance numbers on the A level course increased from 4 in 2017 to 13 in 2018. Year 13 in 2021 numbers are 22.

The Holy Cross Sports Committee is made up of sports prefects from each tutor class. These students (sports prefects) are happy and proud to help out coordinating teams and officiating at inter house competitions and sports day events. The A level PE students have been integral to the success of this initiative.

The PE offer is a crucial part of the student experience at Holy Cross. Inside and outside of the classroom, we live to learn and learn to live, fostering a life-long commitment to physical activity.