

# St Katherine's School PE Faculty



## Key Information

### Activities

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The information below is to make students and parents aware of the activities that students may participate in during PE lessons and how these activities are structured.

### Activities

- In PE students take part in a range of activities that can include but are not limited to:
  - Invasion activities: rugby, football, basketball, handball, netball hockey, Gaelic football, American football, tag rugby, lacrosse
  - Striking and fielding activities: rounders, softball, cricket, longball
  - Net / wall / target activities: tennis, table tennis, badminton, short tennis, volleyball, dodgeball, benchball
  - Aesthetic activities: trampolining, rhythmic gymnastics, gymnastics, dance, cheerleading, free running
  - Athletic activities: fundamentals, indoor athletics, outdoor athletics
  - Adventure activities: orienteering, problem solving challenges, ultimate Frisbee, street surfing
  - Health related activities: fitness, aerobics, step, sports acro, conditioning

### Curriculum & Groups

- Students are taught for hour long lessons. Currently in all years (7-11) students have 4 hours of compulsory PE per fortnight.
- Students studying BTEC Sport as an examination course in KS4 (years 10-11) will have more lessons in addition to their compulsory PE. In KS4 students will have 5 extra hours per fortnight (not all practical).
- Groups are either set on ability and on health and safety considerations or as purely mixed ability groups. This will depend on the timetable. Students are normally taught in single gender groups although there may be occasions where students are taught in mixed gender groups.

### Facilities

- Sports hall
- Gymnasium
- 7 tennis courts / 5 netball courts
- Grass pitches (2 x rugby / football, 1 x hockey, 1 x multi-use training area)
- Artificial cricket strip
- Computer room access for examination courses

## KS3 Curriculum Structure

- In KS3 students follow a set programme of study.
- Throughout years 7, 8 and 9 students participate in a variety of different sports and physical activities that make up the curriculum. These activities are studied in blocks of hour long lessons and typically a block of lessons will be between 6 and 12 hours.
- Activity blocks will normally run in line with school terms. For each activity block girls and boys will rotate indoor spaces (sportshall and gymnasium). In each activity block students will either be on an outdoor or an indoor activity.
- The PE teacher for each group will always make students aware of their activity and the kit they will need to bring for their lessons.
- The KS3 curriculum is show below. Please note that activities and blocks are always subject to change. Students will always be given the most up to date information in their lessons.

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>7 Girls</b>	Netball	Netball	Hockey (SH)	Hockey	Athletics	Athletics
	Short Tennis (SH)	Gymnastics (G)	Football	Dance (G)	Striking & Fielding	Striking & Fielding
<b>7 Boys</b>	Rugby	Rugby	Football	Football	Athletics	Athletics
	Gymnastics (G)	SH Athletics (SH)	HRE/HRF (G)	Basketball (SH)	Striking & Fielding	Outdoor Education
<b>8 Girls</b>	Netball	Football	Hockey	Hockey	Athletics	Striking & Fielding
	Dance (G)	Short Tennis (SH)	Sports Acro (G)	Badminton (SH)	Striking & Fielding	Tennis
<b>8 Boys</b>	Rugby	Rugby	Football	Football	Athletics	Athletics
	Short Tennis (SH)	Gymnastics / FR (G)	Basketball (SH)	HRE / HRF (G)	Tennis	Striking & Fielding
<b>9 Girls</b>	Netball	Netball Officiating	Hockey	Tag Rugby	Athletics	Striking & Fielding
	Badminton (SH)	Dance (G)	Basketball (SH)	HRE/HRF (G)	Striking & Fielding	Tennis
<b>9 Boys</b>	Rugby	Rugby	Football	Football	Athletics	Striking & Fielding
	HRE / HRF (G)	Basketball (SH)	Gymnastics / FR (G)	Handball (SH)	Tennis	Leadership (SH)

## **KS4 Curriculum Structure**

- In KS4 students typically follow a more flexible programme of study.
- Throughout years 10 and 11 students may experience some element of choice about the types of activity they wish to take part in during their core PE lessons.
- Over the course of 2 years we try to offer as broad a range of activities as possible while taking into account group preferences.
- The PE faculty reserves the right to deliver set lessons or to deliver a set programme of study should this be most appropriate for the group in question.
- The PE teacher for each group will always make students aware of their activity and the kit they will need to bring for their lessons.

## **Examination Sport Curriculum Structure**

- Students who opt to take examination PE in addition to their compulsory PE will follow a set programme of study tailored to the qualification they are taking.
- Students will be expected to take part in theory and practical lessons depending on the topic they are studying.
- The PE teacher for each group will always make students aware of when they will need to bring their kit for practical lessons.

## **Health and Safety**

- All teaching staff in the PE faculty at St Katherine's are all fully qualified and trained professional PE teachers. In addition to this all PE staff are first aid trained.
- All activities that students take part in during PE lessons are subject to ongoing and comprehensive risk assessment. This includes the equipment necessary for each activity.
- Where appropriate students will be provided with any compulsory personal protective equipment needed for particular activities that is not listed in the PE kit list.
- All facilities that students operate in during PE lessons are subject to ongoing and comprehensive risk assessment.