

## PE – Post 16

### **Rationale**

Taking part in PE and sport has been proven to have significant benefits for young people. As well as helping students to become more active and healthy high quality PE and sport can develop students' confidence and self esteem. Team working and wider personal and social skills are also developed. PE is delivered as a core subject at Priory Woods and this carries on into Post 16 provision. Pupils are actively encouraged to participate in at least 2 hours of physical activity a week and to improve their own performance and attainment.

### **Accreditation**

Aspects of PE are accredited through various AQA Unit Awards.

### **Key concepts**

#### **Competence**

- Developing control of whole-body skills and fine manipulation skills.
- Selecting and using skills, tactics and compositional ideas effectively in different types of physical activity.
- Responding with body and mind to the demands of an activity.
- Adapting to a widening range of familiar and unfamiliar contexts.

#### **Performance**

- Understanding how the components of competence combine, and applying them to produce effective outcomes.
- Knowing and understanding what needs to be achieved, critically evaluating how well it has been achieved and finding ways to improve.
- Appreciating how to make adjustments and adaptations when performing in different contexts and when working individually, in groups and teams.
- Understanding the nature of success in different types of activity.

#### **Creativity**

- Using imaginative ways to express and communicate ideas, solve problems and overcome challenges.
- Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.

#### **Healthy, active lifestyles**

- Understanding that physical activity contributes to the healthy functioning of the body and mind and is an essential component of a healthy lifestyle. Recognising that regular physical activity that is fit for purpose, safe and enjoyable has the greatest impact on physical, mental and social wellbeing.

### **Key processes**

#### **Developing skills in physical activity**

Pupils should be able to:

1. refine and adapt skills into techniques;
2. develop the range of skills they use;
3. develop the precision, control and fluency of their skills.

#### **Making and applying decisions**

Pupils should be able to:

1. select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts;
2. refine and adapt ideas and plans in response to changing circumstances;
3. plan and implement what needs practising to be more effective in performance;
4. recognise hazards and make decisions about how to control any risks to themselves and others.

#### **Developing physical and mental capacity**

Pupils should be able to:

1. develop their physical strength, stamina, speed and flexibility to cope with the demands of different activities;
2. develop their mental determination to succeed.

#### **Evaluating and improving**

Pupils should be able to:

1. analyse performances, identifying strengths and weaknesses;
2. make decisions about what to do to improve their performance and the performance of others;
3. act on these decisions in future performances;
4. be clear about what they want to achieve in their own work and what they have actually achieved.

#### **Making informed choices about healthy, active lifestyles**

Pupils should be able to:

1. identify the types of activity they are best suited to;
2. identify the types of role they would like to take on;
3. make choices about their involvement in healthy physical activity.

**Friday afternoon options** give Post 16 students a choice of leisure and sports activities which include: rebound therapy, ten pin bowling, Zumba, Muayti, rock climbing and sports and games with coaches from Sports Development.

### **CURRICULUM LINKS**

#### **PSHE**

##### ***Personal Wellbeing***

PE can raise students' aspirations and develop their ability to reflect on their own and other's strengths and achievements. They can gain in confidence

and self esteem.

**ENGLISH**

**Functional Communication**

**Interacting With Others** - The students are provided with opportunities to develop skills and interact in a meaningful and purposeful way.

**MATHEMATICS**

***Applications and Implications of Mathematics***

Students will have opportunities to develop and apply their mathematical skills to real life situations, e.g. adding up scores or measuring lengths in Boccia.