



SUBJECT SUMMARY: Aims and Objectives for...PHYSICAL EDUCATION

PE is a compulsory subject for all pupils and they all have access to 4 hours in KS3 and 3 hours in KS4 of high quality PE per fortnight. Pupils may choose PE as a GCSE option in Year 10 which gives them an additional 5 hours per fortnight.

The PE department are very passionate about their subject and believe that there is a sport for everyone. We offer a very broad and varied curriculum to give pupils what we believe the best start for leading a healthy and active lifestyle.

Students study many sports and theoretical aspects of PE over their 5 years at Acle. Regardless of whether they take PE as a GCSE PE option they all get the opportunity to gain additional qualifications through the JSLA, JFO and JNO awards in Year 10. Students also have leadership opportunities through the Sports Partnership and have an annual Leadership Academy at the UEA.

By the time they leave school, students will have a good foundation of knowledge and skills that will allow them to make informed choices about their health; well-being and what sports are available to them. We hope they leave with a passion for sport and an enthusiasm to lead a healthy, active lifestyle.

As well as a broad curriculum students also have many extra-curricular opportunities. These include lunchtime and after school clubs such as football, rugby, netball, table tennis, dance and gymnastics. All year groups compete with other schools in various formats. These include district leagues, district cups, county and nationals clubs in many sports such as football, rugby, tennis, cricket, athletics and crosscountry.

KEY STAGE 3:



Year 7 Outline: Year 7 study a broad and varied curriculum regardless of gender. We believe that in year 7 students should experience as much of a variety of sports as possible. The units covered in year 7 are:

- Football
- Netball
- Tag Rugby
- Gymnastics
- Dance
- Tennis
- Rounders
- Athletics
- Inter-form competitions

Year 8 Outline: Year 8 is aimed at building on the knowledge of year 7 and developing students' skills and tactical understanding. Students in year 8 get a choice of their invasion game and some new units in the summer term. The units covered in year 8 are:

- Netball /Hockey/Rugby
- Gymnastics
- Dance
- Tennis
- Rounders
- Athletics
- Cricket
- Inter-form competitions
- Outdoor adventure activities
- Table tennis

Year 9 Outline: Year 9 is about solidifying students' skills in build up to KS4. Students are provided with a 'pathway' which is best suited to their needs and this pathway varies in its activities. Units covered in year 9 are:

- Netball
- Hockey
- Football
- Rugby
- Gymnastics
- Dance
- Tennis
- Rounders
- Athletics
- Cricket
- Inter-form competitions
- Table tennis



KEY STAGE 4:

Subject Available Summary:

GCSE PE:

Acle Academy follows the Edexcel exam board in GCSE Physical Education. It is designed to help students develop their knowledge and practical skills in a range of physical activities. It examines many of the theoretical aspects of PE and how this impacts on the body.

Key features of Edexcel GCSE in Physical Education:

- 30% practical focus which includes one piece of coursework
- 70% one exam with a choice of questions, including multiple choice, short and long answers

Year 10 Core PE: Year 10 core PE focuses on leadership and provides students with the training to become confident and competent Young Leaders. Pupils also get the opportunity to gain additional national recognised qualifications including the Junior Sports Leadership Award. Units covered in year 10 include:

- JSLA
- Football Education
- Netball Education
- Rugby Ed
- JFO
- NFO
- Leadership Centre
- Sports Science
- Paralympics
- Inter-form football
- Inter-form netball
- Inter-form dodgeball
- Cricket
- Tennis
- Rounders Education

Year 11 Core: Year 11 core PE is focussed on building some of the more advanced tactical understandings and strategies within certain sports. It is also used to help students gain the confidence and understanding to officiate certain sports. We hope in year 11 to build a passion for sport so that students continue to be involved post 16. The units covered in year 11 include:

- Lacrosse
- Tennis Ed
- Rounders Umpiring
- Leisure Centre
- Hockey
- Netball umpiring
- Football officiating

ACLE ACADEMY CURRICULUM OFFER – KS3 & KS4 SUBJECT



- Aerobics
- Fitness
- Football Education
- Netball Education
- Rugby Ed