



**Cardinal Newman**  
CATHOLIC SCHOOL



## Our aims and ethos **KS3 PE**

Within the Cardinal Newman PE Department we aim to develop students' physical talent and understanding of movement and wellbeing, and their ability to use these to perform in a wide range of physical activities, either individual or group activities, associated with the development of an active and healthy lifestyle. We also aim to develop students' confidence and broad skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the development of positive values and attitudes in PE, provide a good foundation for students' lifelong learning.



All students will experience 4 hours of high quality PE per fortnight (Yr9 2 hours per fortnight), allowing students to become a competent performer. We aim to give our students a broad and balanced curriculum that accurately matches their needs and the requirements of the National Curriculum. From Year 7 students are analysed in a variety of skill contexts allowing the department to see which sports all students will be best suited to and giving all students the opportunity to achieve in new sporting areas. From here, all students in Year 7 experience the same curriculum and then in Years 8 and 9, they specialise in activities designed to maximise their progress. The Department uses assessment criteria and sport specific criteria to help identify the student's areas of strength and weakness to ultimately report

their progress against expected outcomes. A variety of strands are considered and these are: technique, skill application in the sporting environment, tactical awareness, ability to evaluate and analyse as well as health and fitness.

County Champions - Basketball



## **KS4 - GCSE PE and BTEC Level 2**

There is an examination based GCSE course for students with

a keen interest in sport in years 10 and 11, allowing them to become advanced performers. GCSE (9-1) PE includes the compulsory study of: Applied Anatomy and Physiology, Physical Training, Sports Psychology, Socio-Cultural Influences and Health, Fitness and Wellbeing. Alongside this are the practical skills of PE which are examined via the practical assessment within school.

We also offer BTEC Level 2 which is a demanding theory based course which includes some practical elements. The course provides you with the necessary skills and knowledge to work or study at higher levels in the sports industry, and looks at the aspects of coaching and support required for sports performance.

Students who decide not to take physical education will still complete two hours of high quality competitive PE during years 10 and 11.



## KS5 - Cambridge Technical

Students who opt to study our subject can become an expert in the field of Physical education. The course covers a wide range of topics related to Physical Education. The

content of the course includes; Applied Anatomy and Physiology, Sport in Society and Technology in Sport to name a few. Those who have a genuine interest in PE, and the current climate of sport will find this course incredibly informative and enjoyable. The course leads students onto sports science, physiotherapy, P.E. teaching, personal training, sports development and management, as well as professional sport. This qualification can also help you to access university courses including Sports Science, Nutrition, Sports Marketing, Teacher Training, Performing Arts, Dance and Psychology.



## Extra curricular

We enthusiastically encourage all students from all key stages to partake in extra curricular clubs from a range of different areas to ensure a range of skills are being developed. Students are encouraged to pursue their interests and follow their passions by taking up the many extra-curricular activities on offer. Our extra-curricular programme is central to being part of the school community as well as having the opportunity to represent the school in both intra and inter school fixtures. We firmly believe this enriches and

broadens the educational opportunities open to all students.



## The Department (and their favorite sport):

- \* Head of PE - Mr Adams  
*Football and Hockey*
- \* Deputy Head of PE - Mr Emmett  
*Football*
- \* Mr Billington  
*Rugby*
- \* Mr Gale  
*Volleyball*
- \* Ms Murphy  
*Triathlon, Netball and Gaelic*
- \* Ms Palmer  
*Rugby and Boxing*
- \* Mr Piotrowski  
*Football*
- \* Mrs Slawinski  
*Netball*
- \* Ms Topa  
*Dance*