



Saint Cecilia's

Church of England School

"Glorifying God through outstanding, enjoyable education"

Physical Education

Our PE department prides itself on providing an active, varied and challenging curriculum where all students can succeed. We have four members of highly qualified teachers who deliver a PE programme that embeds the key concepts and key processes as outlined by the PE National Curriculum.

Learning and undertaking activities in physical education contribute to achievement. The curriculum aims for all young people to become:

- Successful learners who enjoy learning, make progress and achieve.
- Confident individuals who are able to live safe, healthy and fulfilling lives.
- Responsible citizens who make a positive contribution to society.

There are a number of key concepts that underpin the study of PE. Students need to understand these concepts in order to deepen and broaden their knowledge, skills and understanding.

Competence

- Selecting and applying skills, tactics and compositional ideas effectively in different physical activities.

Performance

- Having a desire to achieve and improve.
- Being willing to take part in a range of competitive, creative and challenge type activities, both as individuals and as part of a team or group.

Creativity

- Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.

Healthy and active lifestyle

- Understanding that physical activity contributes to the healthy functioning of the body and mind and is an essential component of a healthy lifestyle.

At Saint Cecilia's we use key processes (essential skills) which pupils need to learn to make progress:

1. Developing skills
2. Making and applying decisions
3. Developing physical and mental capacity
4. Evaluating and improving
5. Making informed choices about healthy and active lifestyles

Our vision for PE is that all pupils should experience challenging, engaging and structured lessons which, in turn, will inspire them to enjoy and commit to lifelong participation in physical activity and sport.

In Year 9

Pupils will experience a taster lesson as a feeder to GCSE PE. This theory lesson will provide students with an insight into the course offered at Key Stage 4 and enable students and staff to make informed decisions about which course is suitable for individuals.

There are also many extra-curricular sports clubs offered by the PE department. Regular attendance at these clubs will improve performance and progress in PE and also provide opportunities for students to represent Saint Cecilia's in our various sports teams.

Key Stage 4

PE is a core subject. This means that all pupils will get at least two hours a week of PE until they leave at the end of Year 11. There is one PE option at Key Stage 4, GCSE PE.

GCSE PE

In order to progress on to the GCSE PE course, pupils must show a good attitude to learning and commitment to participation in PE and school sport.

Key Stage 5

Saint Cecilia's runs A Level PE at Key Stage 5. A level PE is widely accepted by many universities. The course is 70% theory and 30% Practical. The course is highly scientific and academic.

Underpinning all our curriculum work is our extra-curricular programme. We currently offer each team representing the school in the major school sports training one week followed by a match the following week. Our home games take place at Barn Elms Sports Centre.

Our teams are highly competitive and have been supported by three tours in the last four years which are highly attended. These have been to Barcelona and Malta.

The teams we produce mirror the curriculum offer in our main sports which are underlined on the table below. However, this is not exclusive and we do also offer teams in tennis, basketball and gymnastics.

KEY STAGE 3 CURRICULUM ACTIVITIES	
Boys PE	Girls PE
Football	Netball
Rugby	Hockey
Basketball	Basketball
Gymnastics	Football
OAA – orienteering	Gymnastics
Fitness	OAA – orienteering
Athletics	Fitness
Tennis	Dance
Cricket	Tennis
Badminton	Rounders
Soft Ball	Athletics
Dance	Trampolining
Trampoline	Badminton
Handball	

PE Fixtures and Protocol

Pupils have to meet certain academic conditions in order to be part of a school team. It is of the utmost importance for the school to have an updated email address from parents/carers and a mobile/emergency number.

Many of our pupils represent the school with distinction, winning various cups and many borough events. It is a source of great joy for many of the pupils. Representing the school is an honour and it is treasured by our pupils with pride in the values that we instil at Saint Cecilia's. Discipline, teamwork, rigour and competitive spirit are all key elements to us, along with the most important of them all, fun!