

#### **The Department**

Physical Education at Freman College is a popular subject delivered by an experienced, well-qualified and high-profile department. The department is based in our fantastic sports hall built in 2013 which includes a four court sports hall and changing rooms, a fitness suite, two dedicated PE classrooms and two ICT Suites as well as a department office and ample storage. In addition the department also benefits from excellent outdoor facilities - two large playing fields, three outdoor netball courts as well as access to a community run flood-lit multi games area and an indoor 25 metre swimming pool. We will also be adding a new 3G football pitch to our facilities very soon.

There is a strongly collaborative and supportive approach within the department. Regular weekly briefings and the sharing of good practice within our purpose built office space makes it a particularly welcoming environment for teachers who enjoy working as part of a team. All members of the department teach across the age and ability range.

#### **The Curriculum**

##### **Year 9**

There are ten classes, each of which has four hours of PE per two week cycle. Year 9 forms the basis of skill development as well as competitive experience. There are a wide range of activities on the curriculum such as swimming, trampolining, health related fitness, badminton, athletics, rounders, cricket, hockey, netball, rugby, table tennis, badminton, football and basketball.

##### **Key Stage 4**

In Years 10 and 11 all students continue with three hours of Core PE per two week cycle. The focus at Key Stage 4 Core PE is very much on fitness for lifelong participation therefore, students choose from option 'routes' to find activities which they may wish to pursue post 16.

The Cambridge National qualifications in Sports Science and Sports Studies are very popular within the college. Presently the college boasts two Year 11 sports science as well as two sports studies groups and in Year 10 two sports science and three sports studies groups. A number of students opt for both subjects at key stage 4. These courses are well established and students very regularly exceed their target grades to gain the levels of Merit, Distinction and Distinction \*.

##### **Sixth Form**

In both the Lower and Upper Sixth we offer A Level group and Cambridge National as a single A level equivalent as well as group taking the triple A level equivalent. We follow the AQA specification for A Level PE and both A Level PE and the Cambridge National courses are popular in the college sixth form. The department has achieved strong results for many years with many of our students progressing from these courses into sports related careers. Strong links with exam boards and examining expertise inform the department's teaching and planning.

#### **Additional information**

Planning is collaborative with schemes of work in place for colleagues to follow. CPD will often take place in-house, usually led by the head of department/second(s) in department to share ideas and develop teaching and learning. The department also benefits from members of staff with a wealth of experience in both exam board work.

The department makes a considerable contribution to the extra-curricular life of the college. House matches in a range of activities are played every half term as well as lunchtime and after school clubs. Success at district, county and on occasion national level are regular occurrences for the college teams reflecting the high level of staff commitment. PE staff are also instrumental in the organisation of ski trips, netball tours, The Duke of Edinburgh Award and various trips to international sports fixtures.