

Physical Education

Introduction

Recent developments in the school have provided us with superb sporting facilities at Bishop Wand. Our swimming pool has been extensively re-developed and our floodlit Astro-turf pitch provides a wonderful facility that can be enjoyed whatever the weather. Added to these wonderful facilities are our modern fitness suite, sports hall and dance studios as well as the new gymnastics centre.

Curriculum Information: Key Stage 3

The units of study for Key Stage 3 are outlined below:

Year 7	Year 8	Year 9
Netball	Netball	Rugby
Football	Football	Football
Swimming	Swimming	Swimming
Gymnastics	Gymnastics	Dance
Rugby	Rugby	Basketball
Handball	Handball	Striking and Fielding
Basketball	Basketball	Badminton
Hockey	Hockey	Hockey
Dance	Dance	Gymnastics
Striking and Fielding	Striking and Fielding	Fitness
Athletics	Athletics	Athletics
Tennis	Tennis	Tennis

Curriculum Information: Key Stage 4 Core

All students receive three lessons per fortnight in Year 10 and Year 11.

Students study sports similar to Key Stage 3, with the addition of Sports Leadership Awards, Water Polo and Lifesaving

Curriculum Information: Key Stage 4 GCSE PE

The units/areas of study for Key Stage 4 are outlined below:

Unit 1
Knowledge and Understanding for the Active Participant – this is the theory aspect of the course and accounts for 60% of the grade. Students learn about anatomy and physiology, movement analysis, training, sport psychology, health fitness and wellbeing.
Unit 2
The Active Participant – this is the practical aspect of the course and accounts for 40% of the grade. Students are assessed as a performer in 3 sports.



Curriculum Information: Key Stage 4 GCSE Dance

GCSE Dance is an option at GCSE with an excellent record of results. We are now teaching the new AQA GCSE Dance Specification. Students study a variety of professional dance works; complete a written paper as well as devise, create and produce their own choreography.



Curriculum Information: Key Stage 5 (A-Level PE)

Unit 1
A two year A-level studying principles and concepts across different areas of Physical Education. Students learn about Applied Anatomy and Physiology, Exercise Physiology, Biomechanics, Skill Acquisition, Sport Psychology and Sport and Society.
Unit 2
Practical Sport - this is the practical aspect of the course and accounts for 30% of the grade. Students can be assessed as a performer or coach in one sport.

Curriculum Information: Key Stage 5 (Sport)

Unit 1
Anatomy and Physiology Unit - learners study the skeletal system, the muscular system, the respiratory system, the cardiovascular system and the energy system for sports performance
Unit 2
Fitness Training and Programming for Health, Sport and Well-being Unit - Learners interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations.

Unit 3
Professional Development in the Sports Industry unit - Learners will research the different possible careers and the associated job roles in the sports industry, then action plan your development towards achieving a selected career aim
Unit 4
Sports Psychology unit - you will look at team and individual psychological factors that can influence performance, the psychological aspects of environments that sports are played in and the influences that others can have on performance.

Extra-Curricular Activities

The Physical Education Department offers a wide range of clubs and teams that students can get involved with at a recreational level and at a school representation level. We run teams in football, netball, rugby, basketball, cross country, athletics, swimming, rounders, cricket as well as opportunities to perform in dance events.

