



Physical Education Curriculum

"If you don't take care of your body, where will you live?"

Overview

Physical Education at St Wilfrid's requires students to think not only about how they perform with regards to the techniques and tactics they employ, but about activity as a whole. What sports might motivate them and will they have the skills and knowledge to continue in a lifelong journey of active participation after their school years?

Key Stage 3

In the lower school years, Physical Education is taught as a 'core' subject, in both mixed and single gender groups. Activities offered are across a range of criteria to reflect National Curriculum requirements as well as logistical and philosophical considerations. We offer a combination of indoor and outdoor activities, major games, net games, aesthetic pursuits, fitness and athletics. Students are assessed on generic criteria such as their ability to outwit opponents and to create innovative sequences of movement. They are encouraged to reflect on activity as part of their lifestyle choices.

Key Stage 4

In this age bracket we continue as above in core PE but focus increasingly on actually playing sports, including innovative and alternative ones. Furthermore the students are offered the use of facilities at K2 each fortnight in Year 11. This enables a wider range of activities to be experienced and introduces the students to their own Leisure Centre in Crawley.

We offer both GCSE and Btec option courses at Level 2 (KS4). GCSE follows an academic route, with 40% of marks awarded for a final exam and 60% comprised of 4 different practical sports. Btec pursues a similar body of knowledge but all with a vocational overlay. Four units are taken over the 2 years, including a 2 sport Practical unit. There is a one hour online exam in Year 10 but other units are taught as coursework.

Key Stage 5

Physical Education currently offers Btec Sport Level 3 at this age group, equivalent to one A level. Five units are taught over 2 years, including Anatomy and Physiology, Sport and Culture and Psychology of Sport.

Subject Leader: Mr N Turner