

Year 7 - 11

Head of Department: Miss T Graham

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We Value:

Students who are energetic and passionate about Sport, we also value students who are open minded and are able to apply themselves across the broad spectrum of physical activities we offer over the years. We highly value sportsmanship which runs much deeper than just fair play. Supporting team mates and helping each other to make progress is the mark of a true team and is the sign of an excellent person. Excellence in sport is promoted and students will be challenged to aspire to be the very best they can be at an activity and every lesson is an opportunity to apply your talents and craft them into lifelong skills both physically and mentally. We value resilience and how students take on the challenges they face and we will nurture them to build a growth mind set where they can solve problems head on and effectively. We value and promote leadership and the opportunity to take on responsibility in lessons where you may learn the values of working with others, developing confidence and build on your personality. We value your health and well-being and the enjoyment sport can bring to students while allowing them to engage socially and improving their physical health.

We cover a range of activities throughout the years and enough variety of activities to cater for everyone's needs, the curriculum expands beyond sport and other areas of physical activity will also be explored. Every year builds upon the next so that students may revisit topics and apply hard work and practice into activities so that they may become better and better over the years. Alongside this, students will have learnt the full GCSE examination syllabus before they begin in year 10 maximising their understanding of what is required of them to be successful in a PE GCSE and giving them the best opportunities to be successful at this qualification. Throughout the year we will regularly inform students of their grades and the progress they are making so that they may be well informed of how best they can apply themselves to improve.

We offer these Opportunities:

In Physical Education you have the opportunity to experience a broad curriculum of many sports student would not be able to do outside of school as well as the support to follow your passions and the challenge to be the best version of yourself.

In **Year 7** students are introduced to a number of sports with a variety of experiences within Physical Education. Students are introduced to effective warm up and cool down techniques and introduced to the basics of how the human body works. Baseline fitness assessment are taken where students will be given the opportunity to test their capabilities where they can then strive to develop these over the years.

In **Year 8** the skills we learn in year 7 are built upon and developed further. Students are given the opportunity to revisit some of the activities to look over their skills and see how they can make more progress to be better at what they do. Students will be given more ownership on their own learning as they learn to analyse and review skills with a view towards making progress on how they are able to perform in sport. They will also be further introduced to the GCSE curriculum with some of the content being delivered in lessons as a taster.

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In **Year 9** our students are given the opportunity to work towards selecting GCSE PE as an option where they are able to take additional PE lessons in the week at GCSE level to better prepare them for the following years and giving them a thorough taster into what GCSE PE is like and whether they wish to take the subject in their later years at school. These students are treated as GCSE students and are given expectations to push themselves within the practical and theoretical elements of the GCSE curriculum. All Year 9 students take part in core PE where they are given many experiences within practical and have a number of physical activities covered.

In **Year 10** students are selected as option block students here students can go down two pathways their first option is to undertake a Sports Science level 2 BTEC qualification. This is a more applied course where students who find the exam and performance elements challenging can better apply themselves through coursework and practical scenarios where they can apply their abilities in a project such as sports leading. Secondly students can take the GCSE which is a more academic course. The content in this subject is very challenging but the diversity of it is thoroughly interesting and with so many ventures students are well prepared for many career options within sport from Health and Fitness to Sport Psychology

In **Year 11** students bring together all their learning from previous years. Students at this stage are well prepared for their examinations and are challenged with some of the more complicated aspects of the curriculum. Practical sport skills play a key part of the week where they are challenged to deliver under pressure and are pushed to apply their knowledge in realistic and relevant scenarios. The ability to apply their knowledge is crucial for their success therefore these skills are built up all year by engaging in practical scenarios of their qualifications.

Our Successes:

- Sports Science level 2 BTEC has continually had outstanding results over the last 3 years.
- GCSE PE secured an excellent set of results last year.