



PE DEPARTMENT

The PE Department comprises of six full time and two part time members of staff. Our facilities allow us to offer a wide range of activities and courses to students and ensure a high quality PE programme is run.

PE is a popular subject at the school and we offer an extensive extra-curricular programme for students to participate in.

Prince Henry's is a member of the Sainsbury's School Games network, holding a Platinum Sports Kitemark, and is also a Youth Sports Trust Champion School.

We run the following courses:

- Core lessons at KS3 and KS4
- KS5 PE
- GCSE PE Full Course
- A Level PE
- BTEC SPORT (Level 3)

KEY STAGE 3

Students receive four 60-minute lessons over two weeks. Each unit of work is approximately covered over a 4-week block. Students are assessed by staff on a regular basis, as well as taking part in peer and self-assessment. Students are taught in single sex, mixed ability groups.

Activities students follow:

- **Girls:** Netball, Hockey, Dance, Gymnastics, Athletics, Rounders, Orienteering, HRE, Table Tennis, Cricket, Tennis and Badminton.
- **Boys:** Football, Rugby, Orienteering, Basketball, Athletics, Tennis, Hockey, Softball, Table Tennis, HRE and Cricket.

KEY STAGE 4

Core Physical Education

Students receive four 60-minute lessons over two weeks in Year 10 and three in Year 11. These lessons cover a range of activities, each unit lasting approximately 4 weeks. More emphasis is placed on students at KS 4 to lead and evaluate performance through Sport Education. Students are taught in single sex groups. In the last term of Year 11 students are given options and play tournaments.

Activities students will follow:

- **Girls:** Hockey, Netball, Badminton, Orienteering, Table Tennis, HRE, Tag Rugby, Trampolining, Volleyball, Rounders, Basketball Athletics, Tennis and Cricket.
- **Boys:** Rugby, Basketball, Football, Orienteering, Athletics, Cricket, HRE, Softball, Hockey, Dodgeball, Tennis, Badminton and Table Tennis.

GCSE PE Full Course (AQA)

We currently run this course as an option from Year 10 as a two-year course. Students are taught in mixed gender and mixed ability teaching groups in Year 10 and Year 11. We follow the AQA syllabus, which consists of 40% practical and 60% theory. The course is structured so that students receive five lessons over two weeks (one practical and four theory-based lessons). Three practical activities must be selected by students to be assessed in over the two-year course. These are assessed as a performer, and must consist of at least one individual and one team activity. A final moderation of practical marks takes place in Year 11. Students' progress is monitored through a series of unit tests and regular homework, as well as sitting internal exams in Year 10 and Year 11. The course culminates with two GCSE exams and one written piece of coursework.

KEY STAGE 5

We offer Sixth Form games on a Wednesday afternoon for Year 12 and 13. Students either participate in competitive sport - Rugby, Football, Cricket, Hockey and Netball or can take part at a recreational level and use the Prince Henry's sports facilities to partake in activities of their own choice. Alternatively, external coaches offering activities such as Pilates and Dodgeball are also available if the demand is there.

A-Level PE (OCR)

We currently follow the OCR syllabus and run this as an option for Year 12 and 13. Students are taught in mixed gender and mixed ability groups in Year 12 and in Year 13. Assessment is split 30% practical and 70% theory. Students receive nine hours of lessons over a two-week timetable. In Year 12 & Year 13, the practical is assessed in the form of an oral talk and performing in one activity. The practical is predominantly out of lesson time and responsibility is placed on students to organise their own practical assessments.

Students are examined in Year 13 with three exams at the end of the course.

Units Studied:

- Applied Anatomy and physiology
- Exercise physiology
- Biomechanics
- Skill Acquisition
- Sports psychology
- Sport & society
- Contemporary issues in physical activity and sport
- Practical performance & evaluation of performance for improvement.

BTEC SPORT (Extended Certificate)

This is an option subject for Year 12 and 13 students and is an alternative qualification to A Level PE. Students are taught in mixed ability groups in Year 12 and in Year 13. The course comprises of four units, which are taught across the two years. Students receive nine hours of lessons over a two-week timetable. Students are assessed through a combination of external exams and internal assignments.

Units studied:

- Anatomy and Physiology
- Practical Sports Performance
- Fitness training and programming for Health, Sport and Well-being
- Professional development in the sports industry

SUPER CURRICULUM

Students in Year 9 will be given the opportunity to taste unfamiliar sports in their PE lessons during the super curriculum. The girls will experience some contact rugby and football, whilst the boys will take part in gymnastics and netball. The activities will be designed to challenge gender stereotyping in sport and provoke students to challenge their own misconceptions.

EXTRA CURRICULUM

There is a wide range of provision for enrichment and extra-curricular activities both at lunchtime and after school. We offer both recreational and competitive clubs. The school competes regularly in fixtures against other local schools in a range of sports, but in particular Rugby, Football, Cricket, Hockey, Netball, Athletics and Rounders. We have produced many successful teams and individuals that have won competitions at District, County, Regional and National levels and we are very proud of all of these sporting achievements. Prince Henry's also hold inter-form and house competitions throughout the year and have popular recreational clubs for boys and girls, such as the health and fitness club.

This is all possible because Prince Henry's boasts excellent facilities which include: a Sports Hall; a full size floodlit all weather pitch; five Tennis courts; three outdoor and one indoor Netball courts; an indoor Gymnasium; two Rugby pitches; two Football pitches; an Orienteering and Cross Country course; indoor and outdoor Basketball courts; and a Fitness Suite which is used in lessons and for extra-curricular sessions.