

National Curriculum Reference

Subject: P.E.



CULCHETH
HIGH SCHOOL
THE BEST THAT WE CAN BE

Key Stage 3

By the end of key stage 3, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study.

Pupils should be taught to	At Culcheth High School, this is taught
use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, and rugby]	Taught throughout the school year on a carousel basis (due to facility constraints), with the only exception to this being in the summer term when all students are taught striking and fielding activities.
develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]	Athletics is taught to all students in the summer term. Our gymnastics offer is delivered through the activity of trampolining, which is again taught throughout the school year, to one class at a time on a carousel basis.
perform dances using advanced dance techniques within a range of dance styles and forms	Taught as part of our carousel of activities during the winter and spring terms.
take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	We teach orienteering as our outdoor and adventurous activity offer, spread throughout the winter and spring terms. This is delivered at various key points in the year when we experience restrictions on our access to facilities, for example, during the Pre-Public Examination or public examination series.
analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	This is delivered through all activities as part of our assessment procedures. Students record their individual activity assessments in their planners, and through

	self-assessment guide their own performance improvements towards the achievement of the Youth Sport Trust's "My Personal Best" life skills.
take part in competitive sports and activities outside school through community links or sports clubs.	Delivered through our extra-curricular offer of lunchtime & after-school clubs and inter-school fixtures. Clubs are open for all students in school to attend, and school teams are then selected on a merit basis from those who attend the club

Key Stage 4

By the end of key stage 4, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study.

Pupils should be taught to	At Culcheth High School, this is taught
use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, and rugby]	Taught throughout the school year on a carousel basis (due to facility constraints), with the only exception to this being in the summer term, when all students are taught striking and fielding activities. Students opt into studying three of these activities, each on a half-termly basis.
develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]	Athletics is taught to all students during the summer term. Trampolining continues to be our gymnastics offer which is again taught throughout the school year, to one class at a time on a carousel basis. Dance is an activity that students can opt into being taught, on a class-by-class basis, during the winter and spring terms.
take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Due to a lack of amenities in the local area, outdoor and adventurous activities are not explicitly taught in KS4 PE lessons. Students do, however, have the opportunity to participate in the department-led ski and water sports trips, in which priority for involvement is given to KS4 students.

<p>evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p>	<p>This is delivered through all activities as part of our assessment procedures. Students record their individual activity assessments in their planners and use activity-specific assessment criteria to guide their own performance improvements towards the achievement of their personal best.</p>
<p>continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Delivered through our extra-curricular offer of lunchtime & after-school clubs and inter-school fixtures. Clubs are open for all students in school to attend, and school teams are then selected on a merit basis from those who attend the club.</p>