

Key Stage

1

PE - Key Stage 1

Children will develop fundamental movement skills, becoming increasingly competent and confident, individually and with others.



Balance

Children will demonstrate their understanding of balance in games as well as during yoga and gymnastic sessions.

Agility

Children will master basic movement skills and be able to participate in team games



Co-ordination

Children will learn to throw and catch in several different games and scenarios.

Attacking and defending

Children will participate in competitive games to develop simple tactics for attacking and defending. Children will learn to compete against their own personal best and as a team.



During their time in KS1 the children will develop competence to excel in a broad range of physical activities.



AGILE

Children will develop their flexibility, strength, technique, control and balance through gymnastic floor and apparatus work.

Pupils will be able to master basic movements including running, jumping, throwing and catching.



Self-regulation

The ability to monitor, evaluate and self-correct



Annual Sports Day

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PE - Lower Key Stage 2

Key Stage

2



HARD WORKING



Children will continue to develop on the skills learnt in KS1 by developing an understanding of how to evaluate and improve their own performance. Lessons will start to focus and challenge the children's ability to lead and be a team player.

Skills

The children will be able to demonstrate how the basic skills learnt in KS1 transfer into different sports, for example football, rugby, hockey and tennis



Tactical knowledge

Pupils will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.



Children should enjoy communicating, collaborating and competing with each other in order to improve individual and team performance



Striking and fielding

Children will develop their co-ordination, throwing and catching to learn sports specific skills such as, the long barrier and batting techniques.



By the end of Year 4, pupils should be able to perform dance routines from memory and perform all elements in the correct order

After every unit of work the children take part in competitive games between 'houses' culminating in a house champion at the end of the year.



Big Health and Happiness Week

Our primary phase students get to take part in a variety of fun activities each October to show off their skills and resilience.

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Strictly
Northampton



PE - Upper Key Stage 2

AGILE



Children take part in a range of games that require them to problem solve and use skills learned in other sports and competitive scenarios.



We transfer our fundamental skills into competitive sports, such as; football, rugby and hockey.



Competitive skills

Children can analyse their individual and team performance highlighting areas of strengths and weaknesses.

Develop flexibility, technique, control and balance

- Through gymnastics and athletics

Pupils will perform a range of balances with a high level of control and accuracy

ANALYSING



Children learn to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

During upper KS2, children will advance their skills in cricket and rounders and will be able to aim for a space when hitting the ball.



Sporting events: Children are given the opportunity to take part in a sporting event through Northamptonshire sport, NTSSF or the CCS Active school partnership. EVERY child in KS2 will be given the opportunity to represent their school each academic year.



Leadership

By the end of Year 6, pupils will be able to give advice and coaching to other pupils as well as play in a set position.

Outdoor adventurous activities

Pupils will learn to read a wide variety of map symbols and use a compass when following a given route

Extra-curricular clubs: Pupils are encouraged to take part in at least one club



We celebrate our sporting success with an annual sports award evening, honouring the excellent performances and achievements of our students throughout the academic year.

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PE - Key Stage 3

Key Stage

3



Linking in with GCSE learning and the different aspects of how body systems work together for us to move.

Skills

Students will acquire basic skills and perform with consistency and accuracy. They will also develop complex skills and apply them under pressure in games activities.

Risk taking



Leadership

Leading others in warm-ups, drills and group choreography. Taking on the role of captain, coach and official.



Outdoor and adventurous activities



Tactical knowledge

Developing an understanding of strategies for outwitting opponents

Linking to competitive sports such as: Football, Rugby, Hockey and more...

META-THINKING



Strategy planning

The ability to approach new learning experiences by actively attempting to connect it to existing knowledge or concepts and hence determine an appropriate way to think about the work.



Year 8 and 9 Sports Tour to Dublin

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Linking to Gymnastics, Trampolining and Dance

Analysis

Observing and analysing and giving feedback to others to improve performance



PE - Key Stage 3



Knowledge & Understanding

Of rules in different sports, how to work out and exercise safely, key skeletal and muscular groups and types of training

Determination & Resilience

Demonstrating an eagerness to try hard and overcome any obstacles that present themselves.



REALISING

Speed and accuracy -

Working with speed and accuracy when using key terms for body parts

Enquiring



Health & Fitness

How to live a healthy, active lifestyle



Netball trip to watch International Teams



Annual Sports Days



Empathetic

Working together in a team



Extra-Curricular opportunities

Making the most of the many clubs on offer during lunch times and after school.



Local and national competitions

Our students are provided with a wide variety of opportunities to take part in various international competitions in an array of sports



Positively respond to failure



Sports Award Evening

We recognise the wide variety of sporting achievements both inside and outside of school at our biennial Sports Awards evening.

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Core PE - Key Stage 4

Key Stage

4

PE in Year 10 and 11

At the end of Year 9, students will choose their GCSE options. PE is a mandatory option for all students, however, they also have the option to study GCSE PE using the Edexcel Syllabus.



Core PE

In Year 10 and 11, students will cover a range of activities including Games, Athletics, Orienteering, Dance, Fitness and more.



The focus in these lessons is on enjoyment and developing a desire for life long physical activity.



META-THINKING

Self-regulation

The ability to monitor, evaluate and self-correct

CREATING

Adapting rules and practices to create new versions of games.



Annual Sports Days

Extra-Curricular activities

Students are provided with a variety of sports clubs, both during lunchtime and after school.



Perseverance



Local competitions including Netball, Football and Rugby tournaments. Player of the match after each game to provide students with a sense of achievement.

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GCSE PE



GCSE PE

As part of GCSE PE, students will develop skills in three different activities of choice, including a combination of team and individual sport.



Year 10 Ski Trip to Italy



Meta-cognition

The ability to knowingly use a wide range of thinking approaches and to transfer knowledge from one circumstance to another.

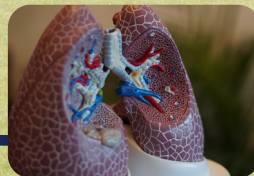


As part of GCSE PE, students will explore a variety of topics linking to the human body and cultural issues surrounding sport, including:



Big picture thinking

- Musculoskeletal System
- Cardiovascular System
- Respiratory System
- Movement Analysis
- Physical Training
- Drugs in Sport
 - Injuries
- Health & Well-Being
- Sports Psychology
- Socio-Cultural Issues



Develop a Personal Exercise Programme to improve personal fitness for chosen sports



CREATING

Originality

The ability to conceive something entirely new

GCSE assessment:

Students are assessed in 4 components for GCSE:

1. Exam 1 - 1h45m - 36% of final grade
2. Exam 2 - 1h15m - 24% of final grade
3. Practical performance - 30% of final grade
4. Coursework - 10% of final grade

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A Level PE

Key Stage

5

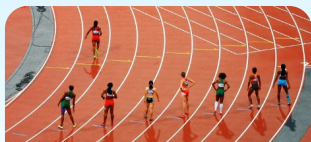
Applied Anatomy & Physiology

Students will develop an understanding of the anatomical/structural and physiological/functional roles performed in the identified systems of the body.



Exercise Physiology & Applied Movement Analysis

Studying the importance of diet and nutrition pre-, during and post-physical activity, as well as fatigue and recovery.



Skill Acquisition

Students are required to show an understanding of the nature and development of skills in sport.

PRACTICE

The ability to train and prepare through repetition of the same processes in order to become more proficient.



Sport Psychology

Studying the role that sports psychology has in facilitating optimal sporting performance of an individual athlete, sports teams and individuals in the teams.



Sport in Society

Developing an understanding of the dynamic relationship between sport and society. Students will also understand the parallels between societal changes and sport.



Loughborough University trip



Sport Leaders UK

Students have the opportunity to earn a Leadership Level 2 Qualification.



Recreational PE

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A Level assessments:

1. Scientific Principles of Physical Education - 2h30m - 40% of A Level
2. Psychological and Social Principles of Physical Education - 2h - 30% of A Level
3. Coursework - 30% of A Level