

PE at Weston Secondary School

What is PE?

Physical Education (PE), is a compulsory subject across all schools in England. It enables students to become physically literate through the learning of skills, knowledge, physical fitness and confidence. At Weston Secondary we aim to inspire students to become “confident movers” to allow them to become and remain healthy, active individuals.



What is included in a PE lesson?

Students are encouraged to be as active as possible, at the same time as working with others in competitive and non competitive situations. This is done through engaging lessons that allow discussions, group work and also game play. Students will reflect on their previous lessons, be introduced to new concepts such as rules and then apply them to practical activities.

What will Year 7 look at this year?

Sports and activities that they will experience and use as a vehicle to develop these skills and qualities are;

- Table tennis
- Netball
- Basketball
- Football
- Team building
- Badminton
- Volleyball
- Dodgeball
- Hockey
- Rugby
- Health related fitness
- Rounders
- Cricket
- Tennis
- Athletics
- Benchball

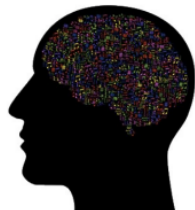
They will also look at key themes such as the human body and warm ups and cool downs which will tie into the bigger picture of their KS3 leading into KS4 PE. This will help prepare them for life long learning as well as our PE examinable course in KS4. They will be assessed in three main areas, "head, heart and hands". We believe that students should improve and develop not only their practical ability but their co operation and leadership skills as this is transferable to other subjects and later life.

WSS PE Curriculum Intent

At Weston you will be assessed in 3 different areas:

Head

Knowledge
Decision making
Feedback
Evaluate
Analysis
Rules/Regulations



Heart

Effort
Communication
Respect
Leadership
Resilience
Confidence



Hands

Fitness levels
Physical ability
Technique
Tactics
Competitive
Problem solving



What do we offer outside the standard PE curriculum?

We strive to offer different activities, which are relevant and accessible to us in our community. We teach core skills and values such as being ready, respectful and safe in line with the school values. We have been building on our curriculum offer which links to our lunch time clubs, after school provisions and also fixtures against other schools.

Ready, Respectful, and Safe in PE

Ready

Wear the correct PE kit



Try your best, and have fun

Stop, look, and listen at the whistle



Actively listen



Practise good sportsmanship



Respectful



Keep your body to yourself

Ask permission to leave the space



Use equipment correctly



No chewing gum or food



Report injuries to a teacher

