




What is the <b>intent statement</b> for you subject? What does the <b>discipline offer</b> young people? What is the subject's <b>purpose</b> ? This should be a short, snappy statement.	
	<p>The aim of the Physical Education curriculum is to develop a lifelong enthusiasm and passion for sport and exercise. Students will develop the sporting skills and understanding required to live a healthy active lifestyle and develop key core values through the medium of sport that will enable them to become highly regarded adults.</p> <p>Students will experience a diverse sporting provision throughout their time at Teignmouth to ensure they develop the skills and knowledge required to be confident in their ability to be physically active beyond their time at the school. In PE lessons learning is sequenced and personalised to ensure all pupils face appropriate levels of challenge and receive the support needed to make good progress through their time at Teignmouth. All pupils receive opportunities to develop their sports skills further through an appropriate 'pathways' curriculum ranging from Core PE to Level 3 KS5 examinational courses and joining the Exeter City Football Development Programme at TCS6.</p> <p>Students have opportunities to participate in a range of extra-curricular clubs, sports trips, be sports leaders and represent the school teams in a wide range of sports.</p>
What are the <b>core aims</b> of the curriculum? What <b>key knowledge</b> do you want students to have at the end of their learning journey?	
Year 7	<p><b>Core Aims: Developing skills and techniques</b></p> <p>In KS3 students will develop their physical performance and their physical literacy to enable them to understand how to prepare and carry out physical activity safely and understand the effects of exercise on their body. Students are assessed through the Heads, Hands, Hearts assessment policy to track progress and effectively scaffold learning to enable all students to maximise their potential. The Head, Heart, Hands assessment is used within many schools nationally to ensure Physical Education is developing more than just the practical skills in sport. Our assessment and home learning is tailored to prepare our students for Key Stage 4 and 5 examinational PE as well as the skills needed to lead a healthy and active lifestyle beyond their time at Teignmouth Community School.</p> <p><u>Head:</u></p> <ul style="list-style-type: none"> <li>• Pupils will develop their physical literacy through home learning, do now tasks and in lesson questioning which will ensure all pupils know how and why exercise is essential for a healthy active lifestyle.</li> <li>• We interleave KS4 course knowledge to prepare the pupils for the transition to the BTEC Physical Education qualifications we offer.</li> </ul> <p><u>Heart:</u></p> <ul style="list-style-type: none"> <li>• Pupils are exposed to opportunities to develop core values such as leadership, independence and resilience within their PE lessons, Intra school house competitions, Inter school competitions and our extra-curricular provision.</li> </ul> <p><u>Hands:</u></p> <ul style="list-style-type: none"> <li>• Pupils will experience a range of different sports and physical activities which they revisit to embed skills so they can continue to participate outside of TCS. Pupils will be assessed on their skills in isolation, pressurised situations and during game-based competition.</li> </ul>

	<ul style="list-style-type: none"> <li>• Pupils will also develop their understanding of the rules of different sports, their tactical knowledge and strategic thinking.</li> </ul> <p>In year 7 students are taught in mixed ability groups and will learn a variety of sports which build upon their learning from primary school Physical Education lessons. At the start of the year students will undergo a range of baseline assessments followed by a range of sports to develop key fundamental motor skills.</p> <p><b><u>In year 7 the key areas of focus throughout all the sports covered are:</u></b></p> <p><b>- Developing skills and techniques.</b> Students will develop skills and techniques in isolated practice before applying them in pressurised practices and in competitive situations / games.</p> <p><b>- Learn the rules.</b> In all the new sports delivered students will be challenged to learn the rules to enable them to effectively perform in competitive situations and officiate games.</p> <p><b>- Develops understanding of home learning theory content.</b> Students will be set home learning every week to develop their understanding of the theory behind taking part effectively in sport. Opportunities will be given to describe and apply their understanding in their lessons.</p> <table border="1" data-bbox="300 840 1495 1344"> <tr> <th data-bbox="300 840 906 880"><b>Key knowledge: Heads and Hands</b></th> <th data-bbox="906 840 1495 880"><b>Key skills: Heart</b></th> </tr> <tr> <td data-bbox="300 880 906 1344"> <p><b><u>Heads assessment knowledge</u></b> How to warm up and cool down Components of fitness Exercise Intensity Types of motivation Goal Setting</p> <p><b><u>Hands assessment knowledge</u></b> Learning techniques in a range of sports Learn effective movement techniques Understanding when and why we use Skills Learn rules of a variety of sports</p> </td> <td data-bbox="906 880 1495 1344"> <p><b><u>Heart assessment skills</u></b> Teamwork Collaboration Communication Resilience Self-motivation Enthusiasm Commitment (extra-curricular clubs) Independence</p> </td> </tr> </table>	<b>Key knowledge: Heads and Hands</b>	<b>Key skills: Heart</b>	<p><b><u>Heads assessment knowledge</u></b> How to warm up and cool down Components of fitness Exercise Intensity Types of motivation Goal Setting</p> <p><b><u>Hands assessment knowledge</u></b> Learning techniques in a range of sports Learn effective movement techniques Understanding when and why we use Skills Learn rules of a variety of sports</p>	<p><b><u>Heart assessment skills</u></b> Teamwork Collaboration Communication Resilience Self-motivation Enthusiasm Commitment (extra-curricular clubs) Independence</p>
<b>Key knowledge: Heads and Hands</b>	<b>Key skills: Heart</b>				
<p><b><u>Heads assessment knowledge</u></b> How to warm up and cool down Components of fitness Exercise Intensity Types of motivation Goal Setting</p> <p><b><u>Hands assessment knowledge</u></b> Learning techniques in a range of sports Learn effective movement techniques Understanding when and why we use Skills Learn rules of a variety of sports</p>	<p><b><u>Heart assessment skills</u></b> Teamwork Collaboration Communication Resilience Self-motivation Enthusiasm Commitment (extra-curricular clubs) Independence</p>				

Year 8	<p><b><u>Core aims: Performing in competitive situations and developing strategies</u></b></p>	
	<p>In year 8 students are taught in mixed ability groups and will learn a variety of new sports and continue to develop their learning of sports covered in year 7.</p> <p><b><u>In year 8 the key areas of focus throughout all the sports covered are:</u></b></p> <p><b>- Applying skills and techniques effectively in a competitive situation.</b> Students will focus on developing the skills and techniques to allow them to perform effectively and consistently in competitive situations.</p> <p><b>- Develop strategies and tactics.</b> Pupils will be challenged to use strategies and tactics to outwit their opponents in pressurised practice and competitive situations.</p> <p><b>- Develops understanding of home learning theory content.</b> Students will be set home learning every week to develop their understanding of the theory behind taking part effectively in sport. Students will be challenged to apply their learning and use this knowledge to compare and contrast the effectiveness of their own and others performance.</p>	
	<table border="1"> <tr> <th data-bbox="300 2027 933 2065"><b>Key knowledge:</b></th> <th data-bbox="933 2027 1495 2065"><b>Key skills:</b></th> </tr> </table>	<b>Key knowledge:</b>
<b>Key knowledge:</b>	<b>Key skills:</b>	

<p><b><u>Heads assessment knowledge</u></b>          Fitness Training Principles          Methods of training          Barriers to participation</p> <p><b><u>Hands assessment knowledge</u></b>          Performing skills effectively and consistently          Transfer skills learned from year 7 sports into new sports          Develop decision making of what skills to apply and when          Apply tactics and strategies to competitive situation to outwit opponents.</p>	<p><b><u>Heart assessment skills</u></b>          Teamwork          Collaboration          Communication          Resilience          Self and peer motivation          Inspire others          Enthusiasm          Commitment (extra-curricular clubs)          Independence</p>
--	---

Year 9	<b>Core aims: Developing as sports performers and leaders</b>	
	<p>In year 9 students are taught in mixed ability groups and will learn a variety of new sports and continue to develop their learning of sports covered in year 8 and be given opportunities to be sports leaders.</p> <p><b><u>In year 9 the key areas of focus throughout all the sports covered are:</u></b></p> <ul style="list-style-type: none"> <li>- <b>Develop and apply advanced skills, strategies and tactics in competitive situations.</b>              Students will effectively apply focus on developing advanced skills and techniques to allow them to perform effectively and consistently in competitive situations.</li> <li>- <b>Develop as sports performers and leaders</b>              Students will be challenged to develop as sports performers and leaders. In lessons opportunities to coach their peers will be introduced and students can apply to be sports ambassadors. As sports ambassadors' students will be positive role models to their peers as well as leading at primary school sports events we host at Teignmouth.</li> <li>- <b>Develops understanding of home learning theory content.</b>              Students will be set home learning every week to develop their understanding of the theory behind taking part effectively in sport. Students will be challenged to apply their learning and use this knowledge to analyse the effectiveness of their own and others performance.</li> </ul>	
	<b>Key knowledge:</b>	<b>Key skills:</b>
	<p><b><u>Heads assessment knowledge</u></b>          Importance of Fitness Testing          Tests for Physical Fitness          Tests for skill-related fitness          Long term effects of training          Planning and leading a warm up or coaching session</p> <p><b><u>Hands assessment knowledge</u></b>          Consistently perform skills effectively in a competitive situation          Transfer skills learned from year 7&amp;8 sports into new sports          Apply advanced tactics and strategies to competitive situation to outwit opponents.</p>	<p><b><u>Heart assessment skills</u></b>          Teamwork          Collaboration          Communication          Resilience          Confidence          Self and peer motivation          Inspire others          Role model          Leadership          Coaching          Enthusiasm          Commitment (extra-curricular clubs)          Independence</p>

--	--	--

Year 10 and 11 Core PE	<b>Core aims: Promoting a lifelong enjoyment in sport and develop the understanding of careers and opportunities in sport</b>
	Each class will choose at least 2 sports each term from the categories of Games, Aesthetics, Fitness, Leadership or Alternative Sports.
	Students will have experienced many of these sports in KS3 but also have many new sports to choose from so hopefully everyone will find a sport they enjoy and want to continue.
	The main aims of core PE in KS4 are to promoting a lifelong enjoyment in sport and further developing all the knowledge and skills learned in KS3 to prepare the students for life after school. Core PE lessons will identify ways sport and physical activities can be used to promote students physical, mental and social wellbeing. Students will be taught about the many careers and opportunities in sport to help guide their future aspirations.

<b>Year 10 &amp; 11 BTEC PE - Pearson BTEC Tech Award Level 2 in Sport</b>	
Students who choose examinational PE as one of their options will do the Pearson BTEC Tech Award Level 2 in Sport. They will build upon the Heads assessment knowledge learned during KS3 and apply the practical knowledge and skills they have developed.	
In year 10 students will study component 1 - Preparing Participants to Take Part in Sport and Physical Activity. This component is assessed through a 5-hour Pearson set assignment in February of year 10 and has 3 learning outcomes:	
<p><b>A</b> Explore types and provision of sport and physical activity for different types of participant</p> <p><b>B</b> Examine equipment and technology required for participants to use when taking part in sport and physical activity</p> <p><b>C</b> Be able to prepare participants to take part in sport and physical activity</p>	
Students will then begin Component 2 - Taking Part and Improving Other Participants Sporting Performance. This component is assessed through a 4-hour Pearson set assignment in October of year 11 and has 3 learning outcomes:	
<p><b>A</b> Understand how different components of fitness are used in different physical activities</p> <p><b>B</b> Be able to participate in sport and understand the roles and responsibilities of officials</p> <p><b>C</b> Demonstrate ways to improve participants sporting techniques.</p>	
After the Summative assessment for Component 2 in year 11 Students will prepare for their Component 3 External Exam in either January or May of year 11.	
Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity has 4 learning outcomes:	
<p><b>A</b> Explore the importance of fitness for sports performance</p> <p><b>B</b> Investigate fitness testing to determine fitness levels</p> <p><b>C</b> Investigate different fitness training methods</p> <p><b>D</b> Investigate fitness programming to improve fitness and sports performance</p>	

Key knowledge:	Key skills:
Different types of sport and physical activity Knowledge of a broad range of sports Different types of provisions Barriers to participation Clothing and Equipment required Technology required Facilities required How to prepare participants to take part Different components of fitness Analysing performance Tactics and strategies in sport The roles and responsibilities of officials Improving participants sporting techniques Importance of fitness for sports performance Different fitness tests Determining fitness levels Different fitness training methods Investigate fitness programming	Practical sports skills Independence Resilience Confidence Research skills Extended writing (Analyse/Justify) Leadership Coaching Officiating Teamwork Collaboration Communication Self and peer motivation

### Year 12 & 13 BTEC PE

Students who choose to stay at TCS6 and study examinational PE as one of their options and choose between the Pearson BTEC National Extended Certificate in Sport (single award) or the BTEC National Diploma in Sport (double award). They will build upon the knowledge learned during the Pearson BTEC Tech Award Level 2 in Sport.

#### **Pearson BTEC National Extended Certificate in Sport (Single Award)**

In year 12 students will study the Unit 1 and Unit 2 content which will be assessed in May of year 12. By sitting the exam in the summer of year 12 students have the opportunity to resit the exam in January of year 12 if they need to.

- Unit 1 – Anatomy and Physiology
- Unit 2 – Fitness Training and Programming for Health, Sport and Well-being

In year 13 students will study the Unit 3 and Unit 5 content based around different fields of work within sport and undertake internally assessed assignments.

- Unit 3 – Professional Development in the Sports Industry
- Unit 5 – Application of Fitness Testing

#### **Pearson BTEC National Diploma in Sport (Double Award)**

In year 12 students will study the Unit 1, Unit 2 and Unit 22 content which will be assessed in May of year 12. By sitting the exam in the summer of year 12 students have the opportunity to resit the exam in January of year 12 if they need to.

- Unit 1 – Anatomy and Physiology
- Unit 2 – Fitness Training and Programming for Health, Sport and Well-being
- Unit 22 – Investigating Business in Sport and the Active Leisure Industry

Students will also complete Unit 25 and undertake internally assessed assignments.

- Unit 25 - Rules, Regulations and Officiating in Sport

In year 13 students will study 5 different units based around different fields of work the students could choose to study at university or begin working in once they leave TCS6. These 5 units are internally assessed assignments and involve a variety of different assessment styles such as interviews, presentations, coursework, practical sports session leadership and evaluation.

- Unit 3 – Professional Development in the Sports Industry
- Unit 4 – Sports Leadership
- Unit 5 – Application of Fitness Testing
- Unit 10 – Sports Event Organisation
- Unit 23 – Skill Acquisition in Sport

Key knowledge:	Key skills:
<p><u>Unit 1</u> Effects of exercise and sports performance on the skeletal system Effects of exercise and sports performance on the muscular system Effects of exercise and sports performance on the respiratory system Effects of sport and exercise performance on the cardiovascular system Effects of exercise and sports performance on the energy systems</p> <p><u>Unit 2</u> Lifestyle factors and their effect on health and well-being Screening processes for training programming Understand programme-related nutritional needs Examine training methods for different components of fitness Understand training programme design</p> <p><u>Unit 3</u> Understand the career and job opportunities in the sports industry Using a skills audit to produce a career development action plan Processes that lead to a successful job offer in a selected career pathway Recruitment and selection process and your individual performance.</p> <p><u>Unit 4</u> Roles, qualities and characteristics of an effective sports leader Psychological factors and their link with effective leadership Effective leadership style when leading a team sport or exercise activities</p> <p><u>Unit 5</u> Understand the principles of fitness testing Explore fitness tests for different components of fitness Undertake evaluation and feedback of fitness test results.</p> <p><u>Unit 10</u> How different types of sports events are planned and delivered Develop a proposal for a sports event for implementation approval Undertake the planning, promotion and delivery of a sports event</p>	<p>Practical sports skills Independence Resilience Confidence Research skills Revision Skills Extended writing Leadership Event Planning Session Planning Delivering a sports session Evaluating performance Fitness testing Coaching Officiating Teamwork Collaboration Communication Self and peer motivation Job applications Marketing Business planning</p>

<p>Review the planning, promotion and delivery of a sports event</p> <p>Reflect on your own performance.</p> <p><u>Unit 22</u></p> <p>Features of sports and active leisure businesses (business operations)</p> <p>Business models in sport and active leisure</p> <p>Human resources</p> <p>Marketing</p> <p>Finance in sport and active leisure industry</p> <p><u>Unit 23</u></p> <p>Investigate the nature of skilled performance</p> <p>Ways that sport performers process information for skilled performance</p> <p>Explore theories of teaching and learning in sport</p> <p>Carry out teaching and learning strategies for sports skills.</p> <p><u>Unit 25</u></p> <p>The development of the roles and responsibilities of the officials</p> <p>Explore the performance of officials in a selected sport</p> <p>Undertake the role of a match official in a competitive sport.</p>	
---	--



# Exeter City FC

## Football Development Programme

All students who enrol on the development programme will be trained by Exeter City FC coaches. They will have 6 hours of coaching over 3 training sessions a week focusing on fitness, skill development, game play and tactics.

The team competes in the Community Football Alliance League playing 18 games per year against other professional football clubs including Plymouth Argyle, AFC Bournemouth, Swindon Town and many others. The students also get the opportunity to play at either Exeter City's training ground or if possible Exeter City's home pitch, St James Park.



For enquiries please email  
[malcolm.douglas@teignmouthschool.co.uk](mailto:malcolm.douglas@teignmouthschool.co.uk)