



PHYSICAL EDUCATION
INTENT STATEMENT

Gunnersbury's Catholic School Mission Statement

"Gunnersbury Catholic School strives to educate all its pupils within an environment where the Catholic traditions of learning, truth, justice, respect and community are promoted."

'Ad Altiora' - 'To Higher Things.'

- Every Catholic school has a mission statement that encapsulates its distinctive job or core purpose.
- The mission statement **puts faith at the heart of all we do at school** and incorporates our school motto.
- It speaks of inclusivity and respect, that we understand as important Gospel values.
- It reminds us that Christ is at that centre of all that we do and by extension, as his creations we are all obligated to treat every member of our community with respect and love.
- It speaks of our aspirations for all in our community and our will to do all we can to make these a reality

INTENT

Gunnersbury Catholic School Physical Education Department believes that Physical Education and school sport contributes to the totality of the educational experience of our pupils and their overall mindfulness of their well-being, including their physical, mental and social health.

Physical, personal, social, moral, spiritual, cultural and emotional development are enhanced by the movement experiences that are learnt in our broad and balanced Physical Education curriculum. In addition, expression, communication, appreciation, understanding, competitiveness and resilience are also developed. Physical Education provides a range of experiences that form the basis for lifelong sporting and recreational activity which inspires all pupils to excel in competitive sport and other physically demanding activities. Our curriculum and extra-curricular activities provide our students with opportunities to become physically confident and develop resilience in a way which supports their physical health and fitness as well as their mental and social health. The opportunities which, we provide our students to compete in, be it competitive sport or other activities, help to build our students' character and embed our Catholic values including fairness and respect.

Our intent focusses mainly on three areas; **Enjoy, Participate, Excel**. These three focusses help us to ensure that we are fulfilling the 4 aims set out by Department for Education's National Curriculum which states are that all pupils:

1. develop competence to excel in a broad range of physical activities
2. are physically active for sustained periods of time
3. engage in competitive sports and activities
4. Lead healthy, active lives.

Enjoy

It is our primary aim that all of our students enjoy their Physical Education lessons where they are taught a range of skills which give them a thirst for learning as well as an education about physical health and well-being with the intention of building their confidence in continuing to be physically active beyond their school years and into later life. Skills taught through a broad curriculum develop our students' competence to excel in a broad range of physical activities, both within lessons and outside of lessons. (1). Our Key Stage 4 students study either AQA GCSE PE or BTEC sport and it is our intention to support them in achieving the best possible grades in order to move to the next step of their education. In Key Stage 5 our students study BTEC sport level 3 extended diploma and again our staff have high expectations of our students. Through the positive experiences our students have we intend to encourage them to follow a positive life after school, be it through a university pathway or career based training. Our students, through the teaching they are provided with also learn about resilience, communication, co-operation, leadership and respect amongst many other skills which help to promote their personal development and are taught how these skills can be used to enhance their performance in other areas of the curriculum as well as beyond the school setting.

Participate

We actively encourage and promote the participation in extra-curricular activities in a variety of sporting and leadership areas for students to develop their skills further beyond the classroom as well as improving their physical, mental and social health. (2/3/4)

Excel

With the experience and expertise of our teaching staff we believe it is extremely important that those students who are ready and able to are given opportunities to excel within their preferred sport. This can be through representing the school and also being given the opportunity to trial for Borough, County and Academy level of performance. Students are also taught a range of skills in lessons which help them to excel in a wide range of activities and are assessed mid termly. Inter school fixtures are held where a broad range of students are catered for with fixtures ranging from A-E teams based on ability where A is the highest and inter form competitions are held in a range of sports where students compete against students from other forms matched on ability. Every student is given the opportunity to compete and excel at the level which is most appropriate to them and all students are encouraged to do so.(1/2/3/4)

IMPLEMENTATION

Enjoy

Lessons are taught in an environment which is fun, where students learn skills in different roles across a broad curriculum where they have the opportunity to work as part of a team, set personal best performances, lead in group situations, compete against others, problem solve, analyse and evaluate, share, discuss, plan and perform. Students are also encouraged to play an active role in their learning and ask questions for clarity. These are all skills which we believe are vital to a student's personal development. High standards of conduct are promoted in order to ensure that

every student is working within the best possible working environment, which they are all entitled to.

In Key Stage 3 our curriculum builds on the skills and experiences that were learnt in Key Stage 1 and 2 in order to develop their confidence, competence and expertise within a variety of sports and physical activities.

The sports and physical activities we offer our students to develop in Keys Stage 3 lessons are; rugby, football, basketball, handball, badminton, tennis, rounders, cricket, dance, gymnastics, athletics, rowing, health related Fitness (Fitness training and testing), OAA (problem solving), Heart Start (life saving) and well being.

Through providing this broad curriculum, we believe that we are providing our students with an education which is in line with the national curriculum which states that students should be taught to:

- 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, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- 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
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

We have also included a block of work for year 9 students which is a 'heart start' course. This course was initiated through a visit we had from the British Heart Foundation. Students are taught how to deal with emergency procedures and how to put a casualty into the recovery position, how to carry out CPR as well as studying how to deal with real life emergency scenarios such as choking and heavy bleeding injuries. We strongly believe that this unit or work provides students with skills that benefit their personal development whilst at school and beyond. In the same block, students are delivered lessons on well-being and the positive impact that physical activity can have on physical, mental and social health whilst also learning about diet and its positive implications and negative consequences (of a bad diet). Students are also provided with the opportunity to row on the water during the summer months through our partnership with London Youth Rowing where they develop their skills and ability to be able to row a boat on water with various challenges set. These sessions expose students to a sporting activity they may never experience in their life outside school and students' truly value these experiences.

In Key Stage 4 we offer our students the opportunity to learn and develop in; rugby, football, badminton, table tennis basketball and orienteering. At key stage 4 there is a bigger emphasis on the

gameplay aspect of sport and a more recreational approach in an attempt to reduce stress levels that many children face in their GCSE years.

We also offer GCSE Physical Education and BTEC Sport courses for learners in Key Stage 4 where students learn about a range of topics as set out by AQA and Pearson specifications respectively. Throughout Key Stage 3, students are introduced to a range of vocabulary which is used in the Key Stage 4 courses as well as analytical skills such as identifying strengths in performance and areas for improvement. Students are taught about the components of fitness and how to explain their use and importance in specific sporting situations. This is delivered with the intention of best preparing students for these courses should they choose to pursue their education in these fields throughout their GCSE years.

In Key Stage 5 our students study BTEC sport and follow the specification as set out by Pearson. This course builds on the content covered in Level 2 BTEC Sport and the AQA GCSE, while also introducing them to a variety of new units which build their understanding of the wider aspects of the sports industry and science.

Participate

Our staff promote all students to involve themselves in extra-curricular activities within sport outside of their allocated lesson time, continually promoting the benefits of this in relation to their personal development. We recognise that participation in these activities can add extreme value to our students' social health where they are encouraged to participate in sport and physical activities with students from different forms who may hold similar interests. This can help our students to form friendships and grow their confidence which also lead into the positive effect on their mental health as well as the physical benefits which can be achieved such as improved body image and sense of self-worth. Activities are run daily by our staff before school, at lunch times and after school.

Our extra-curricular activities include; strength and conditioning fitness sessions for students in Key Stages 3, 4 and 5, basketball, table tennis, rugby, football, handball, cricket, tennis, badminton, dodgeball, athletics and indoor rowing.

We also encourage our students to participate in sports outside of school and maintain close relationships with local clubs, providing our student with details of their addresses and times of training for different year groups should they wish to attend.

Excel

At Gunnersbury Catholic School we set high standards for our students in all that they do. In doing this within Physical Education especially we ensure that we encourage our students to excel by making progress in every area of the curriculum as well as within our extra-curricular activities and those outside of school. Students are encouraged to achieve personal bests in activities such as indoor rowing, fitness testing and athletics where they can monitor their performance via the use of numbers such as distances, repetitions and times they record.

In other sports we encourage students to reach their personal best by participating in competitive sport at a level which is most suited and appropriate to them, representing their form in intra school competitions as well as inter school competitions where in both we strive to field teams in A-E categories where possible. In doing this we feel that every student has the opportunity to play a competitive sport against those of a similar ability and gain all the essential qualities, some which have previously been mentioned such as; respect, teamwork, competitiveness, resilience, leadership, communication and cohesion. These are essential in our students' personal development and in gaining a desire to maintain an active lifestyle.

We also ensure that those who are excelling in our school teams are challenged and put forward to pathways to excel further. We work closely with London Youth Rowing and enter students into the national indoor rowing championships, work with London Youth games entering students into Borough, regional and London competitions in handball and indoor athletics whilst inviting students to attend borough trials in basketball, football and cricket.

We also work closely with London Irish Rugby Academy, entering our students to trial with them on their Developing Players Programme which leads onto their Academy for those students who are successful. As well as this we put our players forward to trial for Middlesex County rugby, football and cricket trials where their ability warrants it. We also provide students with the opportunity to go on tour and compete against those of a similar ability in other countries, most recently France. Students are also entered to compete in Hounslow Borough competitions for football, basketball, badminton, table tennis cricket, cross country and athletics.

Our students develop leadership skills and have been on leadership courses through our working relationship with sport impact where they take their leadership skills and help to run events such as the Hounslow Borough Primary School Football finals where they officiate as well as helping to run our local primary school 'Our Lady and St John's' school sports day and tennis lessons.

IMPACT

In following the aims set out by the Department for Education's National Curriculum we strive to provide a curriculum and environment for learning to suit students' needs of all abilities, where our students gain confidence in expressing themselves in a physical context and feel comfortable offering their views and ideas within the learning environment. We firmly believe that we offer a curriculum that is taught through engaging our students and as they grow in confidence, are inspired to continue further with a physically active lifestyle.

Our theory related courses such as GCSE PE and BTEC Sport achieve outstanding outcomes for our students which, provides them with access to the next step in their education. Students are taught about careers within the sports industry and where further education within the field could take them. The positive attitudes of our students is reflected in the large group of students who choose GCSE PE each year and also with the teaching our students receive they gain access to A level and Level 3 BTEC courses. Those students who do study Level 3 BTEC courses consistently achieve grades which see them further their education towards their chosen university.

Positive performances and efforts are rewarded with certificates in assemblies and awards distributed at our annual rugby awards evening which invites parents to also celebrate their son's achievements with us. Last year we hosted our inaugural awards ceremony and invited former students to attend. Both of whom began playing rugby at Gunnersbury and had since gone on to represent premieriership rugby teams, including London Irish through our process of putting them forward, as well as England. We believe that through our students seeing the success of other students that have gone before them, they too will be inspired to push themselves towards achieving their very best.

Through our Saturday morning rugby fixtures our students are given the opportunity to travel by coach to a range of different schools and venues whom benefit from some amazing facilities and are invited for post-match meals where they can talk with students from other schools and share their appreciation for the sport. These are invaluable experiences which create lifelong memories that our students are being given the opportunity to gain. We believe that these experiences also inspire students to achieve their very best, not only in sport but also academically.

We firmly believe that our Physical Education Curriculum not only challenges our students sufficiently and creates a thirst for a lifelong involvement in sport and physical activity but also instills our school's Catholic values whilst developing skills which benefit them across the whole school curriculum, enhancing their whole school experience, and creating the best outcomes for the individual student.