



<p>What will you see in Physical Education lessons?</p> <p>Physical Education lessons are a blend of practical activities and theory. It is rich with different activities that every learner can enjoy and learn from. Lessons can be individual, paired, small group based, or involve a whole class activity.</p> <p>Promoting physical fitness through sports such as football, netball, or badminton. This enhances students' motor skills and their understanding of body movement. Helping to build a healthier and stronger body as students progress through their school life.</p> <p>At key stage 3, students are assessed using the head, heart and hands approach. Students will study several different activities per year and at the end of each they will be graded on thinking skills, physical skills and application, their ATL grade will also be decided based on their motivation and effort.</p>	<p>What are the common misconceptions that pupils have and make in Physical Education that we need to address?</p> <p>PE is only for Athletes: Many students believe that physical education is primarily for students who excel in sports or have athletic aspirations. PE is for all students and is meant to foster a healthy lifestyle. Some students think the primary goal of PE is to lose weight. Though this might be a positive side effect for some, the main goal is to promote overall health and well-being. A common misunderstanding is that PE is all about "playing games". While games can form part of the activities, PE is also about physical fitness, team building, and learning sportsmanship.</p>	<p>What will you see in pupils' Physical Education books?</p> <p>In Chapter 9 we use the "Health Related Fitness" booklets to develop theoretical knowledge in physical education in preparation for KS4.</p> <p>Evidence of understanding the anatomy and physiology and the socio-cultural concepts in sport including psychology. Critical knowledge about safety measures and preventing injuries during physical activities. Peer assessment marking with visual diagrams to support learning.</p> <p>Academic writing scaffolding is to support non-exam assessments at KS4 and KS5.</p>
<p>Secondary Physical Education</p>		
<p>Information from the last 12 months in Physical Education reveals particular strengths in.....</p> <p>Physical education involves both physical and mental components. It's not just about being active; it's also about understanding how our bodies work. One of our key strengths has been drip feeding KS4 theoretical content to our KS3 learners through key concepts, terminology and enhancing vocabulary in preparation for Academic PE.</p> <p>At KS3 our SOW have also been informed by GCSE PE practical assessments of the core and enhanced skills in activities so that pupils have a good baseline of ability when moving onto KS4.</p> <p>Personal Growth and Development: Physical education plays a key role in building confidence and promoting goal setting, perseverance, and resilience. When implementing the "Head, Hands, Heart" KS3 assessment, pupils are able to develop not only their practical ability but their critical thinking skills through self/peer assessment and within opportunities to officiate.</p>	<p>What assessment (formative and summative) methods do we use in Physical Education?</p> <p>Pupils receive RAG rated comments to show how they are progressing against assessment frameworks that are linked to the national curriculum at KS3 and assessment criteria at KS4 and 5. We also do fitness testing once a term to enable students to assess their cardiovascular fitness.</p> <p>Exam style questions are used more frequently to develop exam technique.</p>	<p>Information from the last 12 months in Physical Education reveals a particular focus should be on.....</p> <p>There is a move towards inclusion rather than separation, giving every individual an opportunity to participate in PE classes, regardless of capability. Fostering a culture of understanding, respect, and acceptance among students, promoting an inclusive classroom environment</p>

LCA Subject on a Page

What will you see in Physical Education at Liverpool College that extends beyond the National Curriculum and / or exam specifications?

At Liverpool College, PE extends far beyond the National Curriculum and exam specifications. Here, PE is not only about passing an exam, but it is about leading a healthy lifestyle and developing natural talents. PE at Liverpool College merges with the school's aim to develop the whole person, beyond just academic achievement. At Liverpool College, we offer more extra-curricular opportunities than any other school in the area in wide variety of sports, this includes opportunities to compete.

Parents can help their children in their Physical Education studies by....

Turn workout sessions into a family affair such as family bike rides, weekend hikes, sports activities, etc. Explain to the children the importance of staying fit and active, and the long-term benefits of PE activities. Assist them in their practical and theoretical assignments, giving them insights, corrections, and motivation. Encourage students to attend extra-curricular and support from the side-lines on fixture days. Track and monitor their child's practical progress in their practical log books at KS4.

