



## Verulam School: Key Stage 5 CURRICULUM INFORMATION

**Department: PE**

**Subject Leader: Mr Errington**

**Subject Vision:** The purpose of PE at Verulam is to encourage pupils to make physical activities a central part of their life, both in and out of school. We want them to enjoy and succeed in many kinds of physical activities so that they lead happy and healthy lives. This feeds into the whole school vision and intent - we want pupils to leave strong mentally and emotionally. In order for this to happen, we have planned a broad range of activities and experiences so that all pupils feel valued and loved, no matter their physical strength or sporting history. This broad and balanced curriculum gives all pupils opportunities to enjoy taking part in PE. Within lessons pupils will be able to develop skills to enable them to cope with everyday life experiences during and beyond their school journey. Resilience, being adaptable, resourceful, innovative and working as part of a team are transferable skills at the forefront of PE lessons. Embedded in all lessons is our "call it out initiative" aiming to tackle discriminative language and encourage pupils to take an active stance against discriminate language. Outside of lessons these can be improved further through extra-curricular clubs, fixtures and through our partnerships with local sporting teams we aim to offer an increased range of extra-curricular clubs with clear pathways for pupils to continue their sporting interests further.

	YEAR 12					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit Title	Unit 1: Anatomy and Physiology	Unit 1: Anatomy and Physiology	Sport Psychology	Sport Psychology	Sport Psychology	Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing  or  Unit 1: Anatomy & Physiology Resit

Assessment	External Assessment 1hour 30mins Exam	External Assessment 1hour 30mins Exam	Internal Assessment: 3 Assignment Submissions	Internal Assessment: 3 Assignment Submissions	Internal Assessment 3 Assignment Submissions	External Assessment
<b>YEAR 13</b>						
<b>Term</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Topic/Unit Title	Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing	Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing	Unit 3: Professional Development in the Sports Industry	Unit 3: Professional Development in the Sports Industry	Unit 3: Professional Development in the Sports Industry  AND Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing RESIT	
Assessment	External Assessment: 2hours 30mins Exam	External Assessment 2hours 30mins Exam	Internal Assessment Assignment submissions	Internal Assessment Assignment Submissions	Internal Assessments Assignment Submissions	