

# HOLLAND PARK SCHOOL

## PHYSICAL EDUCATION

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**SUBJECT LEADER** MS RHIAN DAVIES  
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### CURRICULUM INTENT STATEMENT

Physical Education at Holland Park School adopts a holistic approach to character development. This enables students to be in touch with their social, mental and physical well-being and for them to be equipped with the tools to recognise imbalance in the aforementioned strands. We do this through the acquisition of skills, teaching and promotion of sportsmanship and the inclusion of sociological concepts through current media coverage of sport. We offer a broad range of activities that promotes a long lasting love of sport and physical activity.

**KEY STAGE THREE OVERVIEW** | The Ks3 Curriculum aims to expose students to both individual and team sports that they may not have had the opportunity to try in Ks2. We aim to equip students with transferable skills that build confidence when trying new sports and open pathways to extra – curricular provision. At the end of Ks3 students will hope to have developed their communication, physical literacy and conceptual understanding of how the body works during exercise.

**YEAR 7** | Students begin the year with OAA and Team Building activities as we recognise the importance of cohesion within PE groups in order to create the most positive learning environment. They continue the year building on basic skills learned during Ks2 such as throwing, catching, jumping and coordination as well as learning basic rules to a variety of different sports.

**YEAR 8** | During year 8 students refine skills they have learned in Year 7 and begin to develop more complex skills in less conditioned environments. Students begin to take more accountability for their team work and their ability to communicate positively with others when they have to employ strategies to outwit their opponents. Students continue to link current affairs with the learning objectives of the lesson and are exposed to positive role models.

**KEY STAGE 4 OVERVIEW** | The Ks4 core curriculum is centred around developing students' ability to solve problems and continue to promote a love a sport. This is taught primarily through a TGFU method as we recognise the importance of students being as active as possible during their lessons. Students begin to make links between sport and physical/ mental well-being and are given more roles as leaders and coaches to improve their analysis and evaluative skills. These skills link directly to GCSE PE which is an option in Ks4.

The activities offered to students are as follows:

#### Winter

- Swimming
- Fitness and Well-being
- Netball
- Rugby
- Hockey
- Football
- Basketball
- Badminton

## Summer

- Tennis
- Athletics
- Softball
- Rounders
- Cricket
- Swimming

## GCSE PE OVERVIEW

### Subject content

Applied anatomy and physiology  
Movement analysis  
Physical training  
Use of data  
Sports psychology  
Socio-cultural influences  
Health, fitness and well-being

**Paper 1:** The human body and movement in physical activity and sport.

What's assessed?

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

**Paper 2:** Socio-cultural influences and well-being in physical activity and sport.

What's assessed?

- Sports Psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of data

**Non – Exam Assessment:** Practical performance in physical activity and sport

- Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
  - Analysis and evaluation of performance to bring about improvement in one activity.
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