

PHYSICAL EDUCATION

Course Outline

Through the Physical Education programme at Tanbridge we are striving for all students to be able to:

- recognise and understand the importance of good health and fitness
- pursue their own interests within sport, knowing the benefits of an active lifestyle
- appreciate the concepts of fair play, honesty, competition and good sportsmanship
- demonstrate a good level of physical competence and understanding of their own capabilities, as well as limitations, to foster self-esteem and build self confidence
- persevere with determination in order to achieve individual success, irrelevant of their ability
- work successfully within a group and team situations, both competitively and co-operatively, thereby developing acceptable social skills
- demonstrate expression and creativity and appreciate aesthetically pleasing movement.

Key Stage 3

Students in Years 7 - 9 receive two hours of Physical Education each week. The curriculum changes to suit individual needs, but all route ways will cover a range of Games, Gymnastics, Dance and Athletics activities. All lessons follow a structured programme of study and are designed to be enjoyable, vigorous and purposeful. Active participation and a high level of effort is encouraged from all students.

Key Stage 4

In Key Stage 4 Year 10 - 11 students have one hour of Physical Education a week, unless a Physical Education related option is taken. These options give a further five hours of Physical Education a week.

The courses are:

BTEC Dance

GCSE Physical Education

BTEC Sport (Five or Ten hours a fortnight, depending on option taken)

During core Physical Education lessons, students have some choice and specialise in those activities they prefer. New challenges are on offer too. The choice of activities is wide and could include trampolining, squash, fitness training, archery, aerobics, five-a-side soccer and much more. Students are also given the opportunity to opt into a leadership course, developing communication and team work skills.

The examination results at GCSE are very good. Last years A*-C was 100% for Dance, 100% for Physical Education and 100% pass rate with BTEC sport

Beyond The Classroom

To enhance the curriculum, we offer a wide range of activities both at lunch times and after school. These include:

- inter-team tournaments to involve students of all abilities
- specialised school teams in all the major games to develop individual talent and team success, which has resulted in Tanbridge having county players in most sports
- dance and gym clubs to enjoy and develop movement skills as well as to work towards displays and productions.

Parental Support

Parental support is valued highly, from developing a positive attitude to health and exercise to supporting your child at a fixture or competition.