



ST. MARY'S R.C. HIGH SCHOOL

Position Statement Physical Education April 2025

Position Statement Paper for St Mary's RC High School

Context & Background:

The department is made up of a Head of Department, 2 full time PE teachers and 3 part time PE teachers. Pupils in Year 7 and 8 have 4 hours and Year 9 have 3 hours of curriculum time across the two-week timetable. In KS4 pupils have between 3 – 4 hours of core PE across the two weeks. In addition to the core PE, pupils who take GCSE PE as one of their option subjects have 5 GCSE PE lessons over the two-week timetable. In Y11 there are 2 GCSE PE groups with a total of 43 pupils and in Y10 there are also 2 GCSE PE groups with a total of 40 pupils.

Physical education at St Mary's instils a love of being active. Our experienced teaching staff deliver a varied and ambitious curriculum, with broad and inclusive extracurricular opportunities that create a healthy living legacy for our students.

Staffing & Subject Specialists:

The quality, commitment and experience of the teaching staff is the strength of the department. The six members of teaching staff are specialist Physical Education teachers, and each have over a decade of outstanding classroom practice experience.

All three of the full-time members of staff in the department have extra responsibilities as Heads of Year, Head of Department or extra responsibilities in SLT respectively. The three part time members of staff all have experience in middle or senior leadership roles. The department's newest part time member of staff is an experienced PE teacher and is being mentored by the Head of Department.

Current staffing in PE brings a significant experience to the department, greatly enhancing our primary aim of consistently delivering outstanding Physical Education lessons.

PE Curriculum at St Mary's:

Pupils at Key Stage 3 follow a Curriculum Map designed around the national curriculum which aims to: develop motor competence, be physically active for sustained periods, engage in competitive activities and lead healthy, active lives.

Designed to be as challenging as it is inclusive, our broad and balanced curriculum uses a wide variety of different sports and activities to give pupils as many different experiences in sport as possible. We use seven specific teaching blocks comprised of invasion games, net/wall activities, gymnastics and dance, outdoor and adventurous activities, Health and fitness, striking and fielding activities and athletics.

The organisation of these blocks throughout the academic year aims to create a foundation of transferable skills that pupils begin developing in Year 7. The pupils build upon this understanding into sport specific conditioned games, more advanced motor skills and increasingly complex tactical situations as they progress through Key stage 3. In year 9 pupils display complex movement patterns, can discuss context specific adaptations and tactics and have developed the tools to live healthy active lives.

Our curriculum map allows us to use the superb facilities we have and ensures a limit to the impact on learning our seasons and weather can have.

In Key Stage 4 every pupil follows core PE where they pursue an options programme allowing them to choose which activity area they enjoy the most and focus on sports and activities in their preferred area. This results in pupils having many positive experiences in Physical Education at school and pupils who continue playing sport or being physically active after leaving school.

Our GCSE PE map flows through KS4, prioritising paper one in year 10 before the internally assessed and moderated Personal Exercise Program over the summer term. This allows us to focus on Paper 2 and our practical performances in year 11.

Enrichment:

Our extracurricular provision is extensive, delivering a programme ranging from recreational to representative activities. The county and regional fixture calendar closely mirrors the timing of the activities within our curriculum maps.

This is supported with our well attended, Inclusive and targeted practices and clubs. Daily after school activities are the norm with often up to 100 pupils engaged in extracurricular sport on an evening. Using the passion for extracurricular opportunities within department we also enter all county and regional competitions on offer. St Mary's performs very well and, in recent years, the school has been successful at district, county, regional and national level competitions. Some examples of this success over the course of the past year are:

- **Yr. 7 County netball Champions**
- **Yr. 8 County football Champions (**
- **Yr. 9 County football Champions (and last year won Richard Wyndenback trophy as the counties Best Footballing School)**
- **Yr. 9 County Hockey Champions**
- **KS3 County Doubles Champions**

Sporting leadership opportunities are also encouraged, where our pupils act as young leaders and ambassadors at hub events held within the county.

The PE department organise and run the two major whole school enrichment days outside of whole school Mass on the calendar: the annual sports day and **Inter-House Games Day respectively.**