

## **Stepney Green Sixth Form: PE Curriculum Statement.**

**Head of Department:** Mr M. Smith

**Head of Key Stage 5 PE:** Mr M. Bisran

Stepney Green Maths, Computing and Science College (SGMCSC) has been delivering Key Stage 5 PE options since 2014. The staff involved in planning and delivering the KS5 PE options have vast experience and subject knowledge which offers the pupils an enjoyable and comprehensive experience whilst they study their KS5 courses. The PE staff have a positive and responsible relationship with the Sixth Form PE cohorts and strive to offer their students the best possible chances and provisions to help them complete and progress in their academic and vocational studies.

### **1. *Intent – Why have the course?***

Sports is a globally growing industry which not only entails the competitive nature but also many other industries such as health and well-being and job opportunities such as lawyers, doctors, coaches, etc. With things such as obesity and mental health issues on the rise, it is important for the future generations to learn and understand not only the impacts but also the strategies on how to avoid and/or deal with such things. Having the opportunity to study and take part in PE at KS5 gives SGMCSC Sixth Form students the opportunity to learn about the sports industry and important factors such as battling obesity and mental health issues, helping future athletes, and being part of the increase in gender and race equality. Therefore, it is not only important to aim to increase participation in sport and KS5 PE among the ethnic minorities that form a majority of the cohort at Stepney Green Sixth Form, but to also engage and recruit as many female students as possible.

We aim to increase participation not only in KS5 PE but also with Sixth Form students taking part in physical activity because of the proven fact that physical exercise links with positive mental health and better academic progress. The KS5 pupils have the opportunity to take part in enrichment sessions once a week where they can partake in any sport of their choice. Furthermore, our KS5 PE pupils have full access to the outstanding sports facilities available at SGMCSC.

The courses fit in with academic and vocational progress at the school. They help build upon student strengths from KS3 and KS4 PE. For example, pupils who studied GCSE/BTEC Level 2 Sports Studies enjoy returning to the Sixth Form to further enhance their subject knowledge and understanding.

A majority of pupils who study the KS5 PE courses have career aspirations in sport. A vast majority will apply and progress on to university courses such as Sports Therapy and Rehabilitation and Sports Coaching. Some pupils will apply for an apprenticeship in the sports field.

There is often a very low number of pupils who will apply to study KS5 PE for general interest. These pupils have always had an interest in sports and wish to build some knowledge and understanding of this vast sector for their own benefits (e.g. learning methods and principles of training and nutrition to help plan and implement their own training programme).

In any event, the KS5 PE options available at SGMCSC Sixth Form offers its pupils provisions which are not available at other schools in the local area. The staff expertise, knowledge and experience is unparalleled and the student interest is remarkable.

## **2. Implement – Delivery & Logistics, Teaching & Learning**

We offer two KS5 PE pathways at SGMCSG:

- a) OCR A-Level PE – Our most specialised KS5 PE course. This course is aimed at pupils who studied the KS4 GCSE Sports Studies and those who take part in sport at a competitive level. Our A Level PE pupils have university and career aspirations in sport.

The A-Level PE course is led by the HoD (Mr M. Smith) with some assistance from Mr M. Bisran. There are 3 double period lessons per week for each cohort (year 12 and 13). Each double period lesson is delivered by a teacher who is a specialist in their field (*Exercise Physiology and Biomechanics – Mr M. Smith; Sports Psychology and Skill Acquisition – Mr M. Bisran; Socio-Cultural Studies – Mr J. Farley*). The A-Level pupils also complete a practically assessed unit which includes a practical performance/moderation and the Evaluation and Analysis of Performance for Improvement (EAPI) moderation, which is organised and led by Mr M. Smith.

- b) Pearson Edexcel BTEC Level 3 – Our most popular subject choice among KS5 pupils. The course is aimed at pupils who want to pursue further education and a career in the sports industry. It is also aimed at pupils who have a general interest in sports and health, and wish to expand upon their knowledge.

The BTEC course is planned and managed by Mr M. Bisran. There are 9 double period lessons per week for both year 12 and year 13 cohorts. Each lesson is a different unit, delivered by teachers who are specialists in their fields;

- Miss B. Thompson (*x2 lessons year 12*) – Anatomy & Physiology, Professional Development in the Sports Industry.
- Mr G. Giordano (*x2 lessons year 13*) – Sports Coaching, Sports Leadership, Sports Event Organisation.
- Mr J. McRae (*x3 lessons each cohort*) – Fitness Training & Programming, Fitness Testing, Research Projects in Sports, Rules & Regulations in Sport.
- Mr J. Farley (*x1 lesson year 12, x2 lessons year 13*) – Practical Sports Performance, Investigating Sport in Business & the Activity Leisure Industry.
- Mr M. Bisran (*x3 lessons each cohort*) – Sports Psychology, Skill Acquisition, Sports Injuries, Development & Provision of Sport and Physical Activity.

We specifically offer three different BTEC pathways according to pupil preferences;

- i. BTEC Level 3 Extended Certificate (single) – equivalent to 1 A Level. Studied over 2 years but can be completed in 1 year. This option is ideal for pupils who have an interest in sport and wish to pursue it further (at university or as a career), but also wish to study other subjects.
- ii. BTEC Level 3 National Diploma (double) – equivalent to 2 A Levels. Studied over 2 years. This option is ideal for pupils who have an interest in sport, want to study sport at university, or wish to pursue a career in sport. It is also ideal for pupils who wish to study another subject option alongside sport. For example, you could study the National Diploma Sport and do 1 AS Level in Business or ICT.
- iii. BTEC Level 3 Extended Diploma (triple) – equivalent to 3 A Levels. Studied over 2 years. This option is ideal for pupils who have the clear intention to study sport at university or pursue a career in sport. Pupils will only study sport and no other subjects.

Our Teaching and Learning Principles include;

- i. Collaborative Learning – Working together as a team is a core principle in sport, and we implement it in our classrooms too. The students will often work together to help with peer support. We also encourage the year 13 pupils to ‘peer-up’ with a year 12 pupil and help them with advice and subject support. Often times the Sixth Form students help our KS3 and

KS4 pupils with sports events and coaching sessions. We also believe that a little healthy competition is engaging and impacting for pupils' successful collaboration.

- ii. Feedback – For sports performers and students, it is important to provide information to the pupil about their performance on their course. We aim to improve and produce students' learning by focusing both the pupil's and teachers' actions to achieve a goal, by aligning effort and activity with an outcome. We understand that too much feedback can sometimes have a negative impact, and therefore implement feedback techniques with 'Mastery Learning' strategies.
- iii. Mastery Learning – We believe in the fundamental principles of sportsmanship and values, which include working as a group and taking on feedback to help future improvements. Added to this, we believe that every pupil is capable of achieving and therefore we keep learning outcomes constant whilst understanding that all pupils have individual needs. We break learning content into units with clearly specified objectives which are pursued until they are achieved. Learners work through each block of content in a series of sequential steps and must demonstrate a high level of success on tests before progressing to the next unit. Those who do not reach the required level are provided with additional tuition, peer support, small group discussions, or homework, so that they can reach the expected level.

The KS5 PE cohorts are taught in classrooms which are solely for the use of KS5 PE pupils. The KS5 PE pupils also have priority and full access to the sports facilities for when they wish to train, take part in sporting activities and/or practice both their physical and academic performances. For example, the pupils will often borrow the PE department's equipment (including a camera) to practice their EAPI or coaching sessions which will be used towards summative assessment and coursework projects.

SGMCSC KS5 PE cohorts are offered a wide range of activities, enrichment opportunities, trips, and out of school hour's support. The pupils take part in an enrichment session once per week. They also have the option to attend lunch time and after school clubs where they can make full use of the sports facilities and clubs on offer (e.g. fitness suite, cardio room, table tennis, basketball, football, badminton, cricket, athletics). There are also educational visits organised by the PE department to sports stadiums, museums, etc. These educational visits are a great way for pupils to learn outside of the classroom and engage with the world beyond Sixth Form. Pupils are also offered out of hour's support. Pupils have each of their teacher's email addresses as well as access to Microsoft Teams, where they are able to contact their teachers at any time of the day/night for support and advice. Pupils also feel comfortable to come see their teachers in the PE office during non-lesson times. There are also mandatory intervention sessions for the pupils to attend after school to help them catch up with lesson content and/or coursework projects.

### **3. Impact**

Results for both KS5 courses have been consistent and above the national average. Pupils have always shown positive signs of progression in their respective courses and student retention has also always been high.

A vast majority of our pupil's progress onto further education courses at university. Past pupils have attended reputable universities such as the University of Greenwich, University of Kent, Queen Mary's, Middlesex University, Brunel University and Birmingham University. Pupils have

chosen and studied courses such as Sports Coaching, Sports Therapy and Rehabilitation, Sport and Exercise Sciences, Sports Massage, and Sports Journalism.

Our recent 2020/21 cohort have secured universities such as Brunel University, Middlesex University and Queen Mary's. They will be studying courses such as Sports Coaching and for the first time a couple of pupils will be studying an undergraduate degree in Physical Education, pursuing their aspirations to be PE teachers.

We also have a pupil who will not only be attending university next year but has also secured a place with the England and Wales Cricket Board (ECB) to study sports coaching with professionals and secure a career as a cricket coach, potentially for the England team!!!

Another pupil has secured an apprenticeship with a grassroots football academy, where he aims to work as a football coach and achieve further qualifications whilst doing this.

We are proud and enthusiastic to work with and help all our pupils, so it is encouraging and delightful when they do come to visit us every so often. In the past 7 years, all pupils have retained their places at university or apprenticeship. We now have a few ex-Stepney Green pupils who work in the sports sector as trainee physiotherapists and coaches – something the school and the SGMCS PE department are immensely proud of.