

Physical Education Curriculum Information

Year 6

In Year 6, students participate in Hi 5 Netball, Gymnastics, Orienteering, Indoor Athletics, Mini Tennis and Rounders. Principally, the focus is upon acquiring and developing basic skills, tactics and choreographic techniques, as well as improving coordination and developing teamwork. The PE curriculum is designed to encourage girls to enjoy their activities and become successful learners.

Year 7

In Year 7 the students follow a similar programme of activities to those in Year 6, although the amount of time spent studying each activity differs. The activities are 7 a side Netball, Badminton, Gymnastics, Orienteering, Outdoor Athletics, Tennis and Rounders. The aim of the Year 7 programme is to consolidate the basic skills attained in Year 6 and develop greater control and spatial awareness.

Year 8

Girls follow the same programme of activities in Year 8 as they did in Year 7. In Year 8 we aim to develop more demanding skills and sophisticated attacking and defensive strategies within games, and more complex sequences in gymnastics. Students are also asked to reflect on their own and others performances to a greater extent and find ways to improve them.

Year 9

New activities including, basketball, and volleyball are introduced in Year 9. This enables pupils to adapt and apply skills and strategies acquired in the first 3 years and to new activities and develop the confidence to take part in different sports. As students move towards becoming more independent learners, we offer them the option to choose which activity to participate in at the end of the Spring term.

Year 10

We aim to help students develop personally and socially. They work as individuals groups and teams, developing the concepts of fairness and responsibility. They take on differing roles and responsibilities including leadership, coaching and officiating. In core PE, which is one 70 minute lesson per week, we offer the girls a range of options to choose from throughout the year giving them more control over the activities in which they participate. Options include Netball umpiring, Hockey, Netball, Football, Aerobics, Volleyball, Badminton, Dance, Tennis, Softball and Rounders.



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FOR GIRLS

GCSE PE is an option in Year 10 and we follow OCR syllabus code J086/J586. Girls who choose to study GCSE PE have an additional 2x 70minutes lessons per week, one lesson is dedicated to the theory work and the other to practical work.

Year 11

Once again, in Year 11, girls are allowed to select the activities in which to participate in core PE. They continue to learn about the value of healthy, active lifestyles and make informed choices about lifelong physical activity.

Girls who have selected to study GCSE PE as an option, (OCR syllabus code J086/J586), continue with their studies in Year 11. Practical work is continually assessed throughout the 2 year course and marks are verified by an external moderator at the end of the course. Theoretical knowledge is assessed in the form of a 1½ hour written examination, as well as via a piece of written coursework.

Years 12 & 13

PE is a compulsory part of the sixth form curriculum until the Spring term of Year 13. Lessons are 1 hour 45 minutes long and once again girls are given a choice of activities to pursue. Lessons often take place off-site, once again broadening the girls' experiences of activities that are available in the local community. Options may include Rock Climbing, Fitness, Golf, Aerobics, Self Defence, Fencing, Table Tennis and Archery, as well as the more familiar activities of Netball, Volleyball and Badminton.

AS and A2 PE are offered in Years 12 and 13 respectively for girls who have a keen interest in studying Physical Education to a greater depth. They follow the syllabus from the OCR examination board, AS Level Specification H154 and A2 Specification H554.

