

Core Physical Education

What is core Physical Education?

Within core PE all students will experience all elements of the new National Curriculum which include: Expressing and Communicating Ideas; Accurate Replication; Maximum Performance; Outwitting an Opponent; Exercising Safely and Effectively and Identifying and Solving Problems.

Additional academic qualifications

The core PE curriculum also allows students to achieve Leadership Awards within their lesson time, along with participation in clubs and team performances within extra-curricular time. This can lead to inclusion on the Gifted and Talented register allowing students access to additional funding and support.



For further details contact:

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Community Academy

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Sports & Leisure Faculty



If you would like to find out more about securing a place in Year 7, please visit www.daca.co.uk or call **01254 819500** for further details.

Darwen Aldridge Community Academy,
Sudell Road, Darwen, BB3 3HD



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National Curriculum Opportunities

OUTWITTING AN OPPONENT:

This unit covers a number of activities which allows students to develop their ability to out think and develop a tactical awareness within a number of competitive sports ranging from invasion games (netball—rugby—football); Net Wall games (badminton—tennis—volleyball); Field run score games (cricket—rounders—softball) ; athletics and swimming activities.

ACCURATE REPLICATION:

This unit covers a number of activities which allow students to develop technical skills to replicate actions which are aesthetic. Activities covered are : Ballroom dance—trampolining—gymnastics—dance.

PERFORMING AT MAXIMUM LEVELS:

This unit covers a number of activities which allow students to develop their power and determination. This is delivered through Athletics, Swimming and a variety of team games.

IDENTIFYING AND SOLVING PROBLEMS:

This unit covers a number of teambuilding and outdoor and adventurous activities to develop students ability to work as a team to think critically towards a positive outcome. The activities delivered include; orienteering—problem solving—expedition skills

EXPRESSING AND COMMUNICATING IDEAS:

This unit covers mainly areas of dance which allow students to develop skills in choreography and planning to represent specified themes.

EXERCISING SAFELY AND EFFECTIVELY:

This unit covers a number of activities which develop students levels and understanding of fitness and allows them to recognise healthy choices. Activities include; Circuit training—Aerobics—Continuous training—Resistance Training and Cross training.



Assessment

All students are assessed throughout the units and at the end of each unit allowing students to see their progress throughout the year. A large part of the assessment process is for students to evaluate their performance through the unit and analyse the results next to the targets they have set themselves at the start of the unit.

The staff who deliver will maintain a record of students academic progress along with their effort and level of organisation throughout the year. If this does appear to be unsatisfactory parents will be informed via the Director and Assistant Director of Learning for Sport and Leisure.

Staff will also be monitoring students who are potential Gifted and Talented students who will be eligible for our JAE (Junior Athlete Education) programme. This programme will offer support to all students who are regular attendees at School clubs, Local Clubs or who are competing and training at County or National Level. Financial support may be available and all students registered on the programme will be allocated a tutor who will specifically support students to manage their school, training and home life commitments.



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