

# FREQUENTLY ASKED QUESTIONS: PE

- **Why is PE important?** PE is essential to the development of motor skills and the enhancement of reflexes. Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture. Students will develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve upon them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles
- **How many PE lessons do you have per week?** Year 7 & Year 8 have 2 PE lessons and Years 9-11 have 1 PE lesson per week. Student who select PE as an optional qualification in Year 9 have an additional 2 hours of PE lessons per week and students in Year 11 have an additional 4 hours of PE lessons per week. Some students are given extra intervention lessons to help further boost their grade.
- **How much homework would I be set?** Our PE students are set a weekly homework task to complete in their PE booklets or a research task in preparation for the next lesson. Students who have selected PE in Years 9 and 11 will be assigned tasks to complete weekly as part of their qualification.
- **What would happen if I was struggling in PE?** We hold a weekly intervention for students in Years 9 and 11 who have selected PE as an option. This intervention is both theory and practical. We also offer weekly enrichment clubs, students who require additional support can attend.
- **Which exam board do you use?** OCR Cambridge National
- **Are there any enrichment opportunities?** We have weekly clubs offered to our students including; Netball, Futsal, Football, Table Tennis, Sports Hall Athletics and fitness. Students are selected to represent the school in various sports in the BWD secondary schools' leagues.
- **What resources do we use at TIGHS PE?** The PE teachers plan lessons using a wide range of textbooks and exam board documents. Lessons are carefully matched to the national curriculum and ensure full coverage. The lessons are sequenced so that students slowly build their physical, mental and emotional wellbeing and understanding over time and have opportunities to make links and connections with all the different branches of the subject.
- **How well do our students perform in PE?**

OCR RESULTS	% Grade D*	% Grade D-D*
2019	50	94
2020 (Teacher Prediction)	57	100

- **What do our students do after studying PE?** Students who have completed the optional qualification continue their studies further in A Level PE or BTEC Level 3 in Sports Studies, progressing in careers such as physiotherapy, sports medicine and psychology. Some of our students further their knowledge by completing coaching qualifications.