

FITZHARRYS SCHOOL CURRICULUM SUMMARY

Physical Education (PE)

PE helps pupils acquire the knowledge, skills and understanding they need to participate successfully in and enjoy physical activities. At Fitzharrys School, physical activity is at the heart of what we do. By working in a variety of contexts individually, in groups and in teams, students learn to work both independently and collaboratively, developing confidence in a range of sports and activities.

KS3

In Key Stage 3, pupils participate in a variety of activities including netball, rugby, football, gymnastics and more. The PE curriculum is designed to develop students' confidence and skill with the aim of instilling an enjoyment of sport and exercise both in and out of school.

In Year 7, students are introduced to the core skills which they will learn to apply to a range of sports and activities. Across KS3, students develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they are taught to think about what they are doing, analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve them.

KS4/GCSE

In Key Stage 4 all students participate in timetabled PE lessons which are aimed at continuing students' participation in physical activity and broadening their understanding of the need to lead a healthy, active lifestyle.

Students opting for PE at KS4 follow the Pearson BTEC Tech Award in Sport, Activity and Fitness. This course enables our students to maintain a focus on physical activity in partnership with theory and links to real world situations. They complete work towards three different components:

Component 1: Understand the Body and the Supporting Technology for Sport and Activity

Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity

Component 3: Applying the Principles of Sport and Activity

Students complete project based work meeting the criteria of each component. They are continually assessed throughout the course with an external exam being part of Component 2.

Extra-Curricular Opportunities

At Fitzharrys School, we believe that students should be given every opportunity to take part in sport competitively and for fun. We offer a wide range of extra-curricular clubs at lunchtime and after school, from dodgeball to kickboxing. Netball is hugely popular, and we regularly compete in Vale competitions.

We run a very successful sports tour to Holland for both Netball and Football.

Fitzharrys School has strong partnership links with Abingdon School, where our students benefit from world-class swimming facilities and coaching.

Sports Day is a highlight of the year, showcasing our ethos of excellence and sport for all. With a wide range of teams and tournaments, students can challenge themselves and enjoy their sport against other schools.