

## **King Egbert School Physical Education Department**

The King Egbert School Physical Education department are committed:

***To inspire all young adults to take part in all forms of sport to enable them to develop and grow into physically fit, healthy, and mentally sound citizens***

### **Our vision and intent**

The King Egbert School Physical Education Department is committed to providing opportunities for all students to participate in as wide a range of sport as possible. This occurs through practical sports within school, competitive sport from extracurricular provision and wide range of academic opportunities at both KS4 and KS5.

We want students to develop a love for sport and be equipped with the skills necessary to participate, enjoy and excel in sport for now and for their life. The PE curriculum at King Egbert school is firstly about **participation and engagement**.

Our curriculum aims to provide a learning environment where effective, physical movement, and cognitive skills can be developed through participation in a wide range of sporting activities. In addition, good health practices, sportsmanship, self-control, self-expression, and the opportunity for positive social interaction with peers are fostered ensuring we support our school ethos of **Excellence, Respect and Aspirations** through sport.

The skills taught in Physical Education improve students' performance, sharpen their knowledge of strategy and tactics, and help them to transfer knowledge from one context to another encouraging cross curricular links. Physical Education at Egbert's explicitly teaches the necessary knowledge and skills for working with and relating to others and provides the learning opportunities to develop these skills. The development of leadership and teamwork skills and encourages students to transfer knowledge to other learning areas, supporting students to work cooperatively in other subjects, or when working with groups in a leadership role in the school setting and in their lives outside of school in sports clubs or community groups. Our students:

- have the knowledge of PE, sport and recreation that enables them to understand and be critical, reflective, and independent thinkers when they confront issues that affect their daily lives at personal, community, national and global levels
- are physically and mentally healthy, able to face challenges of all kinds, self-regulated in adopting an active and healthy lifestyle, able to attract other people to follow their way of living, and actively concerned about health-related issues in society
- display desirable moral behavior and respect the plurality of cultures and views in the context of PE, sport, and recreation

Physical Education supports the curriculum's vision to enable our students to become confident, connected, actively involved, lifelong learners. The King Egbert PE Department helps students to develop the skills, knowledge, and competencies to live healthy and physically active lives at school and for the rest of their life.

King Egbert School PE department has over 50 teams in 13 different sports. The number of students who have represented the school in at least one sport is over 450 (approximately one third of the school population). Extracurricular clubs run four mornings a week alongside some lunchtimes and after school. Students are empowered to participate in physical activity and understand how this influences their own well-being and that of others. Demonstrating the benefits of an active lifestyle, they encourage others to participate in sport, exercise, recreation and adventure pursuits.

At Key Stage 3 students have two lessons of core PE. The KS3 curriculum is carefully mapped to ensure continuity, progression, and balanced coverage of the programmes of study. At Year 7 pupils are taught in their form groups so are mixed gender. Year 8-9 students are separated into girls and boys. The groups are mixed ability, and many will have students who are Gifted and Talented alongside pupils with specific learning needs.

At Key Stage 4 and 5, academic and vocational opportunities to study PE are offered. At Key Stage 4 all pupils have one lesson of core PE and can opt for either BTEC Tech Award Sport Level 2 or GCSE PE both of which are an additional two lessons a week all theory. Within core PE lessons those students who have opted for an academic qualification are placed together in a group and they will have focussed lessons towards gaining the highest GCSE practical grade BTEC students will work on their leaderships skills and fitness components as well as learning the different methods of training that they will be examined in. Core PE emphasis is placed upon competition and full context sport. A Level PE (AS and A2) and BTEC Level 3 Subsidiary are offered in the sixth form, these courses are very popular.

### **Celebrating Achievement**

King Egbert School PE department is commitment to promoting and celebrating personal achievement within the formal curriculum, inter-House competition, and extra-curricular activities and through our ethos. Links are made with partners in the community to ensure students have an outlet for participation outside of a school setting to encourage life-long participation.

#### **Some past achievements of note are:**

- Alfie Biggin Year 7 – National Trampoline Champion 2020. ‘World Red Bull’ High Dive Silver medallist 2023.
- Olivia Munroe Senior National Finalist Gymnastics 2023.
- U16 Girls Hockey National Finalists 2020.
- U16 Trampoline Team National Finalist 2018/19/20/21/23.
- U19 Mixed Gymnastics Team 2<sup>nd</sup> at National Final 2021.
- U15 Netball team Sheffield League winners.
- Y10 Boys Football Sheffield Runners up. Y7 League Champions.
- U13 Cricket team Yorkshire Runners up. Y7 City runners up. Y8&9 City Cricket Champions.
- U13 Girls Cricket team North of England Champions 2023.
- U12 mixed Cricket team Yorkshire Champions 2023.
- U15 boys Cricket Sheffield City Champions 2023.
- Y7 Girls Football team South Yorkshire Champions 2023.

### **Additional opportunities provided**

**Movement Evening** – Pupils worked incredibly hard each year to put on a fantastic show at movement evening. There are displays of gymnastics, trampolining, dance, and cheerleading.

**Trip Ski to Austria** - every year the department organizes a ski trip to Alpendorf in the Austrian Alps for Y10 students. This takes place over Feb half term with approx. 50+ students.

**Holland Football and Hockey Tours Y8 and 9-** the department organizes a 5-night tour to Holland and the pupils stay at FC Utrecht and play local teams at hockey and football.

**Sports Presentation Evening** – Each year to celebrate the success of the students the department has a sports presentation evening with a special guest. This involves approximately

400 students and parents. Special guests have included Alexandra Danson (GB Hockey Captain) and Jessica Ennis Hill. Previous winners include Jessica Ennis, and Joe Root.

We are very keen to celebrate ex-students' achievements, and some of our recent guests have been successful ex-students: Sam Tierney (Leicester City women 1<sup>st</sup>-team player) and, in 2023, Nohmaan Hussain (GB boxer).

**Sports Day** - The department runs a its own sports day which is on site and is a whole school day, plus the department organizes a sports day for the Rowan special needs school. This is supported by sixth form students and is part of the old CSLA /Young Leaders courses.

King Ecgbert PE department was awarded Sheffield Physical Education Department of the Year in 2013 and 2018.

The department has been nominated by South Yorkshire Cricket Association for the 'Chance to Shine' department of the year 2023.