

23
24



PHYSICAL EDUCATION HANDBOOK



TABLE OF CONTENTS



03	Meet the team
04	P.E Kit
05	Forgotten PE Kit
06	Beyond the Classroom
07	Notes / Injury
08	Curriculum Intent
09	Curriculum Implementation
13	Curriculum Impact
14	Contact details

MEET THE TEAM



Steph Hemming

Head of Physical Education



Jamie Richens

Head of Academic PE
Deputy Head of Y12



Katie Parsons

Teacher of Physical Education



Daniel Bayliss

Teacher of Physical Education
Deputy Head of Year 13



Rachael Powell

Teacher of Physical Education
Deputy Pastoral Lead



Dale Blackham

Teacher of Physical Education

PE KIT



The New PE Kit was launched in 2022 and is available from the Price & Buckland website:

<https://www.pbuniform-online.co.uk/schools/alcester-grammar.html>

A link can also be found on the school website

There are 5 compulsory items from the Price & Buckland Website:

- Polo Shirt (Unisex or Girls fit)
- Shorts or Skort
- Base Layer or Technical Leggings
- 1/4 Zip Sweatshirt
- Long Sports Socks

Other compulsory items of PE kit, that are essential but not bought through the Price and Buckland website are:

- Trainers
 - White ankle socks
 - Shin pads
 - Studded boots (screw-in/moulded/hybrid all ok, NOT astro trainers)
 - Gum shield (self-moulded or order service available through school at the beginning of each academic year)
- <https://titanmouthguards.com/ags-landing-page/>

Optional PE kit items are detailed below:

- Base layer long sleeve top, black
- Reversible sports shirt, black with red panels
- Plain rugby shorts, black
- ¼ zip showerproof jacket, black with red panels



FORGOTTEN PE KIT

It happens to us all, quick action and responsible handling ensure minimal disruption while maintaining a positive P.E. experience for all.

Follow these steps to resolve the situation promptly:

Immediately Act: Within the first 3 minutes, head to the Referee's Room located at the end of the P.E. corridor.

Bring a Valuable: Carry a valuable item with you for exchange, ensuring you'll retrieve your kit later.

Return Kit Promptly: After the class, return the borrowed kit as soon as you're back in the changing rooms. Prioritize essential dressing first (shoes, socks, ties can wait).

Repeat offences:

Mistakes happen, but repeated offenses will not be tolerated. Such instances will be addressed similarly to forgetting homework. It's crucial to communicate with the P.E. department; they can assist in resolving issues if informed. Transparency helps maintain a supportive environment where challenges are met with solutions, ensuring a smooth and effective P.E. learning experience.



BEYOND THE CLASSROOM



Extra Curricular Physical Education

Clubs

An extensive range of extracurricular clubs are available throughout the year. The timetable changes half termly and is shared via SMHW, on the school website and is displayed in the P.E Foyer. Clubs run from 3.40pm–5pm, offering students ample opportunities to engage in diverse activities beyond their regular P.E Lessons. Most clubs are free to attend, however a couple (Fencing & Table Tennis) do have a small cost. Further information can be found in the Sports Hall Foyer.

Fixtures

Fixtures, including matches and tournament are offered in a range of sports & varying competition levels. Teams are selected based on club attendance, opponent strength, and competitive level. We aim to provide inclusive opportunities for all students should they wish to.

How do I know if I have been selected for a Fixture?

All team sheet are put on the fixtures board (Down the changing room corridor), Check this board regularly. Team captains are ask to check all players can attend and to find replacements.

What to check on a Team sheet?

- Sport
- Home or away & Venue
- Pick up times
- Any extra equipment needed

Its important for parents to pick up promptly to avoid delays for all other students.

When faced with the occasional injury or illness or the inability to partake in P.E lessons fully there are few steps to follow. Just remember, even the P.E. are subjected to these injuries and illness so we are very good at adapting:

Bring your P.E. Kit:

You never know when it might rain or the conditions underfoot, no one wants to be sat in their wet uniform all day. Equally wearing your P.E kit enables you to still participate in an adapted activity or an an alternative role. (There many be occasions when you are unable to change, staff will take each student in a case by case situation)

Bring a Note:

Bringing a physical note enables the P.E to keep a track of injury and illness. (An emailed note may not be picked up in time due to staff timetables and a physical note can be handed to your teacher.

Be Prepared:

Stay engaged, contributing in alternate capacity such as an adapted activity, a coaching or officiating can ensure inclusion and minimizes disruption to students progress.

Staying ahead in the P.E. game means being proactive, not reactive. Remember: communicate! If you've got an injury or are unable to partake fully, reach out. The P.E. office door is always open.



NOTES/ INJURY



CURRICULUM INTENT



At Alcester Grammar School, the intent of our Physical Education program is multifaceted. We strive to instil a culture where every student is actively involved in physical activities, fostering a genuine enthusiasm for participation that extends well beyond their time in school. Our aim is for students to develop a lasting passion for maintaining an active and healthy lifestyle throughout their lives. We believe in nurturing a platform for achieving excellence in sports and those with a passion for participation. Our program is designed to support students in refining their athletic abilities and reaching their full potential while maintaining a balance between academic pursuits and sporting commitments. Equally to support others to recognise the significance of leading a healthy life and finding enjoyment in physical activity simultaneously. In essence, our goal is to produce well-rounded individuals who not only excel in their chosen sports and experience a breadth of activities, but also carry with them a lifelong commitment to physical well-being and an appreciation for the value of active participation.



KS3

Our KS3 Physical Education (PE) curriculum offers a diverse range of activities fostering holistic development. Through sports and exercises, students cultivate transferable skills essential for life. Team activities like Netball, football & basketball nurture cooperation, communication, and strategic thinking. Individual pursuits such as Athletics, Badminton & Gymnastics build self-discipline and self reflective thinking. The challenges presented in PE cultivate resilience as students face setbacks and strive for improvement. By embracing these activities, pupils not only enhance their physical well-being but also imbibe vital qualities like teamwork, perseverance, and adaptability, equipping them to thrive both on and off the field throughout their educational journey and beyond.

KS4

Our KS4 Physical Education Curriculum offering pathways to personalised learning and promote physical activity. For example, 6 activity options per module (6 each year) competitive sports v health related fitness.

CURRICULUM IMPLEMENTATION

YEAR 7

	Autumn				Spring				Summer			
PE 1 (Boys)	Touch Rugby	BUILD UPON FUNDAMENTAL MOVEMENT SKILLS DEVELOP TEAMWORK AND COOPERATION WHILST PARTICIPATING IN SUSTAINED PERIODS OF PHYSICAL ACTIVITY	Football	ACCURATELY REPLICATE CORE SKILLS CONSISTENTLY PUPILS WILL LEARN TO PREPARE FOR AND RECOVER FROM EXERCISE SAFELY	Fitness (All Students)	UNDERSTAND BASIC FITNESS ACTIVITIES AND DEVELOP AN ACCURATE REPLICATION OF THE REQUIRED TECHNIQUES UNDERSTAND THE NATURE OF HEART RATE BEFORE, DURING AND AFTER EXERCISE	Competition/Inter House	APPLICATION OF SKILLS & TACTICS TO WORK AS A TEAM IN COMPETITIVE SITUATIONS DEMONSTRATE UNDERSTANDING OF RULES & LAWS IN COMPETITIVE PLAY	Athletics	INTRODUCED TO BASIC ATHLETIC SKILLS AND DEVELOP ACCURATE REPLICATION EVALUATE THE USE OF TECHNIQUE TO SHOW IMPROVEMENT	Tennis	USE CORRECT TECHNIQUE TO EFFECTIVELY CONTROL THE DIRECTION OF THE BALL USE BASIC TACTICS TO OUTWIT AN OPPONENT
PE 1 (Girls)	Netball	DEVELOP AN UNDERSTANDING OF ATTACKING AND DEFENDING PRINCIPLES DEMONSTRATE UNDERSTANDING OF UMPEERING COMMANDS AND RULES IN COMPETITIVE PLAY	Rowing	IDENTIFY AND PERFORM BASIC ROWING TECHNIQUE DEMONSTRATED THE ABILITY TO ROW FOR A PROLONGED PERIOD OF TIME	Football	ACCURATELY REPLICATE CORE SKILLS CONSISTENTLY CONTRIBUTES TO A TEAM PERFORMANCE AND WORKS WELL WITH OTHERS	Hockey	USE A RANGE OF TACTICS AND STRATEGIES TO OVERCOME OPPONENTS USE BASIC TECHNIQUES IN A SMALL SIDED GAME AND CAN PASS WITH REASONABLE ACCURACY	Rounders (Fielding)	DEVELOP & EXECUTE DIFFERENT FIELDING TECHNIQUES APPLYING FIELDING SKILLS, UNDER PRESSURE, IN A GAME SCENARIO	Rounders (Batting)	SELECT & EXECUTE TACTICAL BATTING TECHNIQUE IN RESPONSE TO FIELDING DECISIONS USE BASIC PRINCIPLES OF PLAY TO WORK TOWARDS SUCCESSFUL OUTCOMES
PE 2 (Mixed)	Invasion Games	APPLY SKILLS AND KNOWLEDGE UNDER COMPETITIVE PRESSURE INCREASE CONFIDENCE IN BALL HANDLING, UNDERSTAND PRINCIPLES OF ATTACK & DEFENCE.	Gymnastics	ESTABLISH BODY MANAGEMENT WITH FLUENCY AND CONTROL IN AN A RANGE OF AESTHETIC ACTIVITIES ANALYSE PERFORMANCES AND DEMONSTRATE APPLICATION OF FEEDBACK TO ACHIEVE THEIR PERSONAL BEST	SAQ	DEVELOP A FOUNDATION OF FUNDAMENTAL MOVEMENT SKILLS DEMONSTRATE AND APPLY KNOWLEDGE OF EFFECTIVE MOVEMENT	Outdoor Running	DEVELOP A KNOWLEDGE AND UNDERSTANDING OF RUNNING TECHNIQUE UNDERSTANDING THE BENEFITS OF PARTICIPATION AND ENJOYMENT OF PHYSICAL ACTIVITY	Rounders (Fielding)	DEVELOP & EXECUTE DIFFERENT FIELDING TECHNIQUES APPLYING FIELDING SKILLS, UNDER PRESSURE, IN A GAME SCENARIO	Rounders (Batting)	SELECT & EXECUTE TACTICAL BATTING TECHNIQUE IN RESPONSE TO FIELDING DECISIONS USE BASIC PRINCIPLES OF PLAY TO WORK TOWARDS SUCCESSFUL OUTCOMES
Introduction to Theory :		PRINCIPLES OF TRAINING (WARM UP & COOL DOWN)			MUSCULO-SKELETAL SYSTEM (MUSCLES)				MUSCULO-SKELETAL SYSTEM (BONES)			



CURRICULUM IMPLEMENTATION

YEAR 8

	Autumn				Spring				Summer			
PE 1 (Boys)	Rugby	USE INFORMATION GAINED FROM ANALYSES OF PERFORMANCE TO INFLUENCE AND IMPROVE THEIR OWN PLAY SELECT, COMBINE AND PERFORM RUGBY SKILLS MORE FLUENTLY, CONSISTENTLY & WITH ACCURACY IN ORDER TO OUTWIT OPPOSITION	Football/Basketball	IDENTIFY MOST EFFECTIVE SKILL NEEDED AND PERFORM THESE FLUENTLY AND QUICKLY EVEN UNDER PRESSURE. IMPLEMENT STRATEGIC AND TACTICAL DECISIONS BASED ON MOVEMENT OF THE BALL INTO SPACE AND CHOICE OF SKILL EXECUTION.	Fitness (All Students)	GAIN KNOWLEDGE OF THE NATURE OF FITNESS BASED ACTIVITIES AND MAKE EFFECTIVE EVALUATIONS OF STRENGTH AND WEAKNESSES RECOGNISE THAT DIFFERENT TYPES OF ACTIVITIES REQUIRE DIFFERENT TYPE OF FITNESS	Competition/Inter House	APPLICATION OF SKILLS & TACTICS TO COMPETITIVE SITUATIONS IMPLEMENT STRATEGIC AND TACTICAL DECISIONS	Athletics	APPLIES A REASONABLE KNOWLEDGE & ACCURATE REPLICATION IN MOST ATHLETIC EVENTS APPLY STRATEGIES FOR EFFECTIVE COMPETITIVE PERFORMANCE.	Ultimate Frisbee	AWARENESS OF BASIC GAME CONCEPT AND REPLICATE CORE SKILLS ACCURATELY REPLICATE CORE ATTACKING AND DEFENDING PRINCIPLES
PE 1 (Girls)	Netball	ACCURATELY REPLICATE CORE ATTACKING AND DEFENDING PRINCIPLES DEMONSTRATE EFFECTIVE SKILLS AND TACTICS IN COMPETITIVE PLAY	Rowing	PERFORM EFFECTIVE & EFFICIENT ROWING TECHNIQUE DEMONSTRATED THE ABILITY TO ROW COMPETITIVELY FOR A PROLONGED PERIOD OF TIME	Football	IDENTIFY MOST EFFECTIVE SKILL NEEDED AND PERFORM THESE FLUENTLY AND QUICKLY EVEN UNDER PRESSURE. USE AN UNDERSTANDING OF THE PRINCIPLES OF ATTACK DURING COMPETITIVE GAMES	Rugby	DEVELOP THE BASIC PRINCIPLES OF PLAY WHEN SELECTING AND APPLYING TACTICS FOR DEFENDING AND ATTACKING DEMONSTRATE UNDERSTANDING OF BASIC LAWS OF THE GAME	Rounders	PERFORM BATTING, BOWLING & FIELDING SKILLS WITH ACCURACY AND CONTROL MAKE DECISIONS, ASSESS OUTCOMES AND WORK EFFECTIVELY AS A TEAM	Softball	DEVELOP UNDERSTANDING AND KNOWLEDGE OF THE BASIC FUNDAMENTALS OF SOFTBALL UNDERSTAND THE LAWS GOVERNING CATCHING AND FIELDING IN SOFTBALL
PE 2 (Mixed)	Hockey	USE A RANGE OF TACTICS AND STRATEGIES TO OVERCOME OPPONENTS APPLY ATTACKING AND DEFENSIVE SKILLS UNDER PRESSURE	Dance	DEVELOP FLUENCY AND CONTROL IN AN A RANGE OF AESTHETIC ACTIVITIES IMPROVE OWN WORK THROUGH ANALYSIS, CRITICAL SELF-REFLECTION AND EVALUATION	Badminton	DEVELOP THE FUNDAMENTAL PRINCIPLES OF PLAY WHEN REPLICATING CORE SKILLS UNDERSTAND HOW TO OUTWIT OPPONENTS USING STRATEGIES AND TACTICS DURING GAME PLAY	Outdoor Running	APPLY EFFECTIVITY KNOWLEDGE AND UNDERSTANDING OF RUNNING TECHNIQUE AND TACTICS UNDERSTANDING THE BENEFITS OF PARTICIPATION AND ENJOYMENT OF PHYSICAL ACTIVITY				
INTRODUCTION TO THEORY :	MUSCULO-SKELETAL SYSTEM (JOINT TYPES)				PRINCIPLES OF TRAINING (FITT)				CARDIOVASCULAR SYSTEM (KEY TERMS)			



CURRICULUM IMPLEMENTATION

YEAR 9

Autumn				Spring				Summer					
PE 1 (Boys)	Rugby	CHANGE STRATEGIES AND TACTICS TO EXPLOIT OPPONENTS' WEAKNESSES.	Football/Basketball	USE A WIDE RANGE OF ADVANCED SKILLS PLAYING TO THE STRENGTHS OF YOUR TEAM.	Fitness (All Students)	TO UNDERSTAND THE COMPONENTS OF SKILL/HEALTH RELATED FITNESS, ENJOY FITNESS TESTS	Competition/Inter House	APPLICATION OF ADVANCED SKILLS & TACTICS IN COMPETITIVE SITUATIONS	Athletics	CLEAR REPLICATION OF TECHNIQUES IN ALL EVENTS AND CAN EXPLAIN THE DIFFERENT DEMANDS OF VARIOUS EVENTS			
		CONSISTENTLY REPLICATE SKILLS WITH CONTROL AND IN RESPONSE TO OPPOSITION PRESSURE		SHOW A DEEPER UNDERSTANDING OF TACTICS THAT CAN OVERCOME A TEAM DEFENCE.		ADAPT & REFINE ACTIVITIES SUIT SUIT THE INDIVIDUALS NEEDS		RESPOND QUICKLY AND EFFECTIVELY TO NEW AND CHANGING SITUATIONS IN COMPETITIVE PLAY		ADAPT & REFINE STRATEGIES FOR EFFECTIVE COMPETITIVE PERFORMANCE IN SPECIFIC EVENTS			
PE 1 (Girls)	Netball	USE KNOWLEDGE OF THE RULES FOR A TACTICAL ADVANTAGE	Rugby	SELECT, COMBINE AND PERFORM RUGBY SKILLS MORE FLUENTLY, CONSISTENTLY & WITH GREATER ACCURACY TO OUTWIT OPPOSITION	Football	ASSUME THE ROLE OF A REFEREE OR COACH AND DEMONSTRATE SOME CONFIDENCE	Hockey	USE SKILLS AND TECHNIQUES TOGETHER WITH ACCURACY TO OUTWIT AN OPPONENT.		A choice of:	Rounders	EVALUATE GAMES AND APPLY RELEVANT TACTICS TO OUTWIT OPPONENTS	DEVELOP CAPACITY TO SELF-ASSESS, ASSESS OTHERS AND TO LEAD ASPECTS OF THE GAME
		DEMONSTRATE EFFECTIVE TEAMWORK AND LEADERSHIP SKILLS WHEN APPLYING TACTICS IN COMPETITIVE PLAY		DEMONSTRATE THE PRINCIPLES OF PLAY & SHOW CORRECT TECHNIQUE WHEN PASSING, RECEIVING, TACKLING AND BEATING AN OPPONENT		SHOW A DEEPER UNDERSTANDING OF HEALTH AND FITNESS AND ITS IMPORTANCE & DEMONSTRATING EXCELLENT TEAMWORK		DEMONSTRATE A SOUND LEVEL OF TACTICAL AWARENESS AND CAN RESPOND TO CHANGING SITUATIONS BY REFINING THEIR SKILLS AND TECHNIQUES.			Tennis	USE STRATEGIC AND TACTICAL DECISIONS OF SKILLS DURING A COMPETITIVE SITUATION	USE EFFECTIVE BALL PLACEMENT TO GAIN AN ADVANTAGE
PE 2 (Mixed)	Volleyball	DEVELOP FLUENCY AND ACCURACY IN BASIC SKILLS INC. DIGS, SETS & SMASHES	Trampolining	DEMONSTRATE CONSISTENTLY AND REFINE, FLUENCY AND CONTROL IN AN A RANGE OF AESTHETIC ACTIVITIES	Handball	DEMONSTRATING HIGH QUALITY PERFORMANCES AND ACCURATE REPLICATION OF SKILLS	Outdoor Running	COMPETENTLY APPLY KNOWLEDGE AND UNDERSTANDING OF RUNNING TECHNIQUE AND TACTICS	Softball		DEVELOP, ADAPT AND REFINE SKILLS, STRATEGIES AND TACTICS TO BECOME AN EFFECTIVE PLAYER	UNDERSTAND THE BENEFITS OF PARTICIPATION IN PHYSICAL ACTIVITY AND THE OPPORTUNITIES OUTSIDE OF SCHOOL	
		USE TEAM WORK & STRATEGIC AND TACTICAL DECISIONS USING A VARIETY OF SHOTS & SKILL EXECUTION		USE KNOWLEDGE OF OWN AND OTHERS ABILITIES TO ASSIST LEARNING AND CAN ANALYSE PERFORMANCES WELL		DEMONSTRATE A VARIETY OF TACTICS TO OUTWIT AN OPPONENT IN A GAME		UNDERSTANDING THE BENEFITS OF PARTICIPATION AND ENJOYMENT OF PHYSICAL ACTIVITY	Ultimate Frisbee		MAINTAIN ABILITY TO SELF-ORGANISE WHILE PLAYING COMPETITIVE GAMES	ACCURATELY REPLICATE WITH CONSISTENCY, ATTACKING AND DEFENDING PRINCIPLES	
INTRODUCE 30% TO THEORY :	MUSCULO-SKELETAL SYSTEM (MOVEMENT TYPES)				COMPONENT OF FITNESS				CARDIOVASCULAR SYSTEM (CIRCULATORY SYSTEM)				



KS4 Physical Education offers a diverse activity range, letting students personalize their experience of PE. Offering participation, advocating sport for life options such as: Zumba, fitness, & badminton. Competitive sports, for individuals aiming for excellence includes; Rugby, netball, handball, volleyball, hockey & football.

KS4

GCSE Physical Education is available as an academic option, providing deeper understanding of Anatomy & Physiology, Socio-cultural issues and performance analysis. This holistic approach caters to various interests and aptitudes, promoting both active lifestyles and academic intrigue.

OCR A-Level Physical Education

Physiological factors affecting performance 30%	- Anatomy and Physiology - Exercise Physiology - Biomechanics
Psychological factors affecting performance 20%	- Skill Acquisition - Sports Psychology
Socio-cultural issues in physical activity and sport 20%	- Sport and Society - Contemporary studies
Performance in Physical Education 30%	- Performance or Coaching - Evaluation and Analysis of Performance for Improvement

KS5 Physical Education

Performance Sports	Recreation Sports
RUGBY FOOTBALL NETBALL HOCKEY BASKETBALL ROWING	BOXERCISE ZUMBA YOGA CIRCUIT TRAINING FITNESS BADMINTON TABLE TENNIS
Inter-school Fixtures & Tournaments	House Competitions & Social tournaments

OCR GCSE Physical Education

Physiological factors affecting performance 30%	- Applied anatomy and physiology - Physical training
Socio-cultural issues and sports psychology 30%	- Socio-cultural influences - Sports psychology - Health, fitness and well-being
Practical performances 30%	- Non-exam Assessment - Team and Individual activities
Analysis and evaluation of performance (AEP) 10%	- Non-exam Assessment

KS4 Physical Education

Performance	HRF	Aesthetic Activities	Leadership & OAA
RUGBY FOOTBALL NETBALL HOCKEY BASKETBALL	FITNESS CIRCUIT TRAINING BOXERCISE ZUMBA YOGA	GYMNASTICS TRAMPOLINING DANCE	ORIENTEERING WALKING OAA LEADERSHIP SKILLS
House Competition, Inter-school Fixtures, County Tournaments, National Cup			

In Y12 it is compulsory for all students to participate in 1 hour of physical activity per week. Y13 students have the option to participate if they wish. Students choose either a Recreation or performance option. Performance: want to play competitive fixtures against other schools and be involved in training sessions that require a higher skill set and will be more labour intensive.

- Rugby
- Netball
- Football
- Rowing

Recreation: a slightly more relaxed approach to physical activity and are interested in increasing their overall fitness and ability

- Yoga, Zumba
- Table Tennis, Circuit Training, Volleyball etc

KS5

CURRICULUM IMPACT

The P.E. curriculum leaves an indelible impact, embracing opportunity for all through a diverse spectrum of physical activities under the 'Sport for All' paradigm. It caters to recreational engagement as well as aspirations for excellence, accommodating both participatory goals and those yearning for elite prowess. Moreover, it forms a robust foundation for future careers, nurturing athletes, physiotherapists, doctors, sports scientists, teachers, and more.

This curriculum extends beyond the classroom, providing students with experiences in alternative sports like fitness, Zumba, running, and outdoor education. These not only offer variety but also sow seeds for a lifelong healthy lifestyle. Such exposure is pivotal in fostering awareness and cultivating habits that transcend school years.

Through this holistic approach, the P.E. curriculum contributes to personal growth, career prospects, and health consciousness. It equips students not only with physical skills but also with a comprehensive understanding of the multifaceted world of sports, thereby paving the way for a vibrant and active future, both within and beyond the school environment.



LET'S WORK TOGETHER

Our ethos in the PE department is 'Sport for All' and we are keen for students to make the most of the opportunities available to them. We encourage physical activity as a way of developing confidence, commitment and for stress-relief. We are continually liaising with students about developing our physical activity provision and strive to offer as many opportunities as we possibly can

s.hemming@alcestergs.com

www.alcestergs.co.uk

01789762494

