

# A warm welcome to Y6...

## PE

### Head of subject: Mrs. Fell

#### Our Team

We are a dedicated, experienced and enthusiastic team. We also host an ITT PE trainee. The PE department are lucky to have other staff from various different subject areas across the school who also assist the PE team in running our broad and extensive extra-curricular offer.

- **Mrs L. Fell** – PE teacher and Subject Leader of PE
- **Mr M. Mallaband** – PE teacher and Head of Montgomery House
- **Mr M. Bennehan** – PE teacher and Student voice coordinator
- **Ms C. Diskin** – PE teacher and Vocational course lead
- **Mr R. Tattershall** – Biology Teacher/PE teacher and Head of Crucible House
- **Mr S. Wheatley** – PE teacher and 6<sup>th</sup> form study skills lead

#### Our Curriculum

At Key stage 3 students have 2 hours of core PE. They are taught as single sex, mixed ability groups. Students cover a broad range of sports and activities including invasion games, net/wall games, Aesthetics such as Gymnastics, Athletics, Cross Country, Health Related Fitness, OAA and Striking and Fielding.

Key Stage 3 Aims:

Our aim is to develop a curriculum that:

- Is fun and engaging
- Covers a range of activities
- Ignites passion for Sport and Physical Activity
- Develops fundamental skills and confidence

At Key Stage 4; Y9 students have 2 hours of PE and Y10 & 11 one hour of core PE. Within core PE at KS4, lesson focus is placed upon application of skills, rules & tactics and competition in full context sport. There is also the opportunity as part of our options process for students to gain a qualification in OCR Cambridge National L1/L2 Sports Science (5 hours) & access another extra hour of PE by choosing Enrichment PE (in Y9 only).

Key Stage 4 Aims:

Is to build upon the aims of KS3 whilst also:

- Developing interests and talents
- Presenting challenge
- Building resilience and a willingness to make mistakes
- Extending knowledge of key theoretical aspects to prepare students for further study
- Focusing on participation and enjoyment to promote a prolonged interest in sport and physical activity

All students wear the High Storrs PE kit which the PE department value, with us being a non-uniform based school.

At Key Stage 5 – some of our 6th form students have the opportunity to play competitive sport on a Wednesday afternoon if they don't have a timetabled lesson. We compete in Squash, Tennis, Hockey, Netball, Basketball and Football, playing in leagues and competitions with other local 6th form schools, and colleges. We also have the L3 BTEC National Extended Certificate in Sport qualification on offer as part of our KS5 curriculum.

## Enrichment Opportunities and Extra-curricular

Beyond the classroom the department offers a wide range of extra-curricular activities – before school, at lunchtime, after school and at weekends. A programme of activities is offered and updated as the year and sports seasons progress. All students are encouraged to get involved and enjoy the activities – whatever their level of ability is. High Storrs competes in the Sheffield Federation for School Sport (SFSS) leagues, English Schools leagues/cup competitions and Regional/National competitions. We also pride ourselves in offering opportunities to compete in more alternative sports and activities we do not provide as part of our teaching curriculum such as Squash, Climbing and Orienteering. We also work closely with external coaches and clubs. We have a Badminton England Coach who runs our school Badminton club and a lot of our students feed into local teams and clubs. We are all very proud of our house system here at High Storrs and the PE team run inter-house sports competitions on the run up to our Annual Sports Day held at the English Institute of Sport (EIS). We also value trips and visits – the school have been fortunate enough to take students to Wimbledon and visited the incredible sports science facilities at Sheffield Hallam University as part of our KS5 course.

## Facilities

The PE department have excellent facilities including a Multi-use games area (MUGA), tennis courts, Sports hall, extensive fields, Activity studio and Fitness suite. We initiated plans to upgrade our existing facilities with an AstroTurf but unfortunately this was placed on hold due to Covid 19.

## Our Results

OCR Cambridge National Sports Science – In 2020-2021 66% achieved a L2 grade. In 2022 we saw L2 outcomes rise to 84% and this summer our success was highlighted with a 92% pass rate overall.

BTEC L3 National in Sport – Our most recent results were: 100 % A-E pass rate, with 89% achieving A-A\* grades.

A few Sporting successes to note from last year:

- Our Orienteering team are National Schools champions for a 4<sup>th</sup> year in a row. Last year their success was recognised; receiving the Sheffield Schools for Sport Team Award.
- Last year we successfully started up our first Rugby team for years – thanks to Mrs McManus.
- All 6 Cross country teams reached the Regional semi-finals of the National Cross-Country Cup and the senior boys team reached the final.
- The Y7 girls football team finished 2<sup>nd</sup> overall in Sheffield and the Y9 team 4<sup>th</sup>.
- At Basketball – The Y7 boys and Y9 boys made it to the semi-finals and the rest (Y7 girls, Y8 boys and Y10 boys) were all finalists!
- In Tennis – our Y7 team and Senior team both made it to the Regional Finals of the National competition.
- Boys Football – our Y8 team finished 2<sup>nd</sup> in the Sheffield League and our Y7 team topped the league and reached the quarter finals of the Sheffield Cup. The Y11 team reached the 5<sup>th</sup> round of the English Schools cup.
- The Y8 girls came 3<sup>rd</sup> in the Sheffield Schools Netball Competition and in the league.
- The Y9 team finished 3<sup>rd</sup> in the Sheffield Schools Netball Competition and 4<sup>th</sup> in the league.
- On top of our school sport successes we have had multiple student's in a wide range of sports being selected to represent at a higher level; from Sheffield up to a National standard of competition.

## Our Legacy

In our subject we want to foster and develop students' passion for Sport and Physical Activity whilst developing their physical, social and mental well-being.

We strive to provide opportunities for pupils to become physically confident in a way which supports their health and fitness.

Our aim is to promote positive attitudes towards health and fitness by developing students' skills as well as their knowledge and understanding. We follow a broad curriculum to promote and support lifelong physical activity. We want students to engage and enjoy PE so they will continue to lead healthy, active lives.

