



PHYSICAL EDUCATION

“Hard work beats talent when talent fails to work hard.”

Taras Brown



TAVISTOCK COLLEGE PHYSICAL EDUCATION FACULTY ETHOS

To aim to meet the needs of all pupils, helping them all to be successful, independent and confident learners. To help create responsible citizens, as we strive to inspire through the delivery of challenging and enjoyable lessons that lead to all enjoying an active and healthy lifestyle.

The Physical Education curriculum embeds our ethos and gives students the chance to experience different activities, and the opportunity to challenge themselves to continually achieve at and above expectations.

Our extra-curricular offer gives the students the experience of competing against other schools, and includes the Sports Development tour in Year 10 and 12. The PE student leadership programme helps students develop important employability skills through a PE context.

All students have the opportunity to represent their houses through inter-house competitions in a variety of different sporting activities.

KEY STAGE 3 PE PROGRAMME.

In Key Stage 3 our PE students participate in two hours a week of physical education. In Year 7 and 8 students experience a broad range of team and individual activities. In set ability groups students learn about developing skills, making decisions and informed choices, developing physical and mental capacity and evaluating and improving performance through a range of activities.



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“I want everyone to look back and think I was awesome”

Andy Roddick



KEY STAGE 4 PE PROGRAMME.

In Key Stage 4 students have the opportunity to follow one of the PE pathways which enables them to pursue a curriculum suited to their needs

ACADEMIC PATHWAY Assessed theoretically and practically, the GCSE PE course allows students to develop practical sport skills, and study topics including applied anatomy and physiology, movement analysis, long term effects of exercise and sports psychology.

VOCATIONAL PATHWAY The BTEC sport course focuses on the real world sports industry, students study topics including exercise and fitness, practical sport, planning an exercise programme for recreational sports performers and developing leadership skills.

COMPETITIVE PATHWAY The competitive pathway allows students to develop their practical individual and team skills. Students also have the opportunity to enhance their understanding of tactics and strategies required to overcome opponents in individual and team activities.

GIRLS ACTIVE PATHWAY Designed by the Girls Leadership and Marketing team this course enables girls to lead, participate in, and organise non-traditional activities that promote an increase in physical activity.

VOCATIONAL PATHWAY THROUGH COACHING AND LEADING This pathway gives students the opportunity to develop practical skills with a focus on coaching and leadership.

HEALTH AND WELLBEING PATHWAY Students develop knowledge and practical skills that enable them to understand the importance of remaining healthy and active, participating in activities that provide mental and physical challenges.