Physical Education Key information

**“The expert in everything was once a beginner.”**

**“The biggest mistake you can make is being afraid to make one.”**

PE is a vitally part of every student’s schooling as it supports their all-round development, instils a life-long love of sport and physical activity as well as providing children with a weekly opportunity to enjoy and fully immerse themselves in a physical, often team based, activity: especially vital now we live in such a technology dictated era.

Within our department we have:

Graeme Simpson – Faculty Lead for Sport and Community. As a wider school leader, responsible for the ensuring the PE department meets its long term and daily aims of inspiring children through sport and physical activity; both in lesson time and during extra-curricular activities. Also responsible for leading the BTEC Sport KS4 examinable courses on offer and overseeing all primary and community sporting provision.

10 years of experience teaching PE: Bsc (hons) Sport Science from University of Leeds (2008) PGCE Secondary Physical Education from Northumbria University (2012)

Linzi Donaldson – teacher of girls PE. Responsible for leading the drive to promote active engagement and participation in PE, particularly from girls. Teacher of BTEC Sport at KS4 in years 10 and 11. Named careers link for the department.

NQT+4: BA (hons) Physical Education from University of Cumbria (2018)

Ross Davidson – teacher of boys PE. As well as the planning and delivery of high-quality core PE, Ross is also the teacher in charge of student leadership in PE; leading on the SLQ L1 Sports Leadership qualification delivered annually to 20 PP students. Also, in charge of the Duke of Edinburgh course run in the school for the first time in 2022/23. Additionally responsible for primary PE outreach with our partner primary Westfield.

NQT+3: BSc (hons) Sport, Physical Activity and Health from Leeds Beckett University (2015) PGCE in Secondary Physical Education from Edge Hill University (2019)

David Wise – Sport Development Officer. Responsible for community outreach and engagement through sport and physical activity. Also responsible for delivery of high-quality primary PE programme, including weekly, recurring PE sessions with our partner primary school as well as a comprehensive primary PE festivals calendar. Additionally in charge of all school holiday sports camps and programmes throughout the year.

Sports coach and development officer for over 15 years – Multiple National Governing Body sport specific coaching awards including: Tennis, Football, Badminton, Dodgeball, Cricket

Courses followed

Core (compulsory) PE for KS3 and 4 follows the National Curriculum; offering a broad and balanced range of sports and activities for students.

Academically, at KS4 we offer the Edexcel BTEC Tech Award in Sport. 2022 marks the first year we have run this course for years 10 and 11 having previously run the old BTEC First Award in Sport.

Skills the students will develop

Across the 5 years of core PE at St joseph’s student will develop a host of fundamental motor skills to underpin their involvement in all sports such as, balance, throwing, catching, decision making etc.

They will also develop all of the necessary sports specific skills needed to improve and hopefully excel, for example the set shot and lay-up in basketball.

Additionally to these students will develop a vital set of ‘soft-skills’ needed in their future lives and careers such as communication, problem solving, conflict management.

Future careers and vocations

The sports and leisure industry has a range of potential careers including:

* PE teaching
* Sports coaching
* Physiotherapy
* Sports Psychology
* Personal training
* Fitness instructing
* Strength and Conditioning
* Rehabilitation
* Sports medicine
* Biomechanic
* Sports analyst
* Sports Journalism
* Sport Development

Contacts

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Enrichment

Inter-school competitions

We enter all local (Allerdale) Netball and Football leagues as well as the county cup for both sports at all year groups. We also engage in friendly competitions with local schools in badminton and basketball. In the summer we enter a team in the district athletics championships as well as entering suitable teams for tennis or cricket where the opportunity presents.

Extra-Curricular Clubs

We have a wide variety of clubs throughout the year after school. [Here is the Autumn term timetable](https://sjchs.uk/extracurricular-clubs/)

Reading

Reading for pleasure

* 101 Youth Football – Tony Charles
* GoGo Yoga for Kids – Sara J Weis
* Fly High Crew – Ashley Banjo
* Rugby Revealed – Gavin Hickie

Academic Reading

BTEC Textbook – Year 10 Tech Award:

<https://www.pearsonschoolsandfecolleges.co.uk/fe-vocational/subjects/sport-fe-vocational/btec-tech-award-2022-sport/btec-tech-award-2022-sport-student-book#products>

Resources

Websites

[The FA](http://www.thefa.com/)

[Rugby Football Union](https://www.englandrugby.com/about-rfu)

[Active Cumbria](http://www.activecumbria.org/)

[Allerdale Sport](http://www.allerdale.gov.uk/en/sport)

Please Click the following links to view the Learning Journey Roadmaps:

[PE Learning Journey](https://sjchs.uk/wp-content/uploads/PE_Learning-Journey-PE-2024-25.pdf)