



## Broughton Hall Catholic High School

### PHYSICAL EDUCATION DEPARTMENT

#### Overview

The Physical Education Department at Broughton Hall Catholic High School consists of passionate and enthusiastic teachers who strive to give pupils a positive experience of PE and Dance, encouraging them to be healthy, active and lifelong participants. Teachers value the importance that sport and dance play in raising aspirations and developing resilient learners. The team consists of five teachers, including a member of the Senior Leadership Team.

#### Curriculum

Physical Education programmes of study in Year 7, 8 and 9 aim to inspire pupils to succeed across a broad and varied curriculum. All pupils have an opportunity to study Netball, Hockey, Basketball, Football, Fitness, Badminton, Gymnastics, Lacrosse, Ultimate Frisbee, Rounders, Tennis, Athletics, Cricket, Trampolining, Fitness, OAA and Dance.

Physical Education programmes of study in Year 10 and 11 aim to develop personal fitness and promote an active, healthy lifestyle. In Year 10 and 11, all pupils partake in one hour of core PE per week, giving pupils ownership of their curriculum.

From Year 9, pupils can elect to study examination PE (Educas-Sport and Coaching Principles) or Dance (GCSE or BTEC). These courses provide our pupils with knowledge and understanding of health and fitness, training methods and enable pupils to develop and excel their practical ability in a range of sports/dance. Success at KS4 provides a good springboard to study L3 BTEC Sport or A-Level PE which is offered within our collaborative sixth form. Dance at KS5 is an area the department would like develop.

#### Accommodation and Resources

The PE department is well resourced with a range of sports equipment that allows for a board curriculum. We have a well-equipped 4 badminton court sports hall, Dance Drama room, 3 outdoor netball courts and a large field.

#### Extra-Curricular

The department highly value extra-curricular activities and the opportunities these provide for our pupils. There are currently a number of successful clubs that compete at local and national level including Basketball, Netball, Hockey, Cross-Country, Football, Athletics and Rounder's. The PE department are supported by the expertise of specialist coaches and other Broughton Hall staff and are members of the LSSP which allow participation and competition in a range of areas.

Dance is offered at extracurricular to all years including a competition and advanced team. Pupils who are involved in dance perform in a variety of shows and events including masses, awards evening, graduating and school productions. We have competed in many events including Mersey Side Dance Initiative, Smile its Christmas and North West Dance show.