

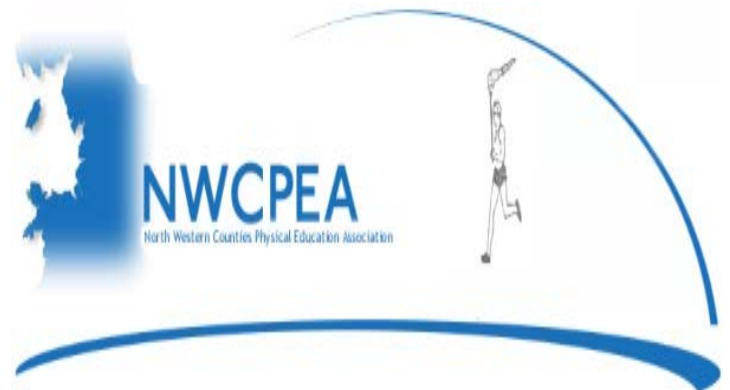
Physical Education in England

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National Curriculum: Physical Education

- First established in 1988
- Most recent revision was in 2014
- It is arranged in Key Stages (KS)

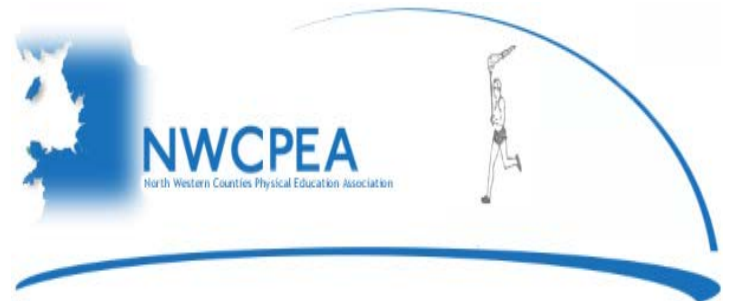
KS 1 (5-7 years old)

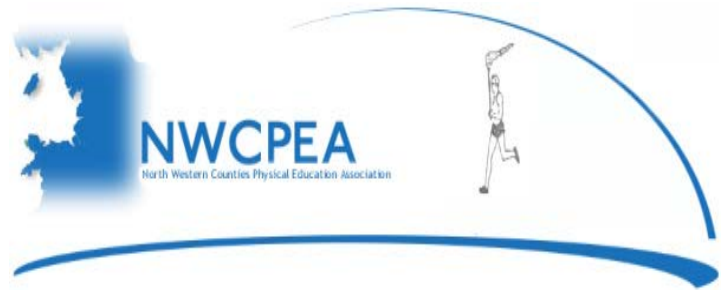
KS 2 (7-11)

KS 3 (11-14)

KS 4 (14-16)

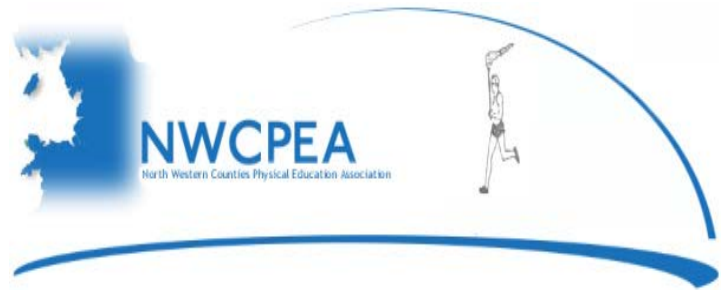
KS 5 (16-18) - Optional





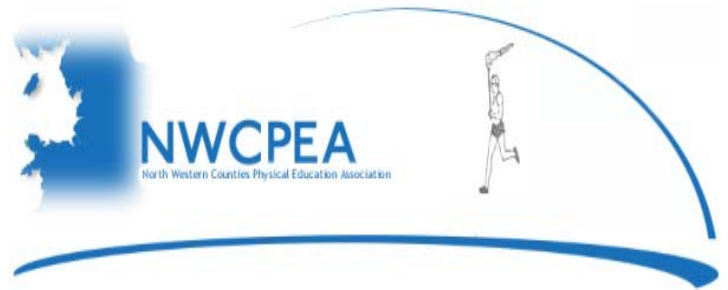
The National Curriculum (2014)

- All state funded schools, must follow the National curriculum.
- Sets out the aims, purpose of study and content for Physical Education (PE)
- Presents the expectations that pupils should reach by the end of each key stage.



The National Curriculum for PE aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

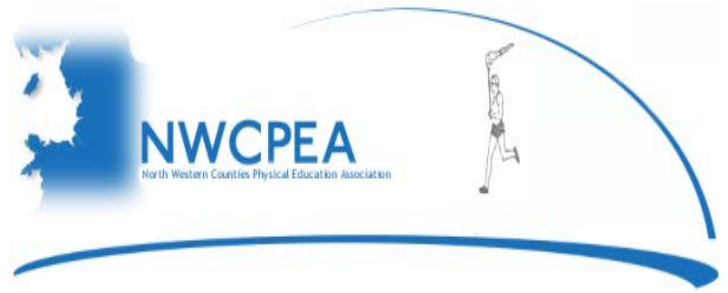


Subject content.

KS1: (5-7 years old)

At KS1-2 children have 2 hours of compulsory PE per week

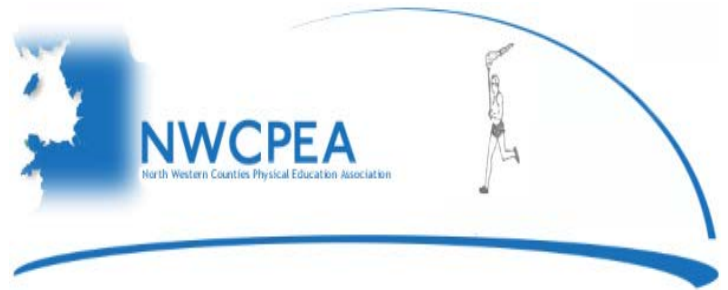
- Fundamental movement skills
- Team games
- Dance



Subject content.

KS2: (7-11)

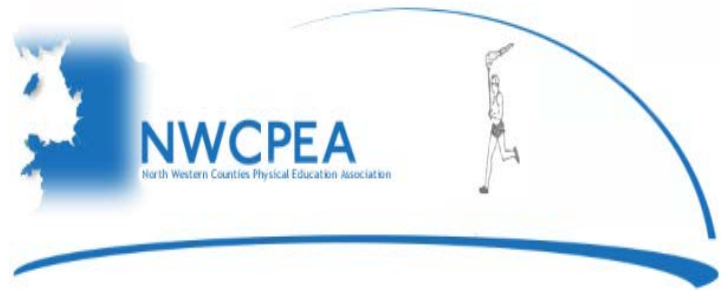
- Run, jump, throw, catch
- Competitive games
- Strength, flexibility, technique, control and balance
- Perform dances
- Outdoor and Adventurous Activities (OAA)
- Self-reflect/assess



Swimming and water safety.

Pupils should be taught to:

- Swim competently (25 metres)
- Use a range of strokes
- Self-rescue

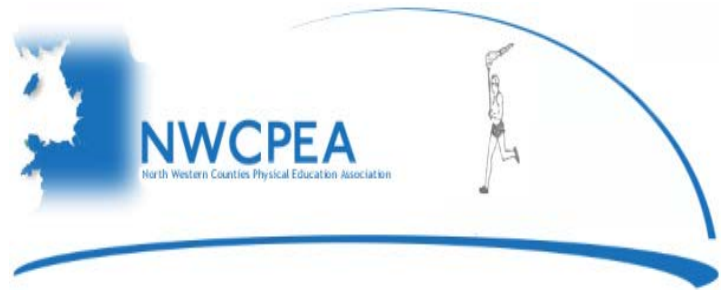


Subject content.

KS3:(11-14)

At KS3-4 pupils have 1 hour of compulsory PE per week.

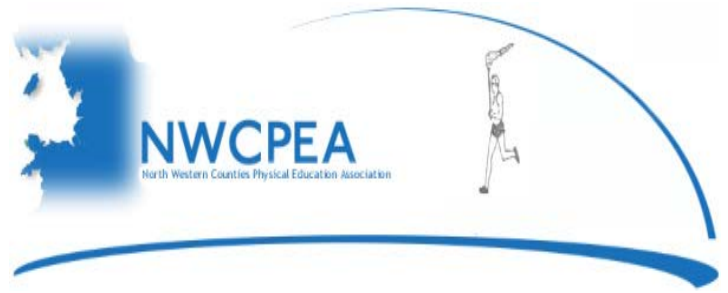
- Use tactics/strategies to overcome opponents in team and individual games
- Develop technique/improve performance in other competitive sports (individual)
- Dance - extended range/styles
- OAA
- Self-reflect/assess. Demonstrate improvement.
- Become involved in sport outside school.



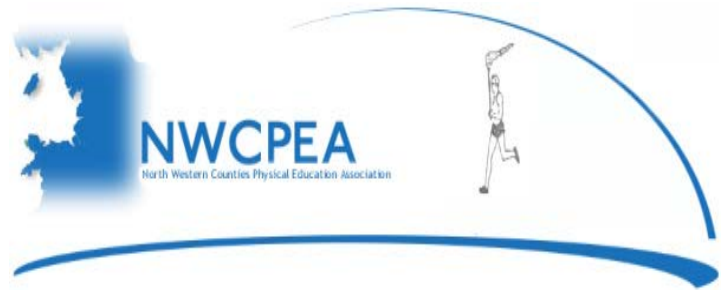
Subject content.

KS4: (14-16)

- Develop strategies to defeat opponents in team and individual games
- Improve performance in other competitive sports/activities
- OAA –push the boundaries. Team building, trust, problem solving
- Self-reflect/assess. Demonstrate improvement.
- Take part in sport and activities outside school.

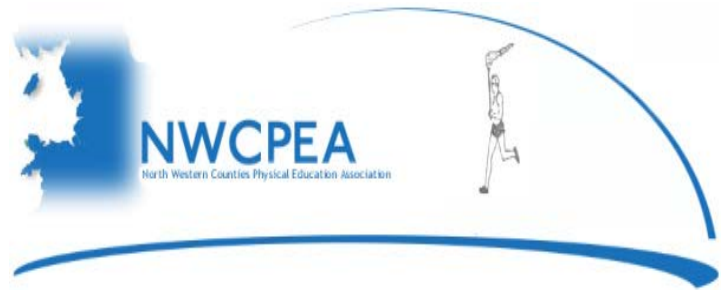


By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.



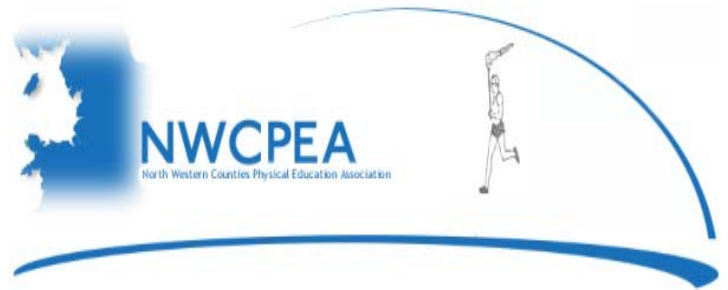
Assessment

- There is no centralised assessment model
- Schools are free to design their own models
- Schools are expected to demonstrate with evidence, their assessment of pupils' progress.
- The Office for Standards in Education (Ofsted) is the regulatory body and monitors all subjects including PE



Public Examinations in PE

- General Certificate in Education (14-16)
- Advanced Level PE. (16-18)



References:

- Department for Education (2014). Assessment Principles. Crown Copyright
- Department for Education (2013). National Curriculum in England: programmes of study – key stages 1 and 2. Crown Copyright.
- Department for Education (2013). National Curriculum in England: programmes of study – key stages 3 and 4. Crown Copyright
- AQA GCSE Physical Education (2016). www.aqa.org.uk
- AQA A Level Physical Education (2016). www.aqa.org.uk