

LSI College

Physical Education and Sport for GCSE Students

In Physical Education, GCSE students at LSI College develop knowledge, understanding, confidence and skills in a range of activities, such as games, swimming, gymnasium and yoga. They work as individuals, in groups and in teams. They will have the chance to learn about the principles and practices which lead to good performance. Discovering what they like to do, what they are good at, and how that they can become involved in physical activity helps them make informed choices about lifelong physical activity and leading a healthy lifestyle.

Aims / Objectives

Students are enabled to participate in physical activity and understand how this influences their own well-being and that of others. By demonstrating the benefits of an active lifestyle, they encourage others to participate in sport, exercise and active recreation.

Physical education engages and energizes students. It provides authentic contexts in which to learn. Students challenge themselves to develop their physical and interpersonal skills. They experience movement and understand the role that it plays in their lives.

Students can, if they wish, contribute to the development of Physical Education programmes and choose their own level of participation. The resulting learning environment challenges their thinking and helps to promote an interest in lifelong leisure and recreational pursuits.

The skills taught in Physical Education improve students' performance, sharpen their knowledge of strategy and tactics, and help them to transfer knowledge from one context to another, including sport, recreational and outdoor activities. The concept of challenge by choice enables appropriate learning at a level that builds confidence.

Physical Education explicitly teaches the necessary knowledge and skills for working with and relating to others, and provides the learning opportunities to develop these skills.

Physical Education and Sport enables the development of leadership and teamwork skills and encourages students to transfer knowledge to other learning areas. It does this, for example, by supporting students to work co-operatively in other subjects, or when working with groups in a leadership role in the school setting and in their lives outside of school in sports clubs or community groups.

Physical Education provides a range of opportunities for students to challenge and extend themselves in an environment of managed risk.

Students step outside their comfort zone to take on new social, physical, and emotional challenges. Taking on challenges and assessing risk requires the exploration and development of decision-making skills.

Physical Education teaches students to think critically about movement and movement contexts, for example, considering an issue from different points of view, identifying what is influencing the issue, and explaining how the influences are affecting the issue.

Physical Education and Sports Options for GCSE Students

GCSE students can choose from a range of options during the academic year and are encouraged to vary their options.

- Swiss Cottage gym and swimming pool: throughout the year
- Yoga: in-house – throughout the year
- Badminton: outdoors during first half of autumn term and during summer term
- Football skills: outdoors and/or on Hampstead Heath during autumn and spring terms
- Volleyball: outdoors during first half of autumn term and during summer term
- Rounders: outdoors and/or on Hampstead Heath during spring and summer terms
- Basketball skills: outdoors during summer term
- Running: Hampstead Heath – throughout the year
- Tennis: outdoor courts during summer term

Reviewed by Dr Jan Capar: August 2024

Next Review: August 2025