Vision – parent / carer

Our Department Vision : 'Actively Engage…….'

At St Andrews College, the PE Department aims to inspire and motivate students to get involved in physical activity, sport and exercise and give a greater understanding of health and well-being.

Delivered through our Activ8 Curriculum, we offer a wide variety of individual and team activities including: sports hall games, fitness-based gym activity, walking, swimming, and trampoline. We also encourage our young people to build knowledge, self-confidence, leadership skills and communication through a range of academic pathways. Young people have the opportunity to achieve success in WJEC GCSE PE Short Course, AQA Unit Awards and the Go Lead Award.

Timetable

The Activ8 PE Curriculum is therapeutically planned by the education team alongside physiotherapy, SET (sports and exercise team) and the OT team . After an initial assessment to understand students likes, dislikes, fitness goals, and prior knowledge the PE team design a bespoke PE programme. The curriculum is regularly reviewed to ensure it is meeting the changing needs of the learner.

Classroom based academic lessons cover a wide range of abilities, interest levels and study time. The WJEC GCSE PE Short Course is a yearlong syllabus designed to help students understand the benefits to health, fitness and well-being. It is made up of 50% practical sport element and 50% sport theory. The sport theory is assessed through a 1 hour summer exam. The AQA Unit awards have been developed to run alongside the GCSE Course at Entry Level and Level One. This allows opportunities to cover the same health, fitness and sport content without the pressure of meeting the deadline of a summer exams. The Sports Leader Go Lead Certificate is an accredited award that will provide learners with the knowledge, skills and competencies to lead basic activity sessions.

The teaching of sport, exercise and physical activity is delivered through small group or 1:1 lessons. The individual timetabling provides opportunities for young people to try something new and enjoy many types of physical activity in a safe supported learning environment.

The progressive physical education pathway allows numerous opportunities to achieve certificates and awards in lessons:

In the 17 metre, leisure pool situated within the grounds, the young people get the opportunity to complete the Swim England Award schemes in distance, water skills and water safety. Swimming also develops student's social group skills.

The large well equipped onsite sports hall gives students a chance to learn trampoline skills through the British Gymnastic Trampoline Award scheme. They are also encouraged to enjoy the sensory, health and stress relieving benefits that bouncing offers. Other lessons based in the sports hall : badminton, basketball, tennis, indoor curling cover the National Curriculum requirements for team work, skills improvement and competition alongside working as part of small group developing team work skills.

St Andrews has extensive grounds and outdoor facilities. Well-being health walks are timetabled that include use of an outdoor gym that is a fantastic way to enrich the college's physical education programme in a fun and innovative way.

There are many enrichment opportunities at St Andrew's College that will also address literacy and Numeracy to supplement daily classroom teaching. Enrichment opportunities include health week, pride in sport, water safety and Duke of Edinburgh outdoor and adventurous activities.

The college have strong links to Northamptonshire sport that creates pathways for the young people to try something new outside of the college, attend festivals and leadership programme. This will help students to generate positive interaction within the community.