Sandy Secondary School Information for Parents

Year 7 Physical Education – Summer 1 – Information for Parents

Key Information:
In Year 7 students receive 6 hours of Physical Education (PE) a fortnight. Typically, students would spend 12 hours worth of lessons on a particular sport before moving onto the next activity. Given the nature of the timetable, different groups participate in different sports at the same time.
There is also a comprehensive Extra-Curricular timetable that the department run which can be found on the school website.

IKE:
For core PE, the department do not set IKE tasks but are continuously encouraging students to attend at least one of the extra-curricular clubs the department runs.

Assessments:
In Year 7 we're trialling our new Head, Heart and Hands assessment policy. Each component is a separate pillar in which students are assessed against. The Head assessment strand relates to 'knowledge and understanding', which could involve the use of tactics and techniques. The Heart strand relates to their 'personal characteristics', where students could demonstrate resiliency, positivity and leadership, with the final strand of Hands assessing their physical ability in that particular sport/activity. Students are assessed across each strand and averaged out to form a final grade, per activity. Students are also asked to complete an assessment lesson where they evidence the feedback given to them and reflect on their progress made.

Lesson expectations:
All students are expected to have their Sandy Secondary School PE kit or a plain black alternative to every lesson. Unfortunately, with limited indoor space, many of our lessons are outside and we encourage all students to come dressed appropriately. If a student is injured or recovering from a minor injury, we still expect the student to bring their PE kit as they'll be able to participate and engage in the lesson through other roles – but do require a parental or doctors note. Obviously, exceptions are made if the injury impairs their ability to get changed.

PE - What are we studying?
During the summer months our activities are held mostly outdoors. We start the summer with Athletics where students work through a carousel of events. Students will be building the core skills needed for each element running, jumping and throwing; before applying the skills to the events. Some of the events including: Sprints, middle distance running, relay, shotput, high jump, long jump, javelin. Students will then have the opportunity compete in a mini Olympics in their groups in preparation for sports day and the athletics competitions.

Resources to support:
Extra-curricular clubs that are organised by the department and the linked sporting competitive fixtures. Athletics club runs on a Monday after school.
Further opportunities to develop skills outside of the school are Biggleswade athletics club who train on the school site. https://www.biggleswadeac.org.uk/

What to do if you have a question or concern…
Contact jfuller@sandysecondaryschool.com or lfunge@sandysecondaryschool.com for any Core PE and GCSE PE queries and a suitable member of the department can get in contact.
Alternatively, please contact our reception email on parentcontact@sandysecondaryschool.com and they can direct your query to the department.

Year 8 Physical Education – Summer 1 – Information for Parents

Key Information:
In Year 8 students receive 4 hours of Physical Education (PE) a fortnight. Typically, students would spend 12 hours worth of lessons on a particular sport before moving onto the next activity. Given the nature of the timetable, different groups participate in different sports at the same time.
There is also a comprehensive Extra-Curricular timetable that the department run which can be found on the school website.

IKE:
For core PE, the department do not set IKE tasks but are continuously encouraging students to attend at least one of the extra-curricular clubs the department runs.

Assessments:
In Year 8 we're trialling our new Head, Heart and Hands assessment policy. Each component is a separate pillar in which students are assessed against. The Head assessment strand relates to 'knowledge and understanding', which could involve the use of tactics and techniques. The Heart strand relates to their 'personal characteristics', where students could demonstrate resiliency, positivity and leadership, with the final strand of Hands assessing their physical ability in that particular sport/activity. Students are assessed across each strand and averaged out to form a final grade, per activity.

Lesson expectations:
All students are expected to bring and wear their Sandy Secondary School PE kit or a plain black alternative to every lesson. Unfortunately, with limited indoor space, many of our lessons are outside and we encourage all students to come dressed appropriately. If a student is injured or recovering from a minor injury, we still expect the student to bring their PE kit in as they'll be able to participate and engage in the lesson through other roles – but do require a parental or doctors note excusing them. Obviously, exceptions are made if the injury impairs their ability to get changed.

PE - What are we studying?
Year 8 students start the summer season with Athletics. Students focus on recalling and embedding the skills developed last year but now beginning to add more power and focus to increase the outcome. Students will look at more complicated techniques. Students will continue to work through the carousel of events. Some of the events including: Sprints, middle distance running, relay, shotput, high jump, long jump, javelin, discus. Students will then have the opportunity compete in a mini Olympics in their groups in preparation for sports day and the athletics competitions.

Resources to support:
Extra-curricular clubs that are organised by the department and the linked sporting competitive fixtures. Athletics club runs on a Monday after school.
Further opportunities to develop skills outside of the school are Biggleswade athletics club who train on the school site. https://www.biggleswadeac.org.uk/

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Year 9 Physical Education – Summer 1 – Information for Parents

Key Information:
In Year 9 students receive 2 hours of Physical Education (PE) a fortnight. Typically, students would spend 4 hours worth of lessons on a particular sport before moving onto the next activity. Given the nature of the timetable, different groups participate in different sports at the same time.
There is also a comprehensive Extra-Curricular timetable that the department run which can be found on the school website.

IKE:
For core PE, the department do not set IKE tasks but are continuously encouraging students to attend at least one of the extra-curricular clubs the department runs.

Assessments:
At this stage of the students development examined courses begin, and with the nature of core PE, assessments are no longer used in core PE. Instead, data drops for progress reports are solely based on attitude, behaviour and engagement in the subject.

Lesson expectations:
All students are expected to bring and wear their Sandy Secondary School PE kit or a plain black alternative to every lesson. Unfortunately, with limited indoor space, many of our lessons are outside and we encourage all students to come dressed appropriately. If a student is injured or recovering from a minor injury, we still expect the student to bring their PE kit in as they'll be able to participate and engage in the lesson through other roles – but do require a parental or doctors note excusing them. Obviously, exceptions are made if the injury impairs their ability to get changed.

PE - What are we studying?
During the summer months our activities are held mostly outdoors. We start the summer with Athletics where students work through a carousel of events. Students will be building the core skills needed for each element running, jumping and throwing; before applying the skills to the events. Some of the events including: Sprints, middle distance running, relay, shotput, high jump, long jump, javelin, triple jump. Students will then have the opportunity compete in a mini Olympics in their groups in preparation for sports day and the athletics competitions.

Resources to support:
Extra-curricular clubs that are organised by the department and the linked sporting competitive fixtures. Athletics club runs on a Monday after school.
Further opportunities to develop skills outside of the school are Biggleswade athletics club who train on the school site. https://www.biggleswadeac.org.uk/

What to do if you have a question or concern…
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Year 9 PE Exam – Summer 1 – Information for Parents

Key Information: Students have 4 PE Exam lessons a fortnight (note. note these lessons are on top of core pe). Those additional four lessons compromise of three theory, 1 practical lesson. Coursework (10%) and the practical exam (30%) contribute together to form 40% of their final grade, with two papers being sat at the end of Year 11 each worth 30% of the final grade. The Exam board is AQA and more information can be found following this link https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification
IKE: IKE tasks are based on the lesson content for the following two weeks. Most recently, these tasks are based on the Musculoskeletal and Cardiorespiratory system. A hard copy of the document is handed to the students, with an electronic copy uploaded to Edulink and Teams.
Assessments: Once a topic is delivered the students will sit an end of topic test. This test will be cumulative meaning content from previously covered topics will also be covered in the exam. For units that are particularly big, a mid-topic test will also be sat that will breakdown the content into halves – this is known as a Fab15 test. The students will sit an End of topic test towards the end of this half-term on Anatomy and Physiology.
Lesson expectations: All students are expected to have their fantastic 15 equipment to a theory lesson. We also expect all students to have their Sandy Secondary School PE kit or a plain black alternative to every practical lesson. Unfortunately, with limited indoor space, many of our lessons are outside and we encourage all students to come dressed appropriately.
PE - What are we studying? During this half of the term students will begin looking at the Chapter 3 of the specification, Physical Training which includes some of the following: Health and fitness, principles of training, methods of training, injury prevention. Students will apply aspects of this topic to the first part of the course work.
Resources to support: IKE tasks are distributed within the lesson and added to Edulink electronically. Lesson PowerPoints and resources are ongoingly added to the Microsoft teams page.
What to do if you have a question or concern…

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Year 10 PE Exam – Summer 1 – Information for Parents

Key Information:
Students have five PE Exam lessons a fortnight (note. note these lessons are on top of core pe). Those additional five lessons compromise of four theory, and one practical lesson.
Coursework (10%) and the practical exam (30%) contribute together to form 40% of their final grade, with two papers being sat at the end of Year 11 each worth 30% of the final grade.
The Exam board is AQA and more information can be found following this link
https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification

IKE:
IKE tasks are based on the lesson content for the following two weeks. Most recently, these tasks are based on the Socio-cultural influences. A hard copy of the document is handed to the students, with an electronic copy put on Edulink and Teams.

Assessments:
Once a topic is delivered the students will sit an end of topic test. This test will be cumulative meaning content from previously covered topics will also be covered in the exam. For units that are particularly big, a mid-topic test will also be sat that will breakdown the content into halves – this is known as a Fab15 test. The students will sit an End of topic test towards the end of this half-term on the Socio-cultural influences.

Lesson expectations:
All students are expected to have their fantastic 15 equipment to a theory lesson. We also expect all students to have their Sandy Secondary School PE kit or a plain black alternative to every practical lesson. Unfortunately, with limited indoor space, many of our lessons are outside and we encourage all students to come dressed appropriately.

PE - What are we studying?
The students will be looking at Chapter 4 Sport psychology . Some of the content will Arousal and the inverted U theory, goals, smart targets and the information processing model.

Resources to support:
IKE tasks are distributed within the lesson and added to Edulink electronically.
Lesson PowerPoints and resources are ongoingly added to the Microsoft teams page.

What to do if you have a question or concern…

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Year 10 Physical Education – Summer 1 – Information for Parents

Key Information:
In Year 10 students receive 2 hours of Physical Education (PE) a fortnight. Typically, students would spend 4 hours worth of lessons on a particular sport before moving onto the next activity. Given the nature of the timetable, different groups participate in different sports at the same time.
There is also a comprehensive Extra-Curricular timetable that the department run which can be found on the school website.

IKE:
For core PE, the department do not set IKE tasks but are continuously encouraging students to attend at least one of the extra-curricular clubs the department runs.

Assessments:
At this stage of the students development examined courses begin, and with the nature of core PE, assessments are no longer used in core PE. Instead, data drops for progress reports are solely based on attitude, behaviour and engagement in the subject.

Lesson expectations:
All students are expected to bring and wear their Sandy Secondary School PE kit or a plain black alternative to every lesson. Unfortunately, with limited indoor space, many of our lessons are outside and we encourage all students to come dressed appropriately. If a student is injured or recovering from a minor injury, we still expect the student to bring their PE kit in as they'll be able to participate and engage in the lesson through other roles – but do require a parental or doctors note excusing them. Obviously, exceptions are made if the injury impairs their ability to get changed.

PE - What are we studying?
The sports/activities the student is in, will determine the rotation of activities. With the four week rotation of activities, students will experience one sport and then begin their second which will finish after the half-term.
The competitive girls group have been/will be participating in Rounders, whilst the competitive boys group will be focussing on Cricket, with the two non-competitive groups engaging in Volleyball, Cricket and Tennis.

Resources to support:
Extra-curricular clubs that are organised by the department and the linked sporting competitive fixtures.

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Year 11 Physical Education – Summer 1 – Information for Parents

Key Information:
In Year 11 students receive 2 hours of Physical Education (PE) a fortnight. Typically, students would spend 4 hours worth of lessons on a particular sport before moving onto the next activity. Given the nature of the timetable, different groups participate in different sports at the same time.
There is also a comprehensive Extra-Curricular timetable that the department run which can be found on the school website.

IKE:
For core PE, the department do not set IKE tasks but are continuously encouraging students to attend at least one of the extra-curricular clubs the department runs.

Assessments:
Students in year 11 will not be assessed in core PE, and instead, data drops for progress reports are solely based on attitude, behaviour and engagement in the subject.

Lesson expectations:
All students are expected to bring and wear their Sandy Secondary School PE kit or a plain black alternative to every lesson. Unfortunately, with limited indoor space, many of our lessons are outside and we encourage all students to come dressed appropriately. If a student is injured or recovering from a minor injury, we still expect the student to bring their PE kit in as they'll be able to participate and engage in the lesson through other roles – but do require a parental or doctors note excusing them. Obviously, exceptions are made if the injury impairs their ability to get changed.

PE - What are we studying?
The sports/activities the student is in, will determine the rotation of activities. With the four week rotation of activities, students will experience one sport and then begin their second which will finish after the half-term.
Students will be given options based around student suggestions to engage them in participating in physical activities and encourage life long participation.

Resources to support:
Extra-curricular clubs that are organised by the department and the linked sporting competitive fixtures.

What to do if you have a question or concern…

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Year 12 and 13 A level PE – Summer 1 – Information for Parents

Key Information:
Each set of students, year 12 and year 13, receive 8 hours of PE a fortnight. Typically, two teachers are assigned to each cohort and will simultaneously make their two separate units of work.
For the year 12 students the exam board is AQA and more information can be found following this link https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification
For the year 13 students the exam board in Edexcel and more information can be following this link https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html

Assessments:
Once a topic is delivered the students will sit an end of topic test. This test will be cumulative meaning content from previously covered topics will also be covered in the exam. For units that are particularly big, a mid-topic test will also be sat that will breakdown the content into halves.
Year 12 end of topic test will be on Anatomy and Physiology, with the Year 13 being assessed on movement analysis and sport psychology. Year 13 will also have a NEA task to complete which forms part of their coursework equating to 15% of their final grade.

Lesson expectations:
Students are expected to be punctual to every lesson, but if the student is ill, an email should be sent direct to the teacher informing of their absence, and it's expected the student catches up.
'Home learning' is strongly encouraged to ensure information remains fresh. A lot of content is covered throughout the 8 lessons and it's relevant for the exams. In some instances this content might not be covered again for a whole year.

PE - What are we studying?
This term for the year 12 students, JFR is the sole teacher and is delivering content for the Anatomy and Physiology chapter.
For the year 13 students, LFE will be delivering skill acquisition, whilst JFR delivers sport psychology.
Throughout this half-term, students will also complete their NEA piece of work that contributes to the 15% of their final grade. Students are also strongly encouraged to submit evidence of their practical performance before the next half-term.

Resources to support:
Year 12 students have been given revision guides to work through to encourage home learning. Similarly, year 13 have been given hard-copy exemplar pieces of coursework to help support coursework.

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Alternatively, please contact our reception email on parentcontact@sandysecondaryschool.com and they can direct your query to the department.