Sandy Secondary School Information for Parents

Year 7 Physical Education – Spring 2 – 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?
Throughout this half-term a lot of the activities the students complete remain the same – but with the groups internally rotating between these activities.
Two of the sports covered for this half term in the girls group are Football and Hockey, the boys group will engage in Hockey and Gymnastics, with the mixed group participating in Handball and OAA (Outdoor Adventurous Activities – problem solving and team building).

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…
Contact jfuller@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.

Sandy Secondary School Information for Parents

Year 8 Physical Education – Spring 2 – 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?
Throughout this half-term a lot of the activities the students complete remain the same – but with the groups internally rotating between these activities.
The competitive girls will be engaging in Gymnastics (who may gain some experience in trampolining if the group progress through the unit quickly). The boys group will be participating in OAA (Outdoor Adventurous Activities – problem solving and team building), with the mixed group focussing on Health-related exercise.

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…
Contact jfuller@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.

Sandy Secondary School Information for Parents

Year 9 Physical Education – Spring 2 – 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?
Throughout this half-term a lot of the activities the students complete remain the same – but with the groups internally rotating between these activities. With the four week rotation of activities, students will finish the sport they started just before the end of the half-term, and begin their next till the end of term.
The competitive girls group will be finishing Trampolining and then moving onto football. The competitive boys group will finish Outdoor Adventurous Activities (OAA) and then move onto Badminton, with the mixed group finishing Health Related Exercise (HRE) and picking up Gymnastics/Trampolining.

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…
Contact jfuller@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.

Sandy Secondary School Information for Parents

Year 9 PE Exam – Spring 2 – 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 Anatomy and Physiology of the human body.
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?
When students return after the half-term break, they will finish off chapter 1 - Anatomy and Physiology before completing the end of topic test. Once this has been marked and students have acted upon feedback, the groups will move onto their next topic – Sport Psychology. Some of the content will include, motivation, personality and information processing.

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…
Contact jfuller@sandysecondaryschool.com for any 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 10 PE Exam – Spring 2 – 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?
When students return after the half-term break, they will finish off chapter 5 – Social Cultural influences on sport, before completing the end of topic test. Once this has been marked and students have acted upon feedback, the groups will move onto their next topic – Movement Analysis. Some of the content will include, lever systems, planes and axes.
This topic is typically very short, and students will then begin revising topic 3 Physical training ready to complete the NEA assessment (coursework) after the Easter holiday.

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…
Contact jfuller@sandysecondaryschool.com for any 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 10 Physical Education – Spring 2 – 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?
Throughout this half-term a lot of the activities the students complete remain the same – but with the groups internally rotating between these activities. With the four week rotation of activities, students will finish the sport they started just before the end of the half-term, and begin their next till the end of term.
The competitive girls group will finish off Trampolining before moving onto Hockey, whilst the competitive boys group will be focussing on Health-related exercise (HRE) and then Table Tennis, with the two non-competitive groups engaging in HRE, Lacrosse and Handball.

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…
Contact jfuller@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 11 Physical Education – Spring 2 – 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?
Throughout this half-term the mock exams temporarily disrupt the curriculum, so once these are complete it means there is a four-week window between the last exam and the end of term. Given the imminence of the exam season and the stress these exams can bring, the department try to offer the Year 11 students options regarding what they participate in. Four activities will be identified by the teachers allowing the students to choose which activity they'd prefer to participate in, to hopefully promote physical activity at a stressful time of the year. These activities could include; Football, Badminton, Volleyball, Basketball, HRE and Netball.

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…
Contact jfuller@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 12 and 13 A level PE – Spring 2 – 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 half-term for the year 12 students, JFR is the sole teacher and will continue to deliver the Anatomy and Physiology chapter, including the Neuromuscular and Energy systems.
For the year 13 students, similar to the previous half-term - SPK will continue delivering exercise physiology, whilst JFR delivers sport psychology and sport in society. Throughout this half-term the final hand-in for the NEA coursework will be due, alongside evidence of their practical performance.

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.

What to do if you have a question or concern…
Contact jfuller@sandysecondaryschool.com for any A level 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.