



Staff

Health & Wellbeing is taught by the following members of staff:

Mr C Swift	Head of Department
Mr D Ackerly	Teacher of PE/DofE Manager
Mrs R Barry	Teacher of PE
Mr J Smith	Teacher of PE
Mrs K Swift	Teacher of PE
Mrs C Taylor	Teacher of PE

Department Vision

At Biddulph High School we believe that Health and Wellbeing is an essential part of a student's educational development. We aim to provide a high-quality curriculum where students find meaningful, relevant and fun physical activity, which improves their physical literacy and wellbeing, today and for life.

Department Overview Statement (Implementation)

The Health and Wellbeing Department at Biddulph High School offers a broad and balanced curriculum that provides students a wide ranging experience of sport and health related activities. The department realises that all students are individuals and tailors its provision accordingly in order to engage, challenge and include students of all abilities.

At Biddulph High School the Health and Wellbeing Department firmly believe that PE and sport should be the cornerstone of a student's physical, social, psychological and personal development in order to develop their health and wellbeing. Through the My Personal Best programme values such as empathy, integrity, communication and resilience are promoted in all lessons and used as a vehicle to encourage students to use these values in their academic subjects within school and then transferring them into life.

In addition to 'core' PE lessons in both Key Stage Three and Four which focus on the promotion of life long health and fitness, students can also select to study a range of PE related examination courses. The courses offered in Key Stage Four are AQA, GCSE PE, BTEC Sport L2 Award and the BTEC Dance L2 Tech award. At Key Stage 5 students can then go onto study AQA A Level PE, BTEC Sport L3 Foundation Diploma and the BTEC Performing Arts (Dance) L3 Foundation Diploma.

The Health and Wellbeing Department at Biddulph High School has a wealth of teaching experience and provides sport and exercise opportunities in competitive and non-competitive environments during and after the school day through our extensive extra-curricular programme

Curriculum

Key Stage Three (Following on from the Year 7 & Year 8 curriculum at the middle schools)

In Year 9 students are provided with a learning experience that is designed to develop their practical performance and personal skills in order to lay the foundations for life long healthy lifestyle choices. Students participate in a wide range of both team and individual activities with an emphasis on improving their own personal levels of fitness, technique and game performance. Practical PE lessons at Biddulph High School focus on striking the correct balance between performance and participation in sport and exercise.

In addition to the practical elements of the Key Stage Three PE curriculum students also develop their wider understanding of how practical participation in PE lessons relates to developing life skills, leadership skills and employability skills through the My Personal Best programme. It looks to encourage students to thrive and achieve their personal best – in school, in work and their personal lives.

Key Stage Four

In Year 10 and Year 11 the Key Stage Four PE curriculum is designed to provide bespoke learning opportunities and experiences that give students a deep understanding and a love for the subject.

Core PE

All Students continue to participate in 2 high quality hours of Core PE each week. In these lessons students work on a 'carousel' completing units of work in a wide range of sports and health and fitness opportunities throughout the year. The PE department at Biddulph High School recognises that students are individuals and with this in mind tailor the 'carousel' to the needs and interests of the students.

Option Choices

The department offers a range of examination courses in Key Stage Four that have been specifically selected to cater for all levels of academic ability and post 16 and work related aspirations.

AQA GCSE PE:

The AQA GCSE PE course studied by students from Year 10 and Year 11 is a very popular option choice at Biddulph High School. It is an excellent course, providing the foundation for Post-16 study of A-Level PE or BTEC Level 3 in Sport and forms the basis for the study of BSc (Hons) Sports Science at University. Students will cover a range of theoretical principles associated with physical activity and complete a comprehensive programme of physical activities. Furthermore, the modules within the course that are studied such as Sports

Psychology, Physiology and Biomechanics also provides a useful insight into additional Post-16 A-Level subjects such as Psychology, Human Biology and Physics.

BTEC Sport Level 2 Award

The BTEC Sport Level 2 course has a different structure to GCSE PE and is ideally suited to those students who prefer to work in a modular assessment style rather than a linear model. This is another popular choice for students in Key Stage Four as it is assessed through external examination and coursework. Students will study 4 units which comprise of Fitness for Sport and Exercise, Practical Performance in Sport, The Sports Performer in Action and Leading Sports Activities. The course is vocational and is an excellent foundation for students wishing to study Post-16 vocational qualifications such as BTEC Level 3 in Sport. The vocational elements within the course which are explored through each assignment brief give real life scenarios on which students can base their work.

BTEC Performing Arts Level 2 Award

This course is designed to give learners an opportunity to develop their skills in dancing and build their confidence through regular performances. Learners will be guided through three components which all involve written and practical assignments. This is another popular choice for students in Key Stage Four as it is assessed through external examination and coursework. The course is vocational and is an excellent foundation for students wishing to study post 16 vocational qualifications such as BTEC Level 3 in Performing Arts.

The BTEC Tech Award in Performing Arts teaches students how to conduct themselves as a professional artist and supports students in developing their own technique, musicality and individuality. Throughout the course learners will self-evaluate and set SMART targets to track their development. Learners will also learn how to prepare and produce shows as well as starring in them.

Key Stage Five

At Key Stage 5 students have the opportunity to further develop their knowledge within Physical Education and Performing Arts. Dependant on entry requirements students can choose to study AQA A Level PE, BTEC Foundation Diploma in Sport or BTEC Foundation Diploma in Performing Arts (Dance).

Teaching and Learning

PE lessons at Biddulph High School are delivered by a team of dedicated professionals with the shared ethos that sport and physical activity is something that should be enjoyable for every student in every lesson. The department has an inclusive outlook with bespoke lessons delivered to students, dependent on their sporting ability and confidence. The My Personal Best programme is made reference to within lessons which aims to develop students' life skills, leadership skills and employability skills. It looks to encourage students to thrive and achieve their personal best – in school, in life and in future work.

The range of sports offered to students is both extensive and inclusive. In addition to traditional school sporting provision of team games such as football, netball and rugby our curriculum also provides opportunities to participate in dance, badminton, fitness, trampolining, table-tennis, athletics, handball, rounders, tennis, basketball and cricket.

To supplement student enjoyment and to enhance their experience, students are challenged to think about every aspect of physical education. Within practical lessons students are also challenged on key theoretical topics such as fitness principles, exercise methodology and physiology. We are firmly of the belief that this provides our students with a curriculum that creates a deep knowledge of the subject and assists students to acquire the skills, knowledge and resilience needed to become successful, well-rounded individuals.

Beyond the Classroom

The PE Department offers an extensive extra-curricular program both during lunchtimes and after school in a range of activities for all students across all key stages.

Football, Dance, Rugby Union, Netball, Basketball, Cricket, Health Related Fitness Classes, Table Tennis, Badminton
Rounders, Athletics, Tennis and Trampolining.

Duke of Edinburgh

At Biddulph High School we are proud to offer the very successful Duke of Edinburgh's Award. The award aims to provide an enjoyable, challenging and rewarding programme of personal development for young people. The key principles are that the Award is:

- Non-competitive
- Flexible
- Available to all
- Balanced
- Voluntary
- Progressive
- Focused on achievement
- Enjoyable
- A marathon, not a sprint!

There are three separate Award levels – Bronze, Silver and Gold – with different minimum starting ages and periods of participation. The minimum entry age for Bronze is 14 years, Silver is 15 years and Gold is 16 years.

At each level participants undertake an activity from each of the following sections:

- Volunteering
- Physical Recreation
- Expedition
- Residential (Gold Award only)
- Participants track their progress using the online eDofE system.

Those who complete their Gold Award are invited to St James's Palace where they are presented with their Award Certificate by a member of the royal family.

Educational Visits

- Real Madrid Football Development Tour (Every 2 years)
- Premier League Football Trips
- Wimbledon Tennis Trip
- Performing Arts Dance and Musical Productions
- Skiing Trip (Every 2 years)
- Netball Residential
- International Rugby Twickenham trip

“Working together to achieve our personal best”