

Within Physical Education at Ormiston Horizon Academy we host an inclusive curriculum to support the needs of all pupils across all Key Stages alongside a broad extracurricular programme to enhance the skill based learning of the curriculum.

We aim to deliver a high-quality physical education curriculum that inspires all pupils to succeed and excel in sport and other physically-demanding activities. We aim to provide students with the opportunities to become physically confident in a way which supports their health and fitness. This involves lifelong participation in sport and exercise, engaging in competitive sport and leading generally healthy and active lives.

At Key Stage 3, we allow pupils to build on and utilise the physical development and skills learned in Key Stages 1 and 2. Students will become more competent, confident and expert in their techniques and their application across a wide range of different sports and physical activities. Our curriculum at Key stage 3 involves a combination of team games such as football, rugby and basketball alongside individual sports such as badminton, swimming and gymnastics. Pupils will understand what makes a performance effective and how to apply these principles to their own and others' work. Pupils will also develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and to understand and apply the long-term health benefits of physical activity. Alongside the practical element of Physical Education at Key Stage 3, pupils will also develop the theoretical knowledge behind sport and exercise where they will explore anatomy and physiology, nutrition and leadership in sport alongside many other topics in a classroom setting.

At Key Stage 4, students will receive a well-rounded and tailored course from Year 9 to Year 11 following either an OCR Cambridge National in Sport Science/Studies or a GCSE in Physical Education. Across the courses offered at Key Stage 4, students will build upon knowledge developed at Key Stage 3, both in a theoretical and practical setting, in order to complete the associated assessments. Across all courses delivered, a combination of practical and theory based classroom lessons will be allocated in order to gain deeper understanding and knowledge of units covered. Practical lessons at Key Stage 4 involve again, a wide range of sports, whereby students are exposed to experiencing lifelong participation sports such as fitness (in our fitness suite), badminton, table tennis and dance amongst others. The OHAFA (Ormiston Horizon Academy Football Academy) is another Key Stage 4 opportunity that we offer to students who have a keen interest in football and are looking to develop the football skills and/or their knowledge of football.

At OHA, PE lessons are only the beginning of the experience of physical education, we deliver opportunities for all students to access an extra-curricular

programme to cater for all abilities. We host a plethora of afterschool activities for all years and gender including football, netball, basketball, athletics, rounders, handball, dance, fitness, badminton and others. We often work with outside agencies such as Stoke City Football, Street Games and Hoop Skills Basketball in order to provide quality coaching and support for all those who attend. We also offer teams that compete in local competitions and many of our successful teams go on to compete at county competitions. We have previously offered trips to St Georges Park, Loughborough University and Manchester's Belle Vue Sports Village to sporting students alongside hosting ski trips to popular destinations such as Prato Nevoso, Italy.