

Introducing the PE Department

Physical Education is a very successful and supportive department at Chipping Norton School with 6 specialist, experienced staff.

The overall aim of the department is to enable pupils to enjoy and achieve through developing their physical capabilities to the full. Through acquiring the relevant skills and knowledge, pupils will gain the understanding to fulfil a life-long active and healthy lifestyle.

We have fantastic facilities including the use of the leisure centre swimming pool, the fitness suite, squash courts, sports hall and the dance studio. This goes alongside the school gym, Astro-turf (4 netball courts), and extensive playing fields at the school.

The PE Department offers a broad range of extra-curricular activities to our pupils and has a good reputation within Oxfordshire for sporting success. Within curriculum time we divide Physical Education lessons into indoor and outdoor activities. The indoor activities change termly and the outdoor activities change every two terms.

The Curriculum:

Key Stage 3 PE

Pupils follow a broad and balanced curriculum. They currently have either 4 or 5 hours of PE a fortnight with sports split between indoor and outdoor in the autumn and winter terms and then all lessons outdoors in the summer term. Sports include football, hockey, netball, rugby, badminton, gymnastics, table tennis, orienteering, basketball, rounders, cricket, tennis and athletics.



Key Stage 4 – Core PE

All pupils have four hours of core PE a fortnight and activities include the major games, Badminton, Athletics, Trampolining and using the fitness suite.

Key Stage 4 GCSE PE (AQA 8582)

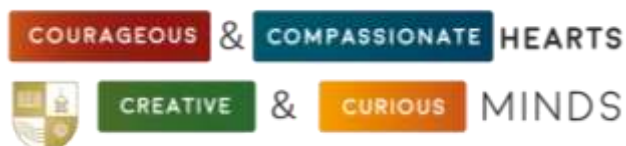
On top of core PE pupils can also opt to study GCSE PE.

The breakdown of this course is 70% theory and 30% practical assessment.

The theory component is examined through two exams and includes:

- The human body and movement
- Socio cultural influences and well being

The practical component is made up of assessment in three sports (one individual, one team and one free choice)



Key Stage 5 – A Level PE (OCR H555)

The breakdown of this course is 70% theory and 30% practical assessment. The theory component is examined through three exams and includes:

- Applied Anatomy & Physiology, Exercise Physiology, Biomechanics
- Skill Acquisition, Sport Psychology
- Sport in Society

The practical component is made up of assessment in one sport/activity and an oral evaluation of performance.

Our Department Intent

PE at CNS inspires a lifelong passion for physical activity through an ambitious, high-quality curriculum. The PE curriculum will expose pupils to a variety of recreational and competitive sporting experiences. As well as a focus on pupils' physical development, PE will also develop pupils' social and mental wellbeing. Pupils will learn how to live healthy, active lifestyles and through this will develop skills that will equip them throughout their lives such as confidence, courage and determination. Pupils' knowledge accumulates over time through a well sequenced curriculum and encompasses a broad and balanced range of activities that will equip pupils to participate, excel, or simply enjoy sport in later life.

Extra curricular opportunities

There are a huge number of weekly sports clubs at Chipping Norton. These include both lunchtime and after school clubs. Activities include rugby, football, netball, basketball, badminton, indoor football and table tennis. There are also extra time clubs where specialist coaches come in and offer activities such as squash, tennis and martial arts.



Sports Tours

Following successful sports tours to South Africa in 2012, 2014 and 2017 and Edinburgh in 2022 there is a football and netball trip running to Malta in October 2024.

Fixtures

There are a vast range of weekly fixtures against other West Oxfordshire Schools and those farther afield. These teams are run by members of the PE department and include a training night and a fixture night. Chipping Norton School performs well at both district and county level competitions. In many cases there are also annual end of season tournaments which are great occasions for pupils to test themselves in a competitive environment.

Come and Visit

Informal visits to the school are welcome; please email Jonathan Thomas (Head of PE) at jthomas@chippingnortonschool.org to make an appointment. A great opportunity to meet students and colleagues, and see the wonderful spaces we have for pupils.

