

‘Sport is a universal language, building more bridges between people than anyone else can think of’

Sebastian Coe.

The Physical Education department strive for every student to have the knowledge, drive and confidence to lead a healthy, active lifestyle, which contributes, to their mental wellbeing. Our hope is that students will do this with resilience and a belief that they can be the very best whilst demonstrating British values and integrity to all they encounter.

Physical Education at Noel-Baker Academy

The Physical Education department prides itself on delivering a broad and balanced programme of study throughout each key stage. Promoting healthy active lifestyles is at the heart of what we do and our aim is to encourage competition, challenge and success no matter what level.

Our excellent facilities lend themselves to the delivery of an extensive extra-curricular timetable. Through a variety of learning opportunities, our students can gain the knowledge and commitment to allow them to be lifelong participants in physical activity whilst sharing our passion for sport.

As well as extra-curricular clubs and competitions, we offer a range of enrichment opportunities. These include reward trips, University visits that offer use of the latest sporting technology as well as career guidance in the sports industry and coaching opportunities to name a few.

Physical Education is well placed to advance students social, moral, spiritual and cultural development. Confidence and creativity is encouraged and respect for others is key in developing successful and resilient sports performers. Physical education allows students to understand and adhere to rules, regulations and fair play and in return, learn the consequences of actions.

KS3 Physical Education

In line with the National Curriculum, we teach a broad programme of study which is designed to engage and develop student skill level over time. Students are introduced to a range of different sporting activities and their range and quality of skills, decision making and physical attributes are put into action. Traditional sports are studied such as football, basketball, netball, rugby, gymnastics, dance and athletics as well as activities such as table tennis, handball, fitness, volleyball, striking and fielding and badminton. In year 7, we provide a bespoke programme of study where basic fundamental skills are the focus, where individual needs can be addressed at an appropriate level. Through sporting activities, students gain knowledge and understanding of a healthy lifestyle as well as promoting the wider benefits that Physical Education can develop. A competitive nature with a determination to succeed is encouraged and enhanced through attendance at extra-curricular clubs that the Physical Education department provide each day.

Our curriculum is about developing the individual as well as their sporting attributes. We wish for students to have the knowledge to be able to lead a healthy active lifestyle with confidence and in order to do this we have 'Healthy Active Lifestyles' and 'Wider Benefits' as an integral part of our curriculum. These two strands are taught and sequenced across a range of sports which are identified on our curriculum map.

Healthy Active Lifestyles refers to the knowledge students need to do exactly that, lead a healthy active lifestyle. Our curriculum builds over time with students studying each part of healthy active lifestyle across a range of sports in each year. Knowledge taught to students within 'Healthy Active Lifestyle' includes health and fitness, heart rate, fitness testing, goal setting, effects of an unhealthy lifestyle, club links, components of fitness and the effects of exercise.

Wider Benefits includes the study of knowledge that will ensure our students leave knowing more about how lessons within sport can benefit their life beyond Noel Baker Academy.

Knowledge taught in this includes quality of movement and posture, evaluation of movement, self-confidence, empathy, problem solving and critical thinking, leadership and organisation, competitiveness, mental determination, resilience, perseverance, sportsmanship and encouragement.

Key Stage 4

Cambridge National: Sports Science

This course covers key aspects of sport science that will be taught and applied through practical experiences. Students will learn how to reduce sporting injuries, deal with common medical conditions and how to treat different injuries. The principles of training will be studied through students completing a personal exercise programme, performing fitness tests and understanding what the results of these mean in their sport. Finally, students will learn about nutrition, how nutrients need to be adapted for sports people and plan a nutrition programme to improve sports performance.

Physical Education Enrichment activities

We pride ourselves in competing in fixtures against other schools both locally and nationally. Our enrichment activities take place from 3:15pm – 4:15pm Mondays, Tuesdays, Wednesdays and Fridays. We change our activities on a half termly basis. All students are encouraged to attend at least 1 extra-curricular activity to help them develop their subject knowledge, encourage a healthy active lifestyle and allow them to access the wider benefits of participating in regular physical activity. We have an excellent reputation for school sport. One of our biggest achievements was finishing 5th out of 16 schools in the most recent City Sports Athletics Competition (2022). We have close links with Derby County, the RFU, Upbeat dance and Moorways Stadium.