

Curriculum

We are a passionate department committed to fostering a love of sport and a platform for lifelong well-being and participation. At Cambourne Village College we offer a holistic curriculum that prioritises participation, student development and a positive mindset.

Our Curriculum offers a range of traditional activities in KS3 which focus on the skills and techniques needed and the tactical knowledge and understanding required to be able to outwit any opponent. We have structured a holistic program where each lesson focuses on an aspect relating to either the ‘head, the heart and the hands and the idea is that this will equip our students with the knowledge, enthusiasm and lifelong characteristics to promote a healthy active lifestyle.

	What pupils will learn	How it builds on learning
Year 7	We offer a variety of traditional activities that look to develop and build on the skills that were previously taught during KS2 and these skills will be covered in activities such as striking and fielding, Health and fitness, invasion games, track and field events and dance and gymnastics.	We aim to build confidence by empowering students to become more confident across a wide variety of activities such as Netball, Hockey, and football. We promote tactical awareness and strategies for outwitting opponents, as well as skill development.
	Pupils will learn about the techniques needed for various skills and the knowledge to play in a game situation where the rules are applied and their understanding is developed through the opportunity to perform, identify effective performance and to assess and improve their own and others work	Within PE we operate a continuous assessment process across the whole year. We have recently developed our curriculum to give our students the opportunity to achieve and progress in every lesson through performance and other important attributes like team work, resilience and communication.
	What pupils will learn	How it builds on learning
Year 8	Students are given the opportunity to build on the foundations delivered in Year 7 where they are exposed to greater tactical awareness, more advanced drills and a greater appreciation of the knowledge and understanding for the games. We start to introduce some racquet sports which will allow for a specific technical focus but also the knowledge of tactics and rules.	Skills are re-visited and refined and there is a greater focus on applying the rules along with a greater understanding of how to outwit your opponents. The introduction of certain racquet sports like badminton and table tennis is designed to promote further breadth and depth in the activities that are explored across KS3.
	There continues to be a focus on performance but equally building on resilience, teamwork and coaching and leading small groups.	More opportunity to lead and problem solve using knowledge and understanding of previous skills and ideas
	What pupils will learn	How it builds on learning
Year 9	A great opportunity to make new connections with the possibility of life-long physical activity and so a variety of alternative games are included like	By offering alternative activities alongside the more traditional games, it creates a great opportunity for everybody to involved in something that they enjoy

	<p>American 'touch' rugby, Ultimate Frisbee and Handball so that students can experience something new with regards to activities, but start to make connections between the knowledge, tactics and strategies that they had previously experienced in Year 7 and 8.</p>	<p>whilst embedding previous tactics and strategies in Year 7 and 8. We have also started to create pathways in our KS4 curriculum and so being able to participate in some alternative games allows every student to choose a pathway that they will get fun and enjoyment from.</p>
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Assessment

Is on going but in every lesson we take a holistic approach with a focus on the head, the heart and the hands.

Supporting your child

What you can do at home:

The most important thing you can do is to promote an active lifestyle. Research shows that where parents and carers model the enjoyment and participation of sport and activity, children are more likely to pursue it themselves – and not to give up. Encourage your child to try new sports (you can try them too!), to join after-school clubs, and to see physical activity as part of their general wellbeing, both physical and mental.

Equipment/ PE Kit:

<p>Compulsory CamVC branded items</p>
<p>Red CamVC Sports T-shirt Red CamVC Sports Hoody</p>
<p>Compulsory non-branded items</p>
<p>Plain Black Shorts (not cycling shorts nor skin-tight shorts) and/or skort OR Black Tracksuit Trousers (our field is very windy) OR CamVC Black Leggings OR all three * Indoor Trainers (not school shoes or pumps eg Vans, Converse, Air Force 1s) Outdoor Astro Trainers (for football, rugby and hockey on the 3G) Long Black Hockey/Football Socks or an alternative pair of sports socks (students should have a change of socks for their PE lesson for hygiene reasons)</p>
<p>Optional Additional Kit</p>
<p>CamVC Black Leggings Red CamVC Fleece Red CamVC Rugby Top A plain black, red or white base layer top</p>
<p>Shin pads for football and hockey are strongly recommended for both lessons & fixtures.</p>

Gum Shields for rugby and hockey are strongly recommended for both lessons & fixtures.

- Outdoor “Astro-style” studs: These are training shoes that have soles with a higher-than-normal raised moulded pattern, for use on artificial grass surfaces. Boots need to have either dimpled soles, plastic studs or moulded blades; flat soled trainers, metal capped or metal studs are not permitted for health and safety reasons and for maintenance of the artificial infill.
- EXAMPLE “astro-style” studs, under £20:
 - Decathlon – [CLICK HERE](#)
 - M&M Direct – [CLICK HERE](#)
 - Sports direct – [CLICK HERE](#)
- CamVC Black Leggings: The only black leggings that will be allowed in PE lessons will be CamVC black leggings purchased from the School PE Kit Provider. These have a clear CamVC PE logo down the back calf to be easily identifiable.
 - Non-CamVC Black leggings can be worn but must be worn under a pair of regulation black sports shorts.

Safety Precautions

Absolutely no jewellery is allowed in PE lessons (this includes earrings in any part of the ear).

Nails are to be of an appropriate length for PE lessons and to adhere to the school uniform policy.

Extended learning

Clubs/ Enrichment opportunities:

At Cambourne Village College we recognise the importance of involving as many students as possible from all backgrounds to have fun and participate in extra curricular activities. Many of the clubs held afterschool are used in preparation for fixtures but also to include sports that are currently trending in our communities and cultures.