

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 10	<p>Practical performance: Students will develop further their throwing and catching, cardiovascular fitness, jump, speed and agility, balance and motor skills. They will do so now in competitive games across a range of sports, with accuracy, skill and consistency. They will be able to select movements for particular purposes and contexts, and perform them fluently and consistently, under some degree of pressure. Sports in Year 10 may include dodgeball, softball, American football, table tennis, volleyball and trampolining, in addition to some of those performed at KS3: football / futsal, basketball, tennis, cricket, rounders, rugby, dance and badminton.</p>	<p>The same strands of movement are developed, across a variety of different sports, with students learning to perform with greater consistency, accuracy and fluency, in increasingly pressurised and competitive situations, and with more precision and intention in their selection and understanding of movement.</p>
	<p>Knowledge and Understanding: Students will learn to apply rules and regulations consistently, and to apply knowledge of positional, attacking and defensive play, across the range of sports listed above. They will learn to confidently influence play and outwit opponents, and they will learn to find space to their own and their team’s advantage. They will learn to design a warm-up that is effective for different sports with minimal teacher input, and learn the difference between work load intensities, heart rates and training zones.</p>	<p>They build on their understanding of these aspects from KS3, across a wider range of sports and with greater consistency. They are able to take knowledge acquired in relation to certain sports and apply it more widely. Their understanding of warm-ups develops with them able to apply it almost independently, and their understanding of effects of exercise becomes more specific.</p>
	What pupils will learn	How it builds on learning
Year 11	<p>Practical performance: Students will develop further their throwing and catching, cardiovascular fitness, jump, speed and agility, balance and motor skills. They will learn to do so with a high degree of accuracy, skill and consistency, to their own and their team’s advantage. They will learn to select movements</p>	<p>The same strands of movement are developed, with the variety of situations and range of pressure increasing, and with students also developing greater levels of fitness and agility.</p>

	and perform them under a range of varying pressure, in game situations across the range of sports listed for Year 10.	
	<p>Knowledge and understanding: The same strands of knowledge as in Year 10 are further developed. Students will learn to design and deliver a warm-up that is effective for different sports to a half or whole teaching group, and to link their learning about different work load intensities, heart rates and training zones to aerobic or anaerobic training.</p>	Students will become more confident in the application of their theoretical knowledge, as well as making more specific links in their learning about the physiological effects of exercise.

Assessment

Pupils are assessed on an ongoing basis in lessons, with teachers forming a holistic judgement based on their performance in a matrix of aspects of PE: Practical Performance and Physical Literacy; Knowledge and Understanding; Coaching; Teamwork and Leadership; Participation and Attitude. It is often the case that children will excel in certain sports and be less familiar with others; teachers will band students according to their overall attainment across all of these strands and across all sports.

Supporting your child

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:

Compulsory CamVC branded items
Red CamVC Sports T-shirt
Red CamVC Sports Hoody
Compulsory non-branded items
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)
Optional Additional Kit
CamVC Black Leggings

Red CamVC Fleece

Red CamVC Rugby Top

A plain black, red or white base layer top

Shin pads for football and hockey are strongly recommended for both lessons & fixtures.

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

Homework policy:

We do not set homework; instead, we strongly encourage pupils regularly to attend at least one sports club after school.

Clubs/ Enrichment opportunities:

At Cambourne Village College we offer a wide variety of sport and dance clubs after school, many of which include fixtures against other local schools.

Posters are displayed outside the PE office, and all team information is put up before the fixture so pupils can let parents and carers know.

We have a strong and successful programme of Sports Leaders, which is an excellent way of pupils developing their leadership skills in this area. Interested pupils, with a history of attending school sports clubs, can apply for a role and, if successful, benefit from externally-led training, and then help to lead various events: primary athletics festivals, events for children with SEND, our own school sports' days, for instance.

Extended study suggestions and reading lists:

Look out for opportunities like the coaching and refereeing courses that we offer, which lead to qualifications and the development of key skills and understanding that can see pupils taking on roles as coaches and referees for matches outside school.

We encourage children to read articles relating to sport in the news and media, and we promote these via Twitter as well as on Teams. They are often a source of interesting debate and help to contextualise an understanding of sport and its relation to current issues.

Possible trips and visits:

Typically, pupils will have the opportunity to attend live sporting events throughout the year. We also hope to offer both a Sports Tour and a Snowsports trip.