

Whitworth Community High School

Physical Education Competition Intent



Competition Intent

Physical Education and Sport plays a vital part in the wider development of students. Whilst further improving knowledge, students have the opportunity to improve physical, mental and social skills. These skills include leadership, teamwork and communication whilst also developing skills that might not be able to be taught in the classroom such as accepting winning and losing. Our competitive sport programme further develops the Physical Education curriculum and aims to foster a lifetime commitment to sport whilst allowing students to make appropriate physical activity choices.

The structure of our competitive sport programme enables all students to experience competition that is targeted to give them a required challenge whilst allowing success. At an intra school level event the current programme has a clear effect purpose and the sole outcome should never just be about winning and losing. Each of the six intra competitions is associated with a school's games value.

The following competition intents will be covered through our programme:

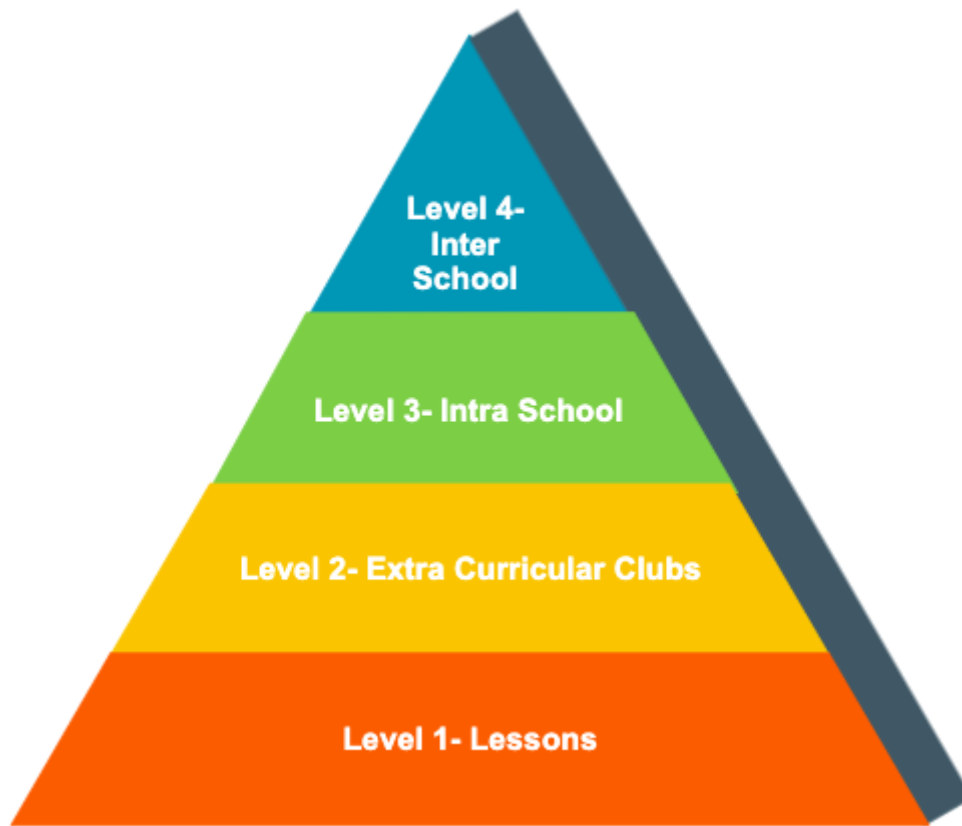
- To develop character and life skills
- To develop different sport specific skills
- To improve health
- To increase motivation
- To engage new audiences
- To foster social connections
- To develop physical skills
- To support individual development in sport

At inter school level students compete with the aim of trying to win the competition. We aim to give students the chance to utilise all that they have been taught: knowledge, skills, tactics as well as the personal skills.



Structure of Competition

At Whitworth Community High School we develop sporting opportunities for all students to experience a competitive format. This is done in four levels.



Level 1- Lessons

Within lessons students develop knowledge and understanding of skills and tactics that can be used within competitive situations. Skills are built from the basics of how to perform them all the way to how the skill is used within a competition. Across key stage 3 students cover a range of sports that fulfil the national curriculum whilst exposing them to experiences that they might not have had. At key stage 4 all lessons are built around students applying the skills learnt at key stage 3 within competitive tournaments including, league, ladder and knockout formats.

Level 2- Extra Curricular Clubs

Whilst attending extra-curricular clubs students build upon the skills and tactics developed within lessons. Clubs give students the opportunity to work with everyone in the year group and whilst providing challenge for some of our high ability students. Clubs are open to all students and we aim to get them to attend at least one club per term.

Level 3- Intra School

At this level we link the school house system and sport to give students access to a competitive environment. All students compete within five tournaments, which are either team or individual based, with each of the events associated with a 'School Games Value' (see below). Points are awarded towards the house cup based on results and how the value is applied.

Level 4- Inter School

The final level is where students are selected for sporting fixtures and tournaments based on levels 1-3. As a school we aim to make sure that all sports covered in levels 1-3 lead to an inter school competition. For some competitions students are selected based on their ability but where we have more than one team fixtures are offered for both A and B teams. Competition levels (local/regional/national) are selected based on the group of students and are matched to give challenge whilst also offering success. Through the Schools Games Rossendale competitions we also offer opportunities for students who are on the SEND register.

Transition from primary to secondary school can be challenging for some students and we identify those who benefit from more support through the focus on festivals of sport. These students compete in a range of sports across year 6/7 events.



School Games Values

Each event will have an associated 'School Games Value'. Students are made aware of this value prior to the event and prizes are awarded for teams or individuals that the sports leaders believe have displayed the values the most.

Cross Country



Netball



Rugby



Dodgeball



Rounders



Sports Day



Inter Competition

Inter competitions are arranged based on the ability of a year group of students, we aim to offer sporting fixtures that give a level of challenge whilst allowing students to succeed. Below is the current level of competition that we enter, however this is not a final list and competitions can be added based on a year group.

Boys Football- National- English Schools Football Association
Regional- Lancashire Cup
Local- Rossendale Cup

Girls Football- National- English Schools Football Association
Regional- Lancashire Cup
Local- Rossendale Cup

Netball- Local- Rossendale Leagues

Trampolining- National- British Schools Gymnastics Association
Local- Rossendale Competition

Karate- National- Karate Grading

Cricket- Local- Rossendale Fixtures

Badminton- Local- Rossendale Tournament

OAA- National- British Schools Orienteering Championship
Local- Rossendale Competition

Handball- National- England Handball Schools Competition

Dodgeball- National- Secondary Schools Championship
Local- Rossendale Competition

Rugby- Local- Rossendale League

Rounders- Local- Rossendale League

Athletics- Local- Rossendale Athletics Competition
Regional- Lancashire Athletics Competition

Cross Country- Regional- Lancashire Cross Country
Local- Rossendale Cross Country



Leadership

Throughout each of the levels lots of personal skills are developed, however, leadership is a big focus for Whitworth Community High School. Within the PE department we aim to further develop these skills in all students, those who show a high levels of leadership are selected for one of the following:

- Year 7-9 Sports Ambassadors
- Year 10-11 Sports Captains

Students within this programme have opportunities to display these leadership skills by working with staff to run competitions within the department. They are also students who compete in the inter competition at level 4 and they often take on responsibilities within the team such as the role of captain. Within the Rossendale Sports Partnership our school helps to run competitions for primary and transition events, sports ambassadors play a vital role as leaders, referees and event organisers.

