

KS3 Curriculum Overview

Subject PE

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Curriculum Intent including key skills and key concepts

Overview
Developing student's physical and mental skills in a range of different environments including: invasion games, net and wall games, striking and fielding, performing at maximum levels, gymnastics/ dance and outdoor adventurous activities. Establishing an understanding of rules, cooperation and enjoyment to being physically active.

Year 7
-Baseline assessment of student's physical ability.
-Introduction to basic techniques.
-Introduction to basic tactics.
-Introduction to rules.
-Introduction of effects of exercise on the body.
-Comparisons in performance.

Year 8
-Developments of techniques.
-Development of tactics.
-Development of the short and long term effects of exercise on the body.
-Evaluation of performance.

Year 9
-Integration of skills under pressure.
-Integration of tactics under pressure.
-Introduction of advanced techniques and tactics.
-Development of the benefits of exercise.
-Student led activities to work on identified weaknesses.

Rationale for KS 3 Curriculum

As a coastal, rural school where access to sporting events and activities is low, we try to offer students as many sporting opportunities to participate or compete as possible.

Physical education is so important in helping to maintain a student's physical health and mental health. Establishing a love of being physically active is vital as students who are more active are less likely to become ill.

Team sports encourage students to socialise and make friends that is important for mental health. Physical education can be demanding on the body but also allows opportunities to destress and apply their energy in a positive manner.

Giving students the chance to compete and represent the school fosters a sense of belonging, pride, resilience and community identify.

Relevant Department Interventions and Support and Access Arrangements

All students follow the department program of study for each topic although this is readily differentiated for higher and lower ability students.

The Astro and sports hall are open during lunch times for student's to participate in football or basketball.

Participation in extra-curricular encouraged (lots of PPI/vulnerable students this may be their only experience of sport).

Enrichment Opportunities

Year 7
Each afterschool club will run for a period of time that is linked to the local calendar of competitions. This is ensure there are some clubs running weekly all year.

-Boys football	-Girls football
-Boys rugby	-Girls rugby
-Netball	-Football (lunch time)
-Girls rounders	-Basketball (lunch time)

-Athletics
-Cricket
-Gym/ fitness suite

Year 8
Each afterschool club will run for a period of time that is linked to the local calendar of competitions. This is ensure there are some clubs running weekly all year.

-Boys football	-Girls football
-Boys rugby	-Girls rugby
-Netball	-Football (lunch time)
-Girls rounders	-Basketball (lunch time)

-Athletics
-Cricket
-Gym/ fitness suite

Year 9
Each afterschool club will run for a period of time that is linked to the local calendar of competitions. This is ensure there are some clubs running weekly all year.

-Boys football	-Girls football
-Boys rugby	-Girls rugby
-Netball	-Football (lunch time)
-Girls rounders	-Basketball (lunch time)

-Athletics
-Cricket
-Gym/ fitness suite

Links to Key Stage 4 and 5

BTEC wording embedded in questioning strategies and assessment.

Student practical understanding and application links directly to both level 2 and level 3 BTEC courses.

Students understanding of rules, tactics and effects of exercise on the body link directly to both level 2 and level 3 BTEC courses.

Ability to plan run and evaluate practical session link directly to a BTEC level 2 unit.

Attached Documentation

Document	Tick if present
Department Improvement Plan	
Exam Review	
Curriculum and Progression Map for Year 7-13	
Dept Assessment Calendar 7-9	
Assessment Tasks & Criteria	
Terminal Assessment(s)	
Schemes of Work Year 7-9	