

SUBJECT	Physical Education	CURRICULUM LEADER	Louise Reddington	YEAR	KS3						
ORGANISATION OF THE SUBJECT	<p>In Key Stage 3 (Year 7 & 8) Physical Education, pupils have two curriculum sessions per week. Pupils are taught in single sex groups and develop skills, knowledge and understanding of a range of different sports and physical activities.</p> <p>In Year 9 pupils will have one curriculum session per week and they will be set in terms of athletics effort and ability.</p>										
Key Concepts (The big ideas underpinning this subject)			Key Skills in this subject								
<p>The National Curriculum for Physical Education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives 			<ul style="list-style-type: none"> teamwork communication practical ability leadership evaluating skills organisation 								
What will be learnt in this subject?			How will learning take place in this subject?								
<p>Pupils should build on and embed the physical development and skills learned in Key Stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity. Throughout KS3 pupils should be taught:</p> <ul style="list-style-type: none"> to develop their technique and improve their own performance in competitive sports e.g. athletics and gymnastics to perform dances using advanced dance techniques in a range of dance styles and forms 			<p>All pupils swim during the course of the academic year. This will be on a modular rotation and will be single sex groupings. Swimming in Year 9 only will be optional.</p> <p>Pupils will participate practically in a variety of team based and individual activities throughout KS3 as detailed below.</p> <table border="1"> <tr> <td>Year 7 Girl Activities</td> <td>Multiskills, Badminton/Short Tennis, Netball, Tag Rugby, Swimming, Gymnastics, Dance, Rounders, Athletics</td> </tr> <tr> <td>Year 7 Boy Activities</td> <td>Multiskills, Badminton/Short Tennis, Swimming, Gymnastics, Football, Basketball, Rugby, Athletics, Rounders, Cricket</td> </tr> <tr> <td>Year 8 Girl Activities</td> <td>Netball, Badminton, Gymnastics, Swimming, Health and Fitness, Basketball, Dance, Tag Rugby, Rounders, Athletics</td> </tr> </table>			Year 7 Girl Activities	Multiskills, Badminton/Short Tennis, Netball, Tag Rugby, Swimming, Gymnastics, Dance, Rounders, Athletics	Year 7 Boy Activities	Multiskills, Badminton/Short Tennis, Swimming, Gymnastics, Football, Basketball, Rugby, Athletics, Rounders, Cricket	Year 8 Girl Activities	Netball, Badminton, Gymnastics, Swimming, Health and Fitness, Basketball, Dance, Tag Rugby, Rounders, Athletics
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<ul style="list-style-type: none"> • be encouraged to work in a team, building on trust and developing skills either individually or as a group • to overcome opponents in direct competition through team and individual games • to take part in competitive sports and activities outside school through community links or sports clubs • to use a range of tactics and strategies to overcome opponents in direct competition • to take part in OAAs which present intellectual and physical challenges • analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best 	<table border="1"> <tr> <td data-bbox="1128 97 1621 153">Year 8 Boy Activities</td> <td data-bbox="1621 97 2141 153">Football, Swimming, Gymnastics, Rugby, Basketball, Health and Fitness, Badminton, Athletics, Cricket</td> </tr> <tr> <td data-bbox="1128 153 1621 233">Year 9 Girl Activities</td> <td data-bbox="1621 153 2141 233">Netball, Gymnastics, Swimming (optional), Dance, Tag Rugby, Coaching and Leading, Health and Fitness, Rounders, Athletics</td> </tr> <tr> <td data-bbox="1128 233 1621 312">Year 9 Boy Activities</td> <td data-bbox="1621 233 2141 312">Football, Rugby, Basketball, Health and Fitness, Coaching and Leading, Tag Rugby, Badminton, Athletics, Rounders, Cricket</td> </tr> </table>	Year 8 Boy Activities	Football, Swimming, Gymnastics, Rugby, Basketball, Health and Fitness, Badminton, Athletics, Cricket	Year 9 Girl Activities	Netball, Gymnastics, Swimming (optional), Dance, Tag Rugby, Coaching and Leading, Health and Fitness, Rounders, Athletics	Year 9 Boy Activities	Football, Rugby, Basketball, Health and Fitness, Coaching and Leading, Tag Rugby, Badminton, Athletics, Rounders, Cricket
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<p>What methods of assessment will be used?</p>	<p>How can you support learning and progress in this subject?</p>						
<p>The key concepts and processes that will form modular assessments are:</p> <ul style="list-style-type: none"> • Outwitting an opponent • Developing physical and mental capacity • Development and replication of skills • Problem solving, challenges and making decisions • Making informed choices about healthy, active lifestyle • Evaluating and improving 	<ul style="list-style-type: none"> ▪ Encourage your child to follow sports news and watch live sport on the television ▪ Encourage your child to participate in activities at local sports clubs/groups ▪ Ensure your child is fully equipped for every lesson with the correct kit 						
<p>Equipment needed for this subject.</p>	<p>Learning outside the classroom : enrichment opportunities in this subject.</p>						
<p>Polo t-shirt, shorts, white socks, trainers, swimming kit</p>	<ul style="list-style-type: none"> • Extracurricular activities and competition – attendance at local sporting fixtures 						