



Key Stage 3 Curriculum: Physical Education

The National Curriculum for PE states that schools must teach a mixture of invasion games, athletic activities and gymnastics over the Key Stage with students working through processes with the aim of developing skills to outwit opponents, replicating actions and sequences and evaluating, improving and developing a knowledge of a healthy balanced lifestyle. At Key Stage 3 students are taught in 6 week blocks (12 lessons) and take part in the following blocks of work. Students also work in single gender groupings.

- **Invasion Games** – Football, Rugby, Hockey, Netball, Dodgeball, Lacrosse.
- **Net Games** – Badminton, Volleyball, Tennis.
- **Fitness Activities** – Health and Fitness Training.
- **Athletic Activities** – Cross Country, Track and Field.
- **Striking Games** – Rounder's, Cricket.
- **Replicating Actions and Sequences** – Gymnastics, Trampoline.

Year 7:

When students join the school in Year 7 they spend the first half term taking part in a variety of health and fitness screening tests to analyse their fitness. During this assessment block students are also assessed in a variety of activities to determine their N.C Level in PE. Post October students then take part in invasion games, net games, gymnastics, athletics and striking and fielding games. There is a focus on warming up safely for exercise, games principles such as invading space and the fundamentals of gymnastics and athletics. Students are taught in single gender mixed ability groups so teaching is highly differentiated to support the least able and stretch the most able.

Year 8:

In Year 8 students are set in single gender sets based on ability, attitude to learning and behaviour. Students then focus on consolidating learning from Year 7 and refining skills, strategies and techniques in the teaching blocks. During the Autumn term there is a focus on invasion games, cross country and gymnastics. Health and fitness is also a major focus with a block of work based in the fitness suite that focuses on developing health weaknesses via exercise. Students also begin to refine evaluating and improving skills via peer observation and self-analysis. In gymnastics there is a focus on flight and trampolining.

Year 9:

By the end of Year 9 students are expected to have developed their skills and techniques to good levels and can focus on tactics and strategies to outwit opponents. In the health and fitness block students study healthy and active balanced lifestyles and undertake an analysing lifestyle task that has a focus on health indicators such as BMI (body mass index), levels of cardio vascular endurance, muscular endurance, flexibility and strength. This task is assessed via a written/word processed task that asks students to create an action plan to develop their health weaknesses. Sports leaders are also introduced to set one students with many then taking up opportunities to lead in extra-curricular sport.

Extra-Curricular:

The governments recommends that young people aged 6 – 18 participate in one hour of moderate and intense physical activity a day and an excellent way of allowing students to access this is via the broad range of extra-curricular sports on offer at lunchtime and after school. All clubs are open to any students of any gender and any ability. Students that are chosen to play for the school teams are expected to attend training regularly during the competitive season. At lunch time students only need to wear trainers to attend clubs and can collect early lunch passes from the PE Office. After school students are expected to wear PE kit.

Health and Safety

It is highly recommend that students wear the correct footwear during PE lessons (black pumps are not recommended) to prevent the risk of injury. The department also highly recommends that students wear gum shields in hockey and rugby as well shin pads in football.