

# PHYSICAL EDUCATION

KS3

## Curriculum Purpose

As students come to us from a variety of different PE backgrounds from their Primary schools, our focus in Year 7 is very much about giving students the opportunity to experience a variety of sports. After baseline assessment in September, students will then be allocated different groups depending on their effort, ability and attitude towards the subject.

YR7



## Curriculum Topics

Students will cover the following 7 areas across the academic year:

1. Invasion Games
2. Net Games
3. Health and Fitness
4. Gymnastics/Trampolining
5. OAA
6. Athletics
7. Striking and Fielding

Within these 6 areas students will focus on developing and acquiring the following skills and knowledge:

	Invasion games	Net Games	Gymnastics/ Trampolining	Health and Fitness	Athletics	Striking and fielding
Confidence	I can perform an appropriate warm up	I can perform an appropriate warm-up	I can maintain focus whilst performing	I can push my body and mind in a workout	I can work in my comfort zone in order demonstrate my level of performance	I can understand the importance of failure in a sport
Teamwork	I can work with others in small sided game/practices	I can work as a team to put out the equipment safely	I can collaborate with a partner to create a routine	I can use positive praise to encourage a partner	I can make limited suggestions on how to improve my own performance	I understand the different roles of Batting and Fielding
Knowledge and Skills	I understand the concept of attack and defence	I understand the basics of scoring and can apply this to a game situation	I can demonstrate and understanding of the importance of safety in PE	I can suggest basic ways that exercise affects the body	I understand the requirements for some event	I understand key terminology in a range of striking and fielding sports
Competence	I can perform all basic skills in isolation	I can demonstrate a variety of shots in a competitive situation	I can demonstrate basic skills in isolation	I can act on feedback to ensure I am getting the most out of my workout	I can demonstrate a basic level of technique in a variety of events	I can hit, throw and catch with some consistency

## When and how assessment of learning will happen

Assessment will take place at the end of every term. Assessment will consist of:

- Practical performance
- Teacher observations
- Verbal feedback
- Question and Answer sessions
- Peer assessment



## Home Learning Expectations

We encourage students to take part in physical activity outside of school, there are multiple ways this can be done outside of lessons:

- Extra curricular clubs
- Attendance to outside clubs/sports teams/activities
- Family orientated exercise
- Walking/cycling to and from school

