

Key Stage 3

Subject: Physical Education

Intent

The purpose of the Physical Education curriculum is to deliver inclusive high-quality lessons which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. At KS3 pupils will build on and embed the physical development and skills learned in KS1 and KS2, becoming more competent, confident and expert in their techniques and apply them across a variety of activities. Pupils will be taught to use a range of tactics and strategies to overcome opponents across a variety of team and individual games. The curriculum gives the opportunity for students to follow a number of games activities throughout the key stage to enable their skills to become embedded. They will be taught to develop their techniques and improve their performance through other competitive sports. Pupils will be given the chance to experience outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work as a team, building on trust and developing problem solving skills. Pupils are encouraged to analyse their own performances compared to previous ones and demonstrate improvement to achieve their personal best. Our extra-curricular programme allows pupils to take part in competitive sports and activities outside the school through community links or sports clubs. These clubs are designed to further extend students skills and techniques as well as the promotion of an active and healthy lifestyle.

	Autumn Term	Spring Term	Summer Term
Year 7	Netball Gymnastics Trampolining Football	Fitness Tag Rugby Badminton Dance	Rounders Athletics Tennis
Assessment	Students are given levels for skill, knowledge and understanding at the end of the unit	Students are given levels for skill, knowledge and understanding at the end of the unit	Students are given levels for skill, knowledge and understanding at the end of the unit
Year 8	Netball Gymnastics Handball Trampolining	Fitness Badminton Football Dance	Rounders Athletics Tennis

Assessment	Students are given levels for skill, knowledge and understanding at the end of the unit	Students are given levels for skill, knowledge and understanding at the end of the unit	Students are given levels for skill, knowledge and understanding at the end of the unit
Year 9	Handball Trampolining Football Fitness Netball Badminton Volleyball	Handball Trampolining Football Fitness Netball Badminton Volleyball	Fitness Athletics Rounders Tennis Cricket
Assessment	Students are given levels for skill, knowledge and understanding at the end of the unit	Students are given levels for skill, knowledge and understanding at the end of the unit	Students are given levels for skill, knowledge and understanding at the end of the unit