



KS3 AND KS4 PHYSICAL EDUCATION JOURNEY



PHYSICAL EDUCATION INTENT

Physical Education maintains our students' physical and mental health. Through knowing and doing more our pupils develop a knowledge of motor competence, rules strategies & tactics and healthy participation as well as developing life skills such as respect, resilience, confidence and leadership. We strive to ensure our pupils are involved in physical activity through play, on and p...

FURTHER STUDY

SPORTS SCIENCE / SPORTS COACHING / SPORTS MEDICINE / PHYSIOTHERAPY / SPORTS ANALYSIS / LEISURE MANAGEMENT

CAREER PATHS

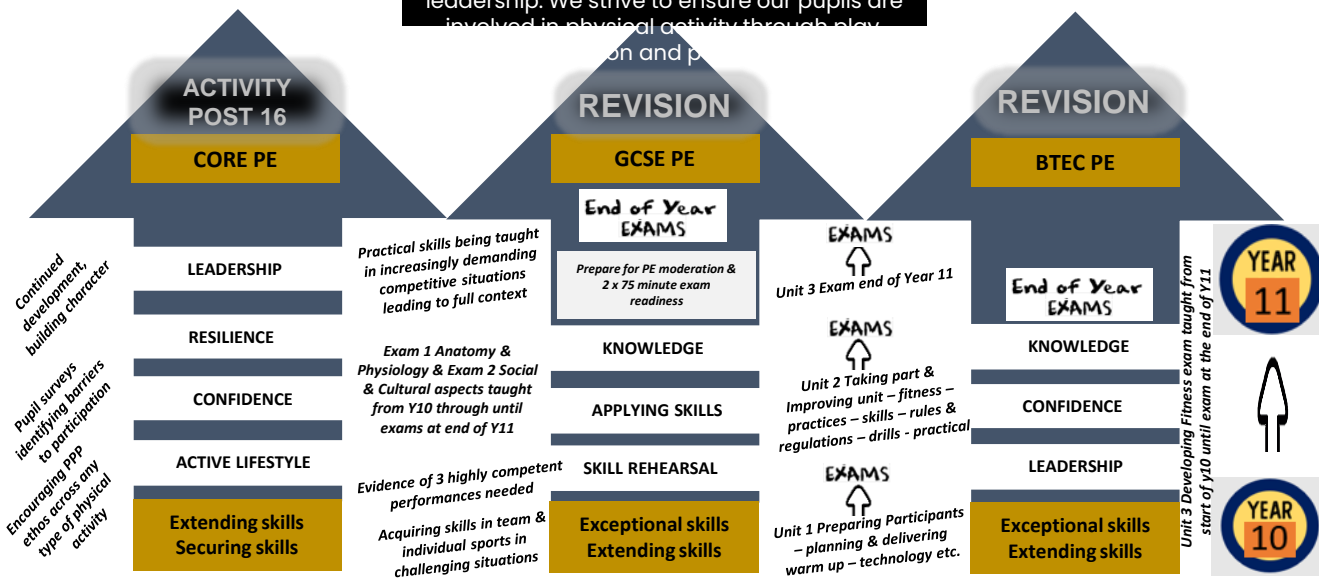
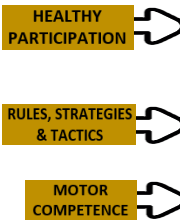
FITNESS INSTRUCTOR / ARMED FORCES / POLICE FORCE / PARAMEDIC / PE TEACHER / SPORTS DEVELOPMENT ETC

SKILLS

RESPECT / ACTIVITY IN SPORT / SUSTAINED RESILIENCE / COMMUNICATION / CONFIDENCE / APPLYING SKILLS / REHEARSAL OF SKILLS / LEADERSHIP / ORGANISATION

INTEREST

A LIFELONG PASSION FOR PHYSICAL ACTIVITY TO ENSURE A LIFELONG PHYSICAL, SOCIAL AND MENTAL WELL BEING



The Curriculum includes a range of activities to ensure learning is broad and balanced:
 Overcoming opponents in direct competition (for example, rugby, netball, football and table tennis)
 Developing techniques to improve performance in competitive activities (for example, athletics, gymnastics & trampolining)
 Outdoor & Adventure activities (for example, problem solving, team building, orienteering SAS survival activities)
 Dance & movement techniques (SAQ to music, boxercise to music & dance)

The X-Curricular OFFER - All pupils are invited to lunchtime and after school activities: The mantra of PLAY, PARTICIPATE, PERFORM is central to this where all pupils can engage in a variety of physical activities from a competitive rugby match to cooking marshmallows on an open fire.

Knowledge rich – assessing knowledge & physical skills

- Understand the qualities of a good leader & how to lead a warm up in prep for KS4
- Design a session and how to start to communicate with confidence (Primary school pupils)
- Pupils are able to apply strategies and techniques to replicate skills to achieve an outcome
- Pupils are able to identify strengths & weaknesses in performance based on C of Fitness
- Pupils are able to create and monitor their own training during a multi-circuit lessons
- Pupils able to design and help lead a competition (organiser / leader / official roles) etc
- Pupils have a working knowledge how the different body systems work together

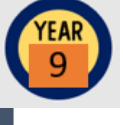


Be prepared to take the lead in certain situations

Understand that skills are developed through sequenced activities

Knowing vocabulary specific to PE

Knowing vocabulary specific to PE



Knowledge rich – meaningful connections

- Performing at maximum levels
- Catching, throwing, kicking, dodging, shooting etc.
- Securing tactics and decisions to outwit opponents.
- Principles of attack & defence in different games
- Movement skills needed for effective performance
- How to score & officiate
- Core skills needed for balance, movement, flight and landing in a sequence
- Resilience developed in a variety of changing environments
- FMS applied in SS games

Knowledge rich – sequenced & coherent

- Secure skills used to perform at maximum levels.
- Pupils encouraged to implement strategies & tactics (connections with different activities)
- Knowledge of rules & regulations to ensure confidence
- Secure movements, gestures, rhythmic & aesthetic sequences
- Importance of skill rehearsal prior to game application

- Pupils should develop confidence to score & officiate
- Pupils engage in performing & improving personal bests
- Movement competence when striking & fielding
- Ability to replicate correct techniques (quality demonstrations)
- Learn different methods of training (to improve fitness)
- Experience specific fitness based activities & benefits.
- Begin to analyse performances (technique & tactics).
- Understand principles of attacking & defending in increasingly challenging situations.

Try to maintain technique when practices get challenging

Engage in PE lessons to make new friends

Undertake regular activity in and outside of school

Compete in first PE House match

Learn how to deal with adversity

Incorporate physical activity into your daily routine

Experience a range of new physical activities involving yourself in new clubs

Learn routines and standards with PE followed by PE groupings

Knowledge rich – knowing & doing

- Fundamental Movement skills unit: walk/jog/run, jumping, landing, agility, balance, striking, catching, throwing etc
- Developing a knowledge of the bodies' ability to exercise
- Knowledge of warm ups / cool downs / need to rehearse skills
- Knowledge of importance of physical activity
- Developing understanding of attack and defence principles

Exceptional	2.5%
Extending	25%
Secure	45%
Developing	25%
Emerging	2.5%

Y7 Initial base assessments undertaken - Fundamental Movement Skills – Continual assessments with pupil feedback given in 7 Curriculum strands



Pupils are assessed in what they know (declarative knowledge) and what they can do (procedural knowledge)

Assessments are made through questioning, practical tasks and through written tests