



Physical Education KS3



Year 7

What will students learn / what skills will they develop?

Knowledge and Understanding:

The aim of the Year 7 course is to consolidate the learning of students from Key Stage 2 and develop the skills required for Key Stage 3. Year 7 begins with a fitness test. Students are tested termly to monitor their fitness progress. The activities that are taught in year 7 include two 6 week blocks of swimming to stretch the more able swimmers and also to support the less able swimmers in being able to swim with confidence. Other sports include gymnastics and dance for the creative and supple students as well as the traditional invasion games of football, basketball, hockey and rugby. There is also athletics and fitness for the students to excel in. Badminton is introduced in the spring term and Cricket, rounders and softball take place in the summer term.

Skills Development:

Expected Progress by the end of Year 7

Most pupils will achieve Level 3

More than expected progress by the end of Year 7

Some pupils will achieve Level 4 or 5

Year 8

What will students learn / what skills will they develop?

Knowledge and Understanding:

The aim of the Year 8 course is to consolidate the learning of students from year 7 and develop the skills required for Year 9. Year 9 begins with a fitness test. Students are tested termly to monitor their fitness progress. The activities that are taught in year 8 include two 6 week blocks of swimming to stretch the more able swimmers and also to support the less able swimmers in being able to swim with confidence. There are also two 6 week blocks of fitness and a block of athletics. The traditional invasion games of football, basketball, hockey and rugby continue in year 8 and the performance levels increase. Badminton and Volleyball are introduced in the spring term and Cricket, rounders and softball take place in the summer term.

Skills Development:

Expected Progress by the end of Year 8

Most pupils will achieve Level 4

More than expected progress by the end of Year 8

Some pupils will achieve Level 5 or 6

Year 9

What will students learn / what skills will they develop?

Knowledge and Understanding:

The aim of the Year 9 course is to consolidate the learning of students from year 8 and develop the skills required for Year 10 and beyond. Year 10 begins with a fitness test. Students are tested termly to monitor their fitness progress. The activities that are taught in year 9 include two 6 week blocks of swimming to stretch the more able swimmers and also to support the less able swimmers in being able to swim with confidence. There are also two 6 week blocks of fitness and a block of athletics for students as well as the traditional invasion games of football, basketball, hockey and rugby. Badminton and Volleyball take place in the spring term and Cricket, rounders and softball take place in the summer term.

Skills Development:

Expected Progress by the end of Year 9

Most pupils will achieve Level 5

More than expected progress by the end of Year 9

Some pupils will achieve Level 6 or 7



Physical Education KS3



Assessment

1. Fitness tests are administered at the beginning of the autumn, spring and summer terms and results are used to monitor the progress of the students.
2. At the end of each unit of work all KS3 students are assessed using National Curriculum descriptors.
3. Self and peer assessment is used to assess class work.

Literacy

Across Key Stage 3 students are given opportunities to develop their oracy skills. Units of work allow for the development of speaking and listening skills through questioning and assessment. Students are encouraged to explain their ideas and opinions.

Numeracy

KS3 students are given the opportunity to complete a range of mathematical problems within a physical setting. These have included basic addition/subtraction/multiplication and division and percentages especially when linked to heart rates and calorific expenditure.

Meeting the needs of Individual Students

Students working as group leaders, captains

Use of ICT

Range of tasks and teaching styles

Outstanding work displayed

Additional Support for Learning

Differentiated activities are available to meet students' needs.

Resources needed

Red T-Shirt and Red Fleece with the school crest, Navy Blue shorts and navy blue socks for Boys and Navy Blue tracksuit bottoms for Girls. These items can only be purchased through the school. Additional items required are navy blue/black swimming shorts for boys and a navy blue/black swimming costume for girls. Both boys and girls must have a swimming hat and towel for swimming lessons. Students should also have clean non-marking trainers.

Useful websites: www.bbc.sport

Extra-Curricular Activities and Clubs

There is a full programme of extra-curricular activities and clubs that changes termly and are run before-school, after-school and at weekends.

Mondays: Basketball Y7,8,9 Boys & Girls, Girls Swimming, Football Y7 before school

Tuesdays: Football Y7B, B Swimming, Active8

Wednesdays: Badminton & Fitness all years, Football year 9 before school

Thursdays: Badminton y9 & Rowing on water

Fridays: Girls Football Y7,8,9 Boys Football Y8

Saturdays: Football matches Years 7, 8 and 9

SMSC

The PE Department offer a range of Spiritual, Moral, Social and Cultural experiences through PE lessons and the many extra-curricular activities that take place. These SMSC experiences are based on the Olympic and Paralympic Values of Respect, Excellence, Friendship, Determination, Courage, Inspiration and Equality.