

Key Stage Three Physical Education (Core) Curriculum Outline

Year 7 Curriculum

Our curriculum is intended to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities, providing opportunities for our pupils to become physically confident in a way which supports their health and fitness. Building deeper understanding, skills and knowledge gained from KS2, and providing the boys with new experiences and new skills which are transferable across the range of sports. It provides opportunities for our pupils to compete in sport and other activities which help build character and help to embed values such as fairness and respect.

Pupils receive two practical lessons a week. Their 'Games' lesson focuses on more traditional outdoor team sports e.g. rugby, hockey, football, cricket and rounders, whilst their 'PE' lesson concentrates on indoor and/or individual sports e.g. health-related exercise, gymnastics, short tennis, fundamental movement skills and athletics. Pupils are taught the activities on rotation typically based on a 7-week teaching block, and the boys experience being taught in both mixed ability groups as well as working in groups that have been differentiated by general sporting ability, therefore providing opportunities for pupils to discover the strengths and limitations of themselves and their peers.

Grades are awarded a minimum of three times per year based on on-going practical assessments.

Timeline	Content and assessments	Skills/ Keywords
Terms 1-4	<p><u>Games Lessons</u></p> <p>Rugby, Hockey and Football</p> <p><u>PE Lessons</u></p> <p>Health-Related Exercise, Gymnastics, Fundamental Movement Skills and Short Tennis.</p> <p>Aim: To build on KS2 and outside of school experiences, but will also introduce 'new' sports.</p>	<ul style="list-style-type: none">● Teamwork● communication● problem solving● literacy● numeracy● hand-eye coordination● analysis and evaluation● techniques and skills● tactics and strategies

	<p>To promote interest outside of the classroom setting. To promote health and fitness. To develop techniques, skills and tactical awareness. To improve body control. To promote creatively, analyse performance and improve their performance.</p> <p>Assessment: In-class practical assessment</p>	
<p>Terms 5-6</p>	<p><u>Games Lessons:</u> Cricket and Rounders</p> <p><u>PE Lessons:</u> Athletics</p> <p>Aim: To build on KS2 and outside of school experiences, but will also introduce 'new' sports. To promote interest outside of the classroom setting. To promote health and fitness. To develop techniques, skills and tactical awareness. To improve body control. To promote creatively, analyse performance and improve their performance.</p>	<ul style="list-style-type: none"> ● Teamwork ● communication ● problem solving ● literacy ● numeracy ● hand-eye coordination ● analysis and evaluation ● techniques and skills ● tactics and strategies

How to support your son:

Ensure pupils have the appropriate kit for activity.

Games Lessons: Rugby shirt, navy shorts, rugby socks, thermals (if desired), shin pads, gum shield, boots/trainers (to suit activity).

PE Lessons: White 'House' polo-shirt, white shorts, white socks, trainers, thermals (if desired).

Encourage pupils to attend after extra-curricular clubs.

Visit the faculty website *for weekly fixtures.*

Year 8 Curriculum

Having developed baseline fitness and physical confidence, deeper understanding, refinement and knowledge are provided through the introduction of more challenging techniques, new experiences and new skills which are transferable across the range of sports. Tactics and strategies to help outwit opponents are also developed.

Pupils continue to receive two practical lessons a week. 'Games' lessons focus on rugby, hockey, football, cricket and softball, whilst 'PE' lessons deliver the teaching of health-related exercise, gymnastics, basketball, badminton, tennis and athletics. Pupils are taught the activities on rotation typically based on a 7-week teaching block, and the boys experience being taught in both mixed ability groups as well as working in groups that have been differentiated by general sporting ability, therefore providing opportunities for pupils to discover the strengths and limitations of themselves and their peers.

Grades are awarded a minimum of three times per year based on on-going practical assessments.

Timeline	Content and assessments	Skills/ Keywords
Terms 1-4	<p><u>Games Lessons</u></p> <p>Rugby, Hockey and Football</p> <p><u>PE Lessons</u></p> <p>Health-Related Exercise, Gymnastics, Basketball and Badminton</p> <p>Aim: To continue to introduce 'new' sports and increase challenge. To promote interest outside of the classroom setting. To promote health and fitness. To develop techniques, skills and tactical awareness. To improve body control. To promote creatively, to start to analyse performance and improve their performance.</p>	<ul style="list-style-type: none"> ● Teamwork ● communication ● problem solving ● literacy ● numeracy ● hand-eye coordination ● analysis and evaluation ● techniques and skills ● tactics and strategies

	<p>To use knowledge of performance and/or knowledge of results to improve future performance.</p> <p>Assessment: In-class practical assessment</p>	
<p>Terms 5-6</p>	<p><u>Games Lessons:</u> Cricket and Softball</p> <p><u>PE Lessons:</u> Tennis and Athletics</p> <p>Aim: To continue to introduce 'new' sports and increase challenge. To promote interest outside of the classroom setting. To promote health and fitness. To develop techniques, skills and tactical awareness. To improve body control. To promote creatively, develop analysis skills of performance and improve their performance and the performance of others. To use knowledge of performance and/or knowledge of results to improve future performance.</p> <p>Assessment: In-class practical assessment</p>	<ul style="list-style-type: none"> ● Teamwork ● communication ● problem solving ● literacy ● numeracy ● hand-eye coordination ● analysis and evaluation ● techniques and skills ● tactics and strategies

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Games Lessons: Rugby shirt, navy shorts, rugby socks, thermals (if desired), shin pads, gum shield, boots/trainers (to suit activity).

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Encourage pupils to attend after extra-curricular clubs.

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Year 9 Curriculum

The Year 9 curriculum focuses on refinement, knowledge and increased understanding. Helping pupils wishing to study GCSE Physical Education by providing opportunities to develop their skills, tactics and strategies to help outwit opponents in competitive situations.

Pupils continue to receive two practical lessons a week. 'Games' lessons focus on rugby, hockey, football, cricket and softball, whilst 'PE' lessons deliver the teaching of health-related exercise, OAA, basketball, badminton, tennis and athletics. Pupils are taught the activities on rotation typically based on a 7-week teaching block, and the boys experience being taught in both mixed ability groups as well as working in groups that have been differentiated by general sporting ability, therefore providing opportunities for pupils to discover the strengths and limitations of themselves and their peers. Through more conditioned games/practices the need to adapt, problem solve and become more creative feature more greatly.

Grades are awarded a minimum of three times per year based on on-going practical assessments.

Timeline	Content and assessments	Skills/ Keywords
Terms 1-4	<p><u>Games Lessons</u></p> <p>Rugby, Hockey and Football</p> <p><u>PE Lessons</u></p> <p>Health-Related Exercise, OAA, Basketball and Badminton</p> <p>Aim: To continue to introduce 'new' sports and increase challenge through problem solving. To promote interest outside of the classroom setting. To promote health and fitness.</p>	<ul style="list-style-type: none">● Teamwork● communication● problem solving● literacy● numeracy● hand-eye coordination● analysis and evaluation● techniques and skills● tactics and strategies

	<p>To develop techniques, skills and tactical awareness. To promote creatively, analyse performance and improve their performance and the performance of others. To use knowledge of performance and/or knowledge of results to improve future performance.</p> <p>Assessment: In-class practical assessment</p>	
<p>Terms 5-6</p>	<p><u>Games Lessons:</u> Cricket and Softball</p> <p><u>PE Lessons:</u> Tennis and Athletics</p> <p>Aim: To continue to introduce 'new' sports and increase challenge. To promote interest outside of the classroom setting. To promote health and fitness. To develop techniques, skills and tactical awareness. To improve body control. To promote creatively, analyse performance and improve their performance. To use knowledge of performance and/or knowledge of results to improve future performance.</p> <p>Assessment: In-class practical assessment</p>	<ul style="list-style-type: none"> ● Teamwork ● communication ● problem solving ● literacy ● numeracy ● hand-eye coordination ● analysis and evaluation ● techniques and skills ● tactics and strategies

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Ensure pupils have the appropriate kit for activity.

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