

# Curriculum Information

Key Stage 3



*“Equipping students with the  
knowledge, skills and motivation  
to live active, health lives”*

*For yourself & for others*

### Curriculum Intent

*'To develop knowledge and skills, as well as to create positive experiences, in order to instil a lifelong appreciation of the importance of physical activity,'*

Our work in PE aims to encourage a lifelong participation in physical activity by inspiring a generation. We want all students to enjoy, succeed and develop essential life skills within our Physical Education curriculum. We provide a broad range of opportunities enabling students to achieve their full potential and improve their health and wellbeing. Physical Education lessons are designed to be active, provide competitive scenarios and challenge students in a variety of roles.

### Key Stage 3 Physical Education

In Key Stage 3 pupils will build on and embed the physical development and skills learned in Key Stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.

In year 7, the objective is to create a love for physical education by experiencing a wide variety of different activities. The Physical Education curriculum focuses on developing knowledge, skills and understanding across a range of activities whilst also developing students' character in the form of the 3R's; respect, responsibility and resilience. Ultimately our aim is to get students excited about Physical activity by growing their confidence.

#### **Activities taught in KS3**

Athletics, badminton, dodgeball, football, gymnastics, netball, rugby, swimming activities (including water rescues) and striking and fielding games.

During the school year all students will have the chance to be competitive. This will often include intra form competitions during PE lessons. Extra-Curricular runs all year round and is inclusive with our teams competing in the North West Leicester leagues.

#### **Assessment**

All students should have the target to be the 'best they can' and believe 'Anything is possible'. This is reflected within our 3R's which are assessed each block.

Year & Half Term	Themes / Key Questions	Knowledge & Skills
<b>Year 7- Half Term 1 &amp; 2</b>	Football Badminton Netball Gymnastics Swimming	Throughout KS3 Students are taught to use a wide range of tactics and strategies to overcome opponents in competitive situations through team and individual games.
<b>Year 7-Half term 3 &amp; 4</b>	Dodgeball Rugby Football (girls) Athletic	Students will develop their technique and improve their performance in most sporting activities. Students are encouraged to become independent learners and thinkers.
<b>Year 7- Half term 5 &amp; 6</b>	Striking and Fielding Football	Students will take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
<b>Year 8- Half Term 1 &amp; 2</b>	Badminton Netball Basketball Rugby Health related fitness OAA	Students will be encouraged to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. This will help them to become independent thinkers and learners
<b>Year 8- Half term 3 &amp; 4</b>	Dodgeball Health related fitness Football-girls	Students are encouraged to continue to take part regularly in competitive sports and activities outside school throughout extra-curricular provision. This involves a variety of clubs and team available.
<b>Year 8- Half term 5 &amp; 6</b>	Athletics Striking and Fielding	