

**KS3  
Physical  
Education**

**Our curriculum for physical education aims to ensure that all pupils:**

- **Develop competence to excel in a broad range of physical activities**
- **Are physically active for sustained periods of time**
- **Engage in competitive sports and activities**
- **Lead healthy, active lives**

**Knowledge**

- What is a healthy, active lifestyle?
- How to gain/maintain fitness in order to improve physical, social and mental wellbeing.
- Skills, techniques and tactics (broken down below) as relevant to each sport/activity studied.
- Rules, regulations and scoring systems, as relevant to each sport/activity studied.
- Know how to prepare the body for exercise – three part warm up.

**Skills**

- Demonstrates a competent level of skills relevant to the sport/activity
- Appropriate techniques can be employed within the activity to ensure success
- Decision making skills can be employed in a game
- Skill precision, control and fluency by the individual to increase success
- Can apply position specific skills competently in a game situation
- Tactics can be applied in order to have a positive effect on the outcome of the game/activity.
- Ability to influence the performance and motivation of self.
- Ability to influence the performance and motivation of others.
- Attempt to respond to environmental conditions within the game/activity to have a positive effect on outcomes.
- Respond to opposition tactics within a game/activity.
- Creative in planning tactics / choreography (as appropriate)
- Leadership – lead small groups alone or with a partner.
- Officiating – control a game as an official with or without support (referee, umpire, line judge etc).

**Assessment**

- Teacher assessment throughout the teaching and through practical tasks and homework, giving pupils immediate feedback orally.
- End of unit assessments take place at the end of every half term. These are collated by teacher for twice yearly input on SIMS and noted in student planners.
- Peer assessment for isolated skills.

**Enrichment**

- Extra-curricular activities each day of the week, lunchtimes and after school.
- Social clubs include badminton and trampolining.
- Team activities competing in borough wide events include: football, netball, cricket, sports hall athletics, track and field athletics, basketball, cricket, rounders and badminton.
- Termly trips to provide students with local sporting opportunities including: water sports, BMX bike riding, Chill FactorE skiing and climbing.
- Intervention / extra session for BTEC students after school in room 45.