

# CURRICULUM OVERVIEW **KS3 PE**

## Purpose of the Curriculum

Our PE curriculum is based around the pupils having fun and enjoying being physical and exercising. The aim is to develop the pupils physically and personally. This is to try and foster a lifelong participation in physical exercise. Furthermore the PE curriculum tries to inspire all pupils to succeed and excel in competitive sport and other physically demanding activities. We set the pupils in terms of ability and not gender and promote physical competition in lessons. We also have a strong belief in participation for all at extracurricular as well as in lessons that is wholly inclusive to all pupils.

Pupils should build on the physical and personal skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports.

We develop pupils socially and emotionally through our teaching and aim to give them opportunities to develop their citizenship through leadership in sport and develop their SMSC in terms of participating and cooperating with others. We also build on the British values of fair play and respect and ensure pupils play by the rules.

Ultimately the curriculum should lead to our pupils being ready for the next stage of their learning with a solid foundation of healthy lifestyle behaviours instilled in them.

## KEY LEARNING OBJECTIVES

Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.

Develop their technique and improve their performance in lot of sports.

Perform dances using a range of dance styles and forms.

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.

Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

To be able to play sport with integrity and respect for others.

To be able to play sport with self-discipline and self-motivation.

We assess this with our current assessment model which assesses pupils ability to do a range of skills in team and individual sports. The skills are assessed individually and as part of a team for all activities they study. We also monitor pupils development in a range of personal skills such as teamwork, resilience, respect and discipline.

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## KEY CONCEPTS

Physical Competence - Developing gross and fine motor skills in a range of activities.  
Performance - Combining the motor skills and applying them to performance for either team or individual in a competitive situation.

Creativity - Using imaginative ways to express and communicate ideas, solve problems and overcome challenges. Whilst experimenting with techniques and tactics.

Healthy Active Lifestyles - Understanding that physical activity contributes to a healthy body and mind and is an essential part of a healthy lifestyle. Furthermore understanding that regular physical activity has the greatest impact on physical, mental and social well being.

Personal development - We develop pupils socially and emotionally and develop their citizenship through leadership in sport and develop their SMSC in terms on participating and cooperating with others. We also build on the British values of fair play and respect and ensure pupils play by the rules.

## SEQUENCE OF LEARNING

In core PE our curriculum is split into 2 different physical activities each half term.

These change each half term and pupils will do at least 10 different physical activities each academic year.

Most of the key objectives and concepts are taught in each of the physical activities and the experience of each activity helps to build knowledge and physical performance and competence over time as they see how one skill, tactic or personal outcome such as resilience from one sport can be adapted to another.

We use outdoor and adventurous activities early in key stage 3 to promote teamwork and mental challenge and link that to the more traditional activities.

We structure dance to be linked to the whole school dance show so there is a great outlet for the pupils to get involved in extracurricular activities.

This way of teaching and delivering the curriculum keeps reinforcing the key concepts of PE over time to the pupils and makes retrieval really effective as we ensure to highlight the link between different sports for example football and handball tactics and competence in dance and gymnastics. If pupils do the same sports/activities in Years 7 and 8 the challenge will increase in the lessons to ensure learners progress as shown on the schemes of work.