

# KS3 - Physical Education

## Overview

The PE department follows the Key Stage 3 National Curriculum for Physical Education. As specified in the Key Stage 3 National Curriculum, we aim to ensure that students

- 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

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

At Key Stage 3 each student will participate in two hours of PE a week. This includes one games lesson and one individual sports lesson. Examples can be seen below.

## Year 7 Content

		½ Term 1	½ Term 2	½ Term 3	½ Term 4	½ Term 5	½ Term 6
<b>7 Games</b>	<b>Boys</b>	Basketball	Rugby	Football	Basketball	Cricket	Rounders
	<b>Girls</b>	Netball	Netball	Basketball	Hockey	Rounders	Cricket
<b>7 Individual Sports</b>	½ Term 1	½ Term 2	½ Term 3	½ Term 4	½ Term 5	½ Term 6	
		Swimming	Gymnastics	Swimming	Dance	Athletics	Athletics

## Year 8 Content

		½ Term 1	½ Term 2	½ Term 3	½ Term 4	½ Term 5	½ Term 6
<b>8 Games</b>	<b>Boys</b>	Basketball	Rugby	Football	Volleyball	Cricket	Rounders
	<b>Girls</b>	Netball	Basketball	Trampolining	Football	Rounders	Cricket
<b>8 Individual sports</b>	½ Term 1	½ Term 2	½ Term 3	½ Term 4	½ Term 5	½ Term 6	
		Swimming	Gymnastics	Swimming	Trampolining	Athletics	Athletics

## Year 9 Content

		½ Term 1	½ Term 2	½ Term 3	½ Term 4	½ Term 6
<b>9 Games</b>	<b>Boys</b>	Basketball	Rugby	Football	Badminton	Cricket
	<b>Girls</b>	Netball	Basketball	Hockey	Football	Rounders
	<b>Individual Sports</b>	Swimming	Trampolining	Personal Survival	Gymnastics	Athletics

### Assessment

Students are assessed on the sports they participate in each half term. These grades are then collated and an average level of all sports is then calculated. This information is then used to grade pupils each term for their school reviews.

### Enrichment

There are many extra-curricular PE opportunities. We run a variety of clubs from trampolining to rugby, before school, during lunch times and after school. If pupils attend these clubs regularly then they will be given the opportunity to play for the school teams and compete against other schools locally and sometimes nationally. The PE department also run a number of sporting trips such as a netball weekend to Swindon and a ski trip abroad.