

Key stage 3 PE Curriculum Overview

Intent: Pupils should build on and embed the physical development and skills learned in key stage 3 and tackle increasingly complex and demanding skills, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should further develop their confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.



Curriculum Area	Description of Concept	Implementation
Outwitting opponents	To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games, including Badminton, Basketball, Cricket, Football, Hockey, Netball, Rounders, Rugby, Volleyball, Handball, Water Polo, Tennis and Table Tennis.	Pupils will use a range of complex skills and techniques fluently and accurately; devise and perform a range of increasingly difficult practices; work cooperatively in their groups, taking on a variety of roles within the group including leadership; applying and adapting complex tactics and skills effectively through modified game situations; identify what themselves and others' need to do to improve and then apply those ideas.
Developing skills and performance	To replicate skills, develop their technique and improve their performance in other competitive sports including Swimming, Athletics and Gymnastics. Also to replicate and perform dances using challenging dance techniques within a range of dance styles and forms.	Pupils will learn to replicate, demonstrate and develop more complex skills to develop fluent routines (Dance/Gym), swimming strokes or athletic events with precision, control, correct technique and aesthetics, along with developing more complex compositional ideas (Dance/Gym), applying more complex tactics and strategies, and refine their ability to adapt skills to the needs of the event (Swimming/Athletics).
Coaching and Leadership activities	To take part in coaching and leadership activities which present intellectual and SMST challenges to develop confidence in their communication skills, their ability to lead a team, and their ability to solve problems, either individually or as a group through participating in the Sports Education PoS	Pupils will further develop the skills necessary to coach and lead in a number of activities including Football and Netball. To build on their experience gained through KS3 of demonstrating leadership skills. In all tasks, a range of leadership skills including the ability to coach others' accurate skills replication, creative thinking and inter-personal skills will be developed.
Analysing and evaluating Performance	To evaluate their performances compared to previous ones and demonstrate improvement to achieve their personal best through all activity areas	Pupils will develop a more complex K&U of the skills and processes being learned. Pupils will be able to evaluate their own and others strengths and weaknesses in a performance. Be able to suggest areas for improvement. Use of analysis tools on ipads to observe and improve the performance of self and others. Peer observation & assessment will continue to be systemic throughout all curriculum areas.
Making informed choices about healthy, active lifestyles	To understand and apply the long-term health benefits of physical activity through Cross-Country Running and Health Related Fitness	Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well being. Understand the effect exercise has on more complex body systems and performance implications. To understand the type of training needed to perform at a high level. To perform and evaluate a variety of training methods . To refine their understanding of how to design and evaluate more complex fitness programmes.
Participate in Competitive Sport	To take part in competitive sports and activities inside and outside school through school based clubs or community links and sports clubs.	Pupils will be given opportunity to participate in competitive sport through the curriculum areas and be encouraged to attend extra-curricular sports clubs and given the knowledge of community sports club links and/or facilities where they can extend their learning .

Attainment Targets: By the end of key stage 4, pupils are expected to know, apply and understand increasingly complex skills and processes specified in the relevant programme of study and will be systematically, informally assessed through a range of Q & A, observation and formative assessments, however no summative assessments will be recorded.

Inclusion / SEND:

- All Students will be supported to achieve high pitched learning objectives with an appropriate level of scaffolding.
- Inclusive & SEND only extra-curricular clubs
- Targeted multi-skills festivals for DP & SEND

Enrichment and Careers Education:

Pupils should be encouraged to:

- Engage in PE careers programme
- Participate in extra-curricular sport
- Participate in inter-form competitions
- Attend relevant sports tours
- Participate in Sports Days
- Join sports clubs in the community
- Become involved with the Sports Council
- Participate in the Sports Leaders programme

Curriculum Structure:

- All curriculum areas are taught through a broad range of different physical activities/sports over a durations of 4/5 week blocks.
- All students follow a similar but slightly tailored PoS depending on their gender.
- Each activity/sport will be not be formally assessed and recorded.
- Students will be set in same gender ability groups and then monitored through informal assessments.

NC Curriculum 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.