



A Guide to the Curriculum at Key Stage 3 (Years 7, 8 & 9)

Physical Education

During Key Stage 3, all students will study a broad and balanced curriculum. The aim of the Physical Education department is to provide opportunities for all students to develop the key components of physical education. This includes focusing on **doing or performing, thinking** and also **on developing social and emotional skills**. This is achieved by offering a large variety of activities. These include:

Invasion Games (football, basketball, netball and hockey)
Net/Wall Games (tennis, badminton)
Health Related Fitness Activities (weight training, circuit training, cross country)
Striking and Fielding Games (cricket, rounder's)
Athletic Activities: (athletics)
Outdoor and Adventurous Activities (orienteeing)
Aesthetic Activities (dance, gymnastics)
Leadership in Year 9 (Sports Education Focus)

Groupings

In KS3, where there are one or two classes timetabled together, students are grouped into their respective single gender tutor group classes. Where there are three groups, students are placed into two single gender classes. The third group is taught as a mixed gender group.

Assessment

All students in KS3 are assessed formatively, during each lesson. Ongoing feedback is provided by teaching staff and will include information about a student's current strengths, whilst also highlighting particular key points to help bring about more rapid and sustained improvement. Students not making progress should use the teacher feedback to bring their performance back into line. All students will be expected to complete several peer and self-assessment sheets throughout KS3. These will involve observing their own and others performances and providing their own corrective feedback

Literacy/Numeracy Skills

All lessons will cover aspects of literacy and numeracy. This may involve the questioning of keywords and getting students to summarise their knowledge and understanding of a particular topic. All students in KS3 will be expected to complete peer and self-assessment sheets, with an expectation that all student' will use correct grammar, spellings and punctuation to record their thoughts. We have a literacy board in the Department, which encourages students to 'read for pleasure' and which also includes examples of excellent pieces of extended writing, produced by individual students.

All staff encourage extended use of numeracy in Physical Education lessons. This could be from using questions directed at students, or from using stopwatches, tape measures and calculators to work out times and distances.

Promoting Reading for Pleasure/Independent Reading

All students are encouraged to read for pleasure. This is reinforced through our literacy board in the Department.

Support, Strategies and Interventions for students (SEN, Most Able, Students not making Expected Progress)

The Physical Education department aims to deliver a differentiated curriculum, which involves matching tasks to students differing abilities and capabilities, their needs and interests by balancing challenge with the likelihood of success. There will inevitably be varied outcomes but all staff recognise that all students are capable of making progress.

We have a Gifted and Talented group that have been selected by members of the PE staff; these students form the Living for Sport project. It is aimed at developing their skills quickly to ensure rapid and sustained progress.

How to help your child to develop Physical skills

To assist your child in developing their physical literacy and knowledge/understanding of physical education you can encourage them to attend some of the extra-curricular clubs that are offered. There are a huge amount of clubs available – these can be located on the website or by your child asking their tutor or PE teacher.

Student Sports Council

Our Student Sports Council group consists of a group of ten talented, Silver Ambassador Sports Leaders. The group members are self-motivated and self-sufficient. They have also been highly professional and dedicated in their role offering intra-school activities to KS3 students. They have offered numerous sporting activities such as football, netball, benchball, dodgeball, endball, Danish log ball and badminton.

Dance Key Stage 3

Dance is taught throughout the KS3 curriculum. Girls will study this activity in each of the Key Stage years, for approximately 6 or 7 lessons, generally during the Spring term. Boys will study a unit of Dance in Year 7, for one term, which will be made enjoyable and contemporary based around the theme of the New Zealand Mauri Rugby team's 'Haka'.

Dance keeps both the body and the brain active. It offers a way to improve strength and flexibility, which helps keep muscles and joints healthy. It helps you learn about your body, improving your posture and balance. It can offer insight into other cultures, either through the dance style itself or through the historical facts surrounding it. Dance can also lead to increased self-esteem and confidence through mastering new skills and it certainly offers a creative outlet for people to express their personalities in a safe environment. Most of all, however, it is a fun way open up new possibilities, keep healthy and enjoy yourself.

Unit 1: (Boys)

To develop an understanding of the cultural and historical significance of the 'Haka'.
To be able to perform the Dance with quality movements.

Unit 2: (Girls)

Students will begin by studying a variety of dance styles, building technique and understanding. The theme will be based around 'Macavity'.

They will also study a variety of professional works in Years 8 and 9, which will link into the GCSE curriculum.

Other information and useful resources:

There is no set textbook used within Key Stage 3 lessons; but there are various sporting clubs held throughout the week, along with competitive opportunities via intra and inter-school fixtures. It is essential that students are encouraged by parents to attend some of the clubs on offer. Copies of these clubs will be on the school's website, in tutor rooms and advertised in the sports hall.

How to help your child in Key Stage 3

Physical education is clearly about doing. However, it is also about knowing and understanding the principles that underpin the subject. Students can be independent learners by regularly completing physical activities such as running, throwing balls against walls and catching along with spending time playing against friends to provide a competitive or fun angle.

If your child is interested in studying GCSE Physical Education in KS4, there is a variety of help and support available. All students are provided with revision guides and folders. There is also a useful website link below that will provide further information for them:

<https://www.aqa.org.uk/>

Your child should also be familiar with the list of keywords below and their meanings, although these will be in the revision guide.

LIST OF USEFUL KEYWORDS:

Agility	Ability to change direction quickly.
Altitude	Training at altitude to increase cardiovascular endurance and improve ability to transfer oxygen
Analysis	Looking at a performance in detail
Awareness	An understanding of space and your surroundings.
Cardiovascular	Heart, blood and blood vessels.
Co ordination	Ability to use two or more body parts at the same time.
Components	Breaking things up into parts.
Endurance	Ability to continue working for long periods of time.
Guidance	Help and support to enable you to learn a skill.
Hooliganism	Acts of violence in sport.
Leverage	Helping the body to move.
Measurable	Used in smart targets to ensure that goals are measured for success.
Performance	How well you complete a task.
Periodisation	Tailoring your training according to the different seasons.
Principles	Applied to training to ensure progress is made
Reaction	Ability to react to a stimulus.
Respiration	The act of breathing.
Reversibility	Fitness adaptations are lost very quickly when training stops
Skeleton	Supports the body and helps keep us upright.
Spatial	Learning how to use space effectively when playing sport.
Specific	Used in smart targets to ensure progress in training is met.
Visual	Things you can see, such as sporting techniques