

Subject:

# Core Physical Education

Physical Education KS3 Intent:

The aim of the Key Stage 3 Physical Education curriculum is to enthuse and encourage students to participate in physical activities. Students will be introduced to a range of sports, whilst discovering an understanding of how our body systems work. All students will experience a PE learning journey that focuses on leadership, organisational and communication skills, as well as building resilience and initiative. At the heart of PE we want to encourage a love of the subject and awaken a wider interest in the sports community.

## The Big Questions...

Year 7	Year 8	Year 9
<ul style="list-style-type: none"> <li>- Do our students know and apply the PE Routines?</li> <li>- Do students enjoy taking part in different forms of physical activity, Including; Team Games (Invasion and Striking and Fielding), Swimming, Gymnastics and Athletic Activities?</li> <li>- Do you understand the positive impact physical activity has on mental health?</li> <li>- Have you developed friendships and respect for each other through participation in sport and physical activity?</li> <li>- What extracurricular clubs and teams can you get involved in?</li> <li>- Can you perform the basic skills including running, jumping, throwing, catching and co-ordination?</li> <li>- Can you stat why we use warm ups and cools downs?</li> <li>- Can you identify different muscles, and body systems within the body, and explain how they work?</li> </ul>	<ul style="list-style-type: none"> <li>- Do you promote the enjoyment and engagement in physical activity in lessons and extracurricular activities?</li> <li>- Have you developed basic skills and apply them to more complex movement patterns?</li> <li>- Do you understand the relationship between health and fitness and use this to understand how physical activity can enhance their own physical fitness and mental wellbeing?</li> <li>- Have you developed the skills needed to evaluate your own performance as well as the performance of others?</li> <li>- Can you identify the core values and strength of character; respect, humility, resilience? (accepting defeat and failure with a positive mind-set).</li> <li>- Can you explain what leadership is and identify qualities of good leaders?</li> <li>- Can you safely lead warm ups and cool downs for teammates and peers?</li> <li>- Have you developed a deeper understanding how the body works and responds to physical activity using the Components of Fitness?</li> </ul>	<ul style="list-style-type: none"> <li>- Do you promote the enjoyment and engagement in physical activity in lessons and extracurricular activities?</li> <li>- Have you built foundations for GCSE and BTEC Sport through increasingly competitive sport and activity?</li> <li>- Can you identify and explain the components of fitness and development of physical fitness through the introduction of fitness testing?</li> <li>- Can you analyse and evaluate skills to implement tactical decisions and develop physical performance.</li> <li>- So you demonstrate leadership skills in an array of different roles; captain, coach, referee/umpire, scorer?</li> <li>- Can you explain and justify the development of personal core values and strength of character through team sports, OAA and team building activities?</li> </ul>

What skills will I develop?

- Understanding a healthy active lifestyle:
  - Physical
  - Social
  - Mental Wellbeing
- Organisational and Leadership skills.
- Team and individual motivation

How will I be assessed?

Continually throughout the year looking at the behaviour for learning criteria. Classwork, Equipment and Engagement.

What great resources can I use

- Yateleys health and fitness
- Youtube fitness classes
- Google local clubs and teams.

Three ways that parents/carers can help...

1. Encourage an active lifestyle – More walking less driving, sports clubs or Gym memberships.
2. Healthy meal plans – encourage students to be involved in buying, prepping and cooking meals.
3. Keep communication a regular event.
4. Encourage face to face socialising.