

KS3 Curriculum Implementation Plan

Our KS3 core curriculum is designed to give the foundation and pathway to safe participation in a wide variety of sports. In years 7 & 8 students receive 4 hours a fortnight and in year 9 they receive 3 hours a fortnight.

1. In year 7 we focus on the fundamental skills, knowledge and rules to ensure a wide variety of activities can be participated in safely. Fitness and healthy lifestyle concepts are also introduced alongside leadership skills: communication and instruction – clear focus on warm ups.
2. In year 8 we build on the core concepts and begin to look more at tactics, advanced skills and officiating. Further leadership opportunities made available and a focus on: officiating and therefore understanding rules and regulations alongside additional communication methods. Health and fitness continue to play a role in the delivery of each activity.
3. In year 9 we enhance our curriculum by offering a slightly more bespoke programme which continues to promote participation whilst allowing for growth of knowledge, skills rules/regulations. Key concepts from our examination specification also play a key role in our 'Fitness' activity block to help prepare students looking to take up the course. Final leadership focus is on leading peers in small practices/or skill tasks developing awareness of planning, time and space.

Students will complete a **PE assessment and progress booklet** throughout their KS3 PE journey. This will be used so pupils can accurately reflect on their own performance as they progress through the activities and with the help of their knowledge organisers that can evaluate their strengths/weaknesses and make informed decisions on their next steps. For each activity they will also record their SMHW quiz score and their teacher assessed grade. When students mature into year 8 & 9 they will be able to look back on the progress they made if they have completed this activity before and ensure they can look to build on their initial success. The booklets give teachers a method of assessing pupils own evaluation skills into their performance and can help to monitor any trends in strengths or weaknesses to modify their future practice.

The national curriculum for physical education 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

We summarise these aims to 3 core areas: Doing, Thinking and Healthy Habits when implementing and assessing our Core PE.

Doing

- Practical skills in isolation
- Applying skills in competitive situations
- Performance

Thinking

- Decision making
- Tactics
- Technique points
- Rules & regulations
- Officiating
- Evaluating

Healthy Habits

- Safety
- Warm up
- Participation
- Fitness
- Leadership
- Extra-curricular

Due to facilities and equipment requirements students complete activity rotations that are usually 8 lessons and explained below. Within each rotation block there are a variety of activities including: team games, individual activities, Aesthetics and Outdoor pursuits.

Physical Education						
	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7	<p>Induction/ baseline 4 lessons – set expectations, Develop basic leadership skills, demonstrate initial skills and tactics</p>	<p>Rotation of activities: Boys: Rugby, Basketball, Swim Girls: Fitness, Netball, Hockey</p> <p><u>Interform competitions:</u> Boys: Rugby & Basketball Girls: Fitness & Netball</p>	<p>Rotation of activities: Boys: Handball, Orienteering, Fitness Girls: Dance, Basketball, Swimming</p> <p><u>Interform competitions:</u> Boys: Football, Fitness & Swimming Girls: Basketball & Dance</p>		<p>Rotation of activities: Boys: Athletics & Striking Girls: Athletics & Rounders</p> <p><u>Interform competitions:</u> Sportsday: Athletics</p>	
Year 8	<p>Rotation of activities: Boys: Rugby, Basketball, Swim Girls: Fitness, Netball, Football</p> <p><u>Interform competitions:</u> Boys: Rugby & Basketball Girls: Fitness & Netball</p>		<p>Rotation of activities: Boys: Handball, Football, Fitness Girls: Dance, Basketball, Swimming</p> <p><u>Interform competitions:</u> Boys: Football, Fitness & Swimming Girls: Basketball & Dance</p>		<p>Rotation of activities: Boys: Athletics & Striking Girls: Athletics & Rounders</p> <p><u>Interform competitions:</u> Sportsday: Athletics</p>	
Year 9	<p>Rotation of activities: Boys: Rugby, Basketball, Swim Girls: Fitness, Netball, Orienteering</p> <p><u>Interform competitions:</u> Boys: Basketball Girls: Fitness & Netball</p>		<p>Rotation of activities: Boys: Football, Fitness Girls: Dance, Basketball</p> <p><u>Interform competitions:</u> Boys: Football Girls: Basketball</p>		<p>Rotation of activities: Boys: Athletics & Striking Girls: Athletics & Rounders</p> <p><u>Interform competitions:</u> Sportsday: Athletics</p>	

Within the KS3 curriculum our students typically have 7-9 lessons within an activity block and participate in:

Girls pathway: Fitness, Basketball, Swimming, Orienteering, Athletics, Dance, Hockey, Football, Netball, Striking (Rounders)

Boys pathway: Fitness, Basketball, Swimming, Athletics, Football, Rugby, Orienteering, Handball, Striking (Cricket & Softball)

Lesson	Lesson content	Homework
1	Recap/intro/safety for activity (possible baseline assessment). Knowledge Organiser hand out + discuss	
2	Normal lesson content (see SoW & KO)	
3		
4		
5		
6		
7	Review and reteach/target weaknesses from SMHW Quiz	SMHW quiz set
8	Assessment and review (grading) Complete PE progress booklets including self evaluation	