

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 and activities. We are proud to say that in all years, students receive 4 hours a fortnight as per the NC guidance and within each year we focus the learning as shown below:

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 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 and students begin to understand how to measure their fitness and the application of this on different activities.
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 all elements of our programme of study and we are pleased to introduce a new 'BTEC Sport introduction block' to help prepare students looking to move onto examination PE in KS4. Our final leadership focus for KS3 is on leading peers in small practices/or skill tasks developing awareness of planning, time and space.

Students 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.

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

Pathway 1: Fitness, Basketball, Swimming, Orienteering, Athletics, Football, 'BTEC Sport introduction', Rugby, Handball, Striking (Cricket & Softball), Tennis, Table Tennis

Pathway 2: Fitness, Basketball, Swimming, Orienteering, Athletics, Football, 'BTEC Sport introduction', Dance, Hockey, Netball, Striking (Rounders), Tennis, Table Tennis

Due to facilities and equipment requirements students complete activities in rotations that are usually 8 lessons. Within each rotation block there are a variety of activities including: team games, individual activities, Aesthetics and Outdoor pursuits. These rotations are carefully planned to allow for competition phases to occur directly after the block has finished.

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: Pathway 1: Rugby, Basketball, Fitness Pathway 2: Swimming, Netball, Hockey</p> <p>Interhouse competitions: 1: Rugby & Basketball 2: Fitness & Netball</p>		<p>Rotation of activities: Pathway 1: Handball, Orienteering, Swimming Pathway 2: Dance, Basketball, Fitness</p> <p>Interhouse competitions: 1: Handball, Fitness & Swimming 2 : Basketball & Dance</p>		<p>Rotation of activities: Pathway 1: Athletics & Striking Pathway 2: Athletics & Rounders <i>Tennis introduction to both</i></p> <p>Interhouse competitions: Sportsday: Athletics</p>	
Year 8	<p>Rotation of activities: Pathway 1: Rugby, Basketball, Fitness Pathway 2: Swimming, Netball, Football</p> <p>Interhouse competitions: 1: Rugby & Basketball 2: Fitness & Netball</p>			<p>Rotation of activities: Pathway 1: Handball, Football, Swimming Pathway 2: Dance, Basketball, Fitness</p> <p>Interhouse competitions: 1: Football, Fitness & Swimming 2: Basketball & Dance</p>		<p>Rotation of activities: Pathway 1: Athletics & Striking Pathway 2: Athletics & Rounders <i>Tennis builder to both</i></p> <p>Interhouse competitions: Sportsday: Athletics</p>	

Year 9	<p>Rotation of activities: Pathway 1: Table Tennis, Basketball, BTEC Intro Pathway 2: Fitness, Netball, BTEC Intro</p> <p><u>Interhouse competitions:</u> 1: Basketball 2: Fitness & Netball</p>	<p>Rotation of activities: Pathway 1: Football, Fitness, Swim Pathway 2: Table Tennis, Basketball, Orienteering</p> <p><u>Interhouse competitions:</u> 1: Football 2: Basketball</p>	<p>Rotation of activities: Pathway 1: Athletics & Striking Pathway 2: Athletics & Rounders <i>Tennis enhancement to both</i></p> <p><u>Interhouse competitions:</u> Sportsday: Athletics</p>
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Structure of each activity block:

Lesson	Lesson content	Homework
1	Recap/intro/safety for activity (possible baseline assessment)	
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	