

KS3 Long Term Plan

Subject: PE (Physical Education)



Curriculum Statement of Intent

Our exciting PE curriculum supports the development of both a healthy mind and body, this underpins our aim for all students to learn fundamental skills and develop confidence in a wide range of sports. We provide a safe and inclusive environment which allows all pupils, no matter their level of ability, the chance to develop and flourish. Our intent is to provide every student with learning experiences that encourage enjoyment, relevance and meaning beyond just practical performance and sports skills. We aim to develop the whole student by supporting their personal development, well-being and learning for life. Our broad range of activities, coupled with our fantastic facilities ensure that students can both experience and access a pathway for life long participation in physical activity.

Curriculum Statement of Implementation

All pupils take part in Core PE as part of their school curriculum, from Year 7 through to Year 11. Pupils follow a broad and balanced curriculum to support the curriculum intent identified above. Our overarching aim is to provide a high quality, broad, balanced and differentiated curriculum and enrichment program that develop confidence in a wide range of sports. In addition, the curriculum focuses on developing knowledge of sport and fitness, lifelong participation and enjoyment of sport and physical activity.

In PE students are taught in mixed ability groups with all students following the same program of study. Differentiation is built into lessons to allow all students to access the curriculum fully. Staff use the KS3 grade descriptors to facilitate this differentiation. With teachers routinely modelling tasks and using expert questioning techniques to develop pupils understanding. In KS3 pupils work on sports specific units lasting no more than 6 lessons at a time. Each module has a scheme of work which considers the overall intent of the PE curriculum, provides guidance on how to implement and outlines the desired impact.

At Key Stage 3 the focus in PE is on a broad and balanced curriculum which gives students the opportunity to participate in a variety of different sports. Our curriculum provides opportunities for students to become physically confident and encourage them to work in a team. Activities within team and individual games such as Badminton, Basketball, Netball, Rugby and Football encourage students to use a range of tactics and strategies to overcome opponents in direct competition. A focus on technique is encouraged through Athletics and Gymnastics to encourage them to develop technique and improve their performance. Our curriculum includes Dance modules that encourage students to perform a range of dance styles and forms. We also include a Health-Related Exercise within lessons, this enables students to develop an awareness of how to improve fitness and reflect on the choices they make regarding health. As students progress through Key stage 3 they are encouraged to analyse their performance as they participate to encourage them to demonstrate the improvements, they have achieved to accomplish their personal best. Intellectual challenges are encouraged through outdoor and adventurous activities which also encourage teamwork and problem solving as a group. Fitness is an integral part of the KS3 Scheme of Work and will be built into every lesson. Fitness levels will also be tested using the fitness tests to assess the components of fitness on the GCSE specification. At the start of each academic year all students will complete all tests as a baseline measure, then from then on, a selection of test will be conducted at the start of each term depending on the sport being taught. The class teacher is responsible to update spreadsheets with this data throughout the year.

Assessment at KS3 will follow the whole school assessment policy, assessment will be carried out during every lesson as a formative assessment, at the end of each half term a summative assessment for that activity block will be carried out. The data will then be added to a spread sheet to be used towards report data.

All students have the opportunity to participate in competitive sport and activities outside school whether this is through our vast range of extracurricular clubs or encouragement to join local clubs.

Term	Topics Covered (Date completed by and number of lessons)	Skills/AOs/interleaved content	Assessment (Date and nature of assessment)
Yr 7 Autumn 1	Rugby Netball	<p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in competitive sports.</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health & fitness is included in every PE lesson.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>
Yr 7 Autumn 2	Fitness Gymnastics	<p>Accurate replication: This includes activities in which success is judged on the ability to repeat actions, phrases, and sequences of movement as perfectly as possible</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>
Yr 7 Spring 1	Football Basketball	<p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>

		<p>competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>The inclusion of Health & fitness is included in every PE lesson.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons</p>
<p>Yr 7 Spring 2</p>	<p>Badminton Dance</p>	<p>Accurate replication: This includes activities in which success is judged on the ability to repeat actions, phrases, and sequences of movement as perfectly as possible</p> <p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through individual games</p> <p>Exploring and communicating ideas, concepts, and emotions: This includes activities in which success is considered in relation to how well a performer or choreographer expresses ideas, feeling, concepts or emotions to communicate artistic or choreographic intentions to an audience.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>
<p>Yr 7 Summer 1</p>	<p>Athletics Cricket Rouder</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>

		<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p> <p>Analysis and evaluation of performance and improvement to achieve personal best</p> <p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p>	<p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health & fitness is included in <u>every PE lesson</u>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons.</p>
<p>Yr 7 Summer 2</p>	<p>Athletics Softball Tennis</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Analysis and evaluation of performance and improvement to achieve personal best</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>
<p>Yr 8 Autumn 1</p>	<p>Fitness Gymnastics</p>	<p>Accurate replication: This includes activities in which success is judged on the ability to repeat actions, phrases, and sequences of movement as perfectly as possible</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>

		<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p>	<p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health & fitness is included in <u>every PE lesson</u>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons</p>
<p>Yr 8 Autumn 2</p>	<p>Netball Rugby</p>	<p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>
<p>Yr 8 Spring 1</p>	<p>Table Tennis Dance</p>	<p>Accurate replication: This includes activities in which success is judged on the ability to repeat actions, phrases, and sequences of movement as perfectly as possible</p> <p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health & fitness is included in <u>every PE lesson</u>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their</p>

		<p>Use a range of tactics to overcome an opponent in direct competition through individual games</p> <p>Exploring and communicating ideas, concepts, and emotions: This includes activities in which success is considered in relation to how well a performer or choreographer expresses ideas, feeling, concepts or emotions to communicate artistic or choreographic intentions to an audience.</p>	<p>results and supported to improve them in lessons</p>
<p>Yr 8 Spring 2</p>	<p>Volleyball Handball</p>	<p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>
<p>Yr 8 Summer 1</p>	<p>Athletics Cricket Rounders</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Analysis and evaluation of performance and improvement to achieve personal best</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health & fitness is included in <u>every PE lesson</u>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons</p>

<p>Yr 8 Summer 2</p>	<p>Athletics Softball Tennis</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Analysis and evaluation of performance and improvement to achieve personal best</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>
<p>Yr 9 Autumn 1</p>	<p>Basketball Football</p>	<p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health & fitness is included in every PE lesson.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons</p>
<p>Yr 9 Autumn 2</p>	<p>Trampolining Dance OAA</p>	<p>Accurate replication: This includes activities in which success is judged on the ability to repeat actions, phrases, and sequences of movement as perfectly as possible</p> <p>Exploring and communicating ideas, concepts, and emotions: This includes</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>

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Yr 9 Spring 1	Rugby Volleyball	<p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p> <p>The inclusion of Health & fitness is included in <u>every PE lesson</u>.</p> <p>Students will take fitness tests at the beginning of every term to monitor fitness.</p> <p>Individual targets will be set, based upon the previous results. And results will be recorded and kept by the PE dept. Every student will know their results and supported to improve them in lessons</p>
Yr 9 Spring 2	Badminton Netball	<p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>
Yr 9 Summer 1	Athletics Softball Tennis	Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.	Practical Assessment completed with students on a lesson-by-lesson basis with ‘assessments’ happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.

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<p>Yr 9 Summer 2</p>	<p>Cricket Rounders Athletics Fitness</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Performing at maximum levels in relation to speed, height, distance, strength, or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p> <p>Analysis and evaluation of performance and improvement to achieve personal best</p> <p>Fundamentals movement skills (Passing, footwork, dribbling, shooting etc)</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with 'assessments' happening throughout the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>At the end of each half term a summative assessment will be carried out by class teacher and recorded.</p>