



KS3 PHYSICAL EDUCATION CURRICULUM



KS3 PE Curriculum Intent

- To enable students to develop physical literacy whilst developing an understanding of a healthy active lifestyle to encourage lifelong participation in sport.
- To foster the development of excellence alongside opportunities for all students to flourish in a variety of sporting experiences to enable them to reach their potential.
- To ignite passion for sport and to provide opportunity for competitions.
- To reflect the school's motto of Love as Brethren.

KS3 PE Curriculum Map

- In year 7 and 8 students are set to provide a safe yet challenging environment for all with a wide and varying curriculum, which is accompanied by extensive extra-curricular opportunities.
- In year 9 students are able to choose a directed pathway curriculum to enable them to specialise in preparation for GCSE practical and to provide focus in combination with students' chosen extra-curricular expertise.
- Modules selected are based on traditions and success of these sports at the school, and are wide and varied. Sports are taught in traditional seasons alongside extra-curricular provision. Team sports are taught at the start point of each year to instil Love as Brethren values such as teamwork, communication and resilience, whilst enhancing fitness levels. Alternative National Curriculum strands are introduced in the second term onwards to enhance personal development.

YEAR 7 AND 8 CURRICULUM		
	GIRLS	BOYS
AUTUMN HALF TERM 1	HOCKEY and NETBALL <i>Cross Country Inter House</i>	RUGBY and BASKETBALL <i>Cross Country Inter House</i>
AUTUMN HALF TERM 2	HOCKEY and NETBALL <i>Hockey Inter House, Christmas Country Dancing</i>	RUGBY and GYMNASTICS <i>Rugby Inter House, Christmas Country Dancing</i>
SPRING HALF TERM 1	GYMNASTICS and DANCE	BADMINTON and SWIMMING
SPRING HALF TERM 2	BADMINTON and SWIMMING <i>Netball and Swimming Inter House</i>	HOCKEY and FITNESS <i>Hockey and Swimming Inter House</i>
SUMMER HALF TERM 1	ATHLETICS and STRIKING AND FIELDING	ATHLETICS and TENNIS
SUMMER HALF TERM 2	ATHLETICS and TENNIS <i>Rounders and Athletics (Sports Day) Inter House</i>	ATHLETICS and STRIKING AND FIELDING <i>Cricket and Athletics (Sports Day) Inter House</i>

NB 2021-23 yr 9 curriculum mirrors the above year 7/8 curriculum due to enable students lost learning time in 2019-21

YEAR 9 CURRICULUM				
	GIRLS		BOYS	
	OPTION A	OPTION B	OPTION A	OPTION B
AUTUMN HALF TERM 1	HOCKEY <i>Cross Country Inter House</i>	SWIMMING GYMNASTICS <i>Cross Country Inter House</i>	RUGBY <i>Cross Country Inter House</i>	BADMINTON BASKETBALL <i>Cross Country Inter House</i>
AUTUMN HALF TERM 2	SWIMMING GYMNASTICS <i>Hockey Inter House, Christmas Country Dancing</i>	HOCKEY FITNESS <i>Hockey Inter House, Christmas Country Dancing</i>	BADMINTON BASKETBALL <i>Hockey Inter House, Christmas Country Dancing</i>	RUGBY TRAMPOLINING <i>Hockey Inter House, Christmas Country Dancing</i>
SPRING HALF TERM 1	NETBALL	DANCE FITNESS	HOCKEY	SWIMMING GYMNASTICS
SPRING HALF TERM 2	DANCE FITNESS <i>Netball and Swimming Inter House</i>	NETBALL TRAMPOLINING <i>Netball and Swimming Inter House</i>	SWIMMING GYMNASTICS <i>Hockey and Swimming Inter House</i>	HOCKEY FITNESS <i>Hockey and Swimming Inter House</i>
SUMMER HALF TERM 1	ATHLETICS	TENNIS ROUNDERS	ATHLETICS	CRICKET TENNIS
SUMMER HALF TERM 2	TENNIS ROUNDERS <i>Rounders and Athletics (Sports Day) Inter House</i>	ATHLETICS SOFTBALL <i>Rounders and Athletics (Sports Day) Inter House</i>	CRICKET TENNIS <i>Cricket and Athletics (Sports Day) Inter House</i>	SOFTBALL ATHLETICS <i>Cricket and Athletics (Sports Day) Inter House</i>

KS3 PE Curriculum Activities

<u>YEAR 7</u>	<u>YEAR 8</u>	<u>YEAR 9</u>
<u>ATHLETICS</u> Multi-disciplined and accessible to all students of all body types Health and fitness development, testing character, personal development Key techniques underlie all sporting activities Local area of specialism, sporting tradition and success of school up to World level		
Health and safety – use of equipment. Basic understanding of techniques across sprints, distance, hurdles, jumps, throws. Basic understanding and knowledge of officiating roles. Recording of personal bests and target setting. Preparation for year 8 development. Extra-curricular opportunities.	Development of more advanced techniques in a competitive environment e.g. shuffle in shot, cross step in javelin, fosbury flop in high jump. Focus on resilience, perseverance alongside development of correct techniques. Knowledge of advanced officiating rules for competition. Preparation for year 9 development. Extra-curricular opportunities.	Student led warm-ups and officiating that are event specific. Team competition environment. Focus by students on specialisms. Introduction of more advanced events such as hammer and triple jump. Preparation for GCSE athletics. Extra-curricular opportunities.
<u>BADMINTON</u> Sport for all, student enjoyment Lifelong sport – health and fitness benefits Racquet activity – links to other KS3 sports such as tennis Local area of specialism, sporting tradition up to national level		
Introduction of movement patterns. Introduction of 5 basic shots (clear, smash, drop, serve, net). Basic awareness of tactics, scoring and positioning. Preparation for year 8 development. Extra-curricular opportunities.	Singles and doubles movement patterns. Introduction of advanced shots including net kill, lift. Introduction of competitive rallies and doubles positioning (attacking and defensive). Preparation for year 9 development. Extra-curricular opportunities.	Match play and tactics. Officiating opportunities. Implementation of scoring system into student-led tournaments. Refining knowledge and understanding, and application, of shots in game play. Preparation for GCSE badminton. Extra-curricular opportunities.
<u>BASKETBALL</u> Teamwork, co-operation, resilience, leadership Invasion game – links with other KS3 sports such as netball, hockey and basketball Popular in the school community		
Basic understanding of key skills eg catch, pass, dribble, shoot. Introduction of small sided games eg 2 v 2, 3 v 3 in small spaces. Preparation for year 8 development. Extra-curricular opportunities.	Development of more advanced techniques eg lay-up. Implementation of defensive structures eg man v man, full court. Half court games/larger area match play. Preparation for year 8 development. Extra-curricular opportunities.	Tactical awareness eg half court press, zonal marking, screens. Knowledge of rules and officiating. Preparation for GCSE basketball. Extra-curricular opportunities.
<u>CRICKET</u> Sports for all, student enjoyment Lifelong sport, roles for all – inclusivity Striking and fielding activity – links to other KS3 sports such as rounders and softball Local area of specialism, sporting tradition up to county level		
Basic understanding of key skills inc bowling, batting and fielding. Small sided and adapted versions of game play eg diamond and 'kwik' cricket. Preparation for year 8 development. Extra-curricular opportunities.	Development of more advanced technique eg seam, swing, seam bowling; cut, pull, forward defence batting; one hand, two hand pick up fielding. Structured games eg pairs cricket. Preparation for year 9 development. Extra-curricular opportunities.	Tactical awareness and application of positional skills eg fielding positions, keeper development, bowling tactics. Officiating opportunities and knowledge of signals. Preparation for GCSE cricket. Extra-curricular opportunities.
<u>DANCE</u> Working collaboratively, confidence to perform Creativity - alternative to games-based activities for students		
Basic movement skills in response to the use of a stimulus. Basic choreographical skills. Development of performance skills. Preparation for year 8 development. Extra-curricular opportunities.	Development of the linking of skills to create more interesting material. Implementation of more advanced choreographic techniques. Critical evaluation of work to improve quality of performance. Preparation for year 9 development. Extra-curricular opportunities.	Exposure to professional work. Creation of material based on works. Introduction of more advanced technical skills and choreographic techniques. Use of video analysis to develop performance and evaluation skills. Preparation for GCSE PE dance. Extra-curricular opportunities.

<u>FITNESS</u> Encouragement of healthy, active lifestyle, personal health development; life-long benefits Resilience, determination, long term goal setting Underpinning of all sporting activities		
<p>Basic understanding of methods of training including circuit, interval, weight. ‘Fitness for fun’. Basic knowledge of heart rate, training zones, recovery rate, warm-up and cool down. Preparation for year 8 development.</p>	<p>Planning training programmes for personal development. Enhanced knowledge of more advanced methods of training including fartlek and plyometric. Preparation for year 9 development.</p>	<p>Enhanced knowledge of strength training and principles of training. Understanding of use of free weights for strength development. Basic knowledge of pyramid training and aerobic/anaerobic training zones. Preparation for GCSE theory.</p>
<u>GYMNASTICS</u> Working collaboratively, confidence to perform Creativity - alternative to games-based activities for students Local area of specialism, sporting tradition up to national level		
<p>Travel and basic skills of movement. Introduction of key core abilities e.g. jumps, rolls, cartwheels, balances. Application of short individual and collaborative routines. Use of equipment e.g. benches, box tops for creativity and skill variation. Preparation for year 8 development. Extra-curricular opportunities.</p>	<p>Sports acrobatics including partner balances, points and patches, counter balance and counter tension. Advance routine choreography. Preparation for year 9 development. Extra-curricular opportunities.</p>	<p>Introduction of flight through vaulting. Use of a variation of apparatus to introduce all elements of gymnastics, including box tops, wall bars for travel and balance. Preparation for GCSE gymnastics. Extra-curricular opportunities.</p>
<u>HOCKEY</u> Teamwork, co-operation, resilience, leadership Invasion game – links with other KS3 sports such as netball, rugby and basketball Local area of specialism, sporting tradition up to national level		
<p>Knowledge of basic key skills eg push, slap, tackle. Knowledge of basic rules and regulations. Basic game and positional awareness. Preparation for year 8 development. Extra-curricular opportunities.</p>	<p>Knowledge of advanced skills eg hit, jab. Implementation of basic and advanced skills in competitive match play situations. Preparation for year 9 development. Extra-curricular opportunities.</p>	<p>Introduction of 11-a-side game. Understanding of specific set plays and tactical strategies. Opportunities for leadership, officiating roles. Preparation for GCSE hockey. Extra-curricular opportunities.</p>
<u>NETBALL</u> Teamwork, co-operation, resilience, leadership Invasion game – links with other KS3 sports such as hockey, rugby and basketball Local area of specialism, sporting tradition up to regional level		
<p>Basic understanding of key skills eg passing, catching, footwork. Knowledge of basic rules and regulations. Basic game and positional awareness. Preparation for year 8 development. Extra-curricular opportunities.</p>	<p>Foundation to develop more advanced skills. Implementation of basic and advanced skills in competitive match play. Understanding of factors underpinning competitiveness. Extra-curricular opportunities.</p>	<p>Development of understanding of set plays. Tactical awareness. Opportunities for leadership and officiating roles. Preparation for GCSE netball. Extra-curricular opportunities.</p>
<u>ROUNDERS</u> Sports for all, student enjoyment Lifelong sport, roles for all – inclusivity Striking and fielding activity – links to other KS3 sports such as rounders and softball		
<p>Basic batting and fielding techniques. Understanding of basic rules and regulations within small, and full sided games where appropriate. Preparation for year 8 development. Extra-curricular opportunities.</p>	<p>Development of batting and fielding techniques. Full and conditioned games to gain a basic understanding of tactics. Preparation for year 9 development. Extra-curricular opportunities.</p>	<p>Refining of batting and fielding techniques eg, direction of hit. Leadership and officiating opportunities within full games. Tactical awareness within full sided matches. Extra-curricular opportunities.</p>
<u>RUGBY</u> Discipline, positive behaviour, respect Teamwork, co-operation, resilience, leadership Invasion game – links with other KS3 sports such as hockey and rugby Local area of specialism, sporting tradition up to county level		
<p>Safety within the game. Basic skill technique eg catch, pass, tackle Simple principles of ‘go forwards’, attack and defence. Use of small sided games. Preparation for year 8 development. Extra-curricular opportunities.</p>	<p>Safety within the game. Introduction of more complex areas eg scrummage, ruck. Understanding principles of structure in games Understanding of roles within the team. Preparation for year 9 development. Extra-curricular opportunities.</p>	<p>Safety within the game. Understanding of attacking play structure. Understanding of team ‘calls’. Larger sided games. Preparation for GCSE rugby. Extra-curricular opportunities.</p>

<u>SOFTBALL</u>		
Sports for all, student enjoyment Lifelong sport, roles for all – inclusivity Striking and fielding activity – links to other KS3 sports such as rounders and cricket		
N/A – not taught in year 7	N/A – not taught in year 8	Basic batting and fielding techniques. Understanding of basic rules and regulations within small, and full sided games where appropriate.
<u>SWIMMING</u>		
Health and safety, life skills, availability of facilities, accessible to all, improvement of all-round fitness All year 6 students should be able to swim 25m, students are assessed at the start point of their CCCS KS3 education Local area of specialism, sporting tradition up to national level		
Development of water confidence. Basic stroke technique of 3 or more strokes (leg, arm, body, breathing, timing). Preparation for year 8 development. Extra-curricular opportunities.	Refine and enhance stroke technique (leg, arm, body, breathing, timing). Introduce new skills – starts and turns. Competitive understanding – rules and regulations. Development of confidence to use water for alternative activities in year 9. Extra-curricular opportunities.	Personal survival – fitness, H&S, life skills. Lifesaving – fitness, H&S, life skills. Water polo – games activities (tactics, rules, competitive environment). Synchronised Swimming – creativity, choreography. Preparation for GCSE swimming. Extra-curricular opportunities.
<u>TENNIS</u>		
Sport for all, student enjoyment Lifelong sport – health and fitness benefits Racquet activity – links to other KS3 sports such as tennis Local area of specialism, sporting tradition up to national level		
Basic hand-eye coordination. Basic movement patterns. Strategies to outwit an opponent. Small sided games to develop game awareness and simple scoring. Preparation for year 8 development. Extra-curricular opportunities.	Stroke development technique. Understanding of tactical awareness. Half court and full court game play. Understanding of the scoring system. Preparation for year 9 development. Extra-curricular opportunities.	Development of knowledge of scoring and tactics within full court games. Introduction of doubles play. Preparation for GCSE tennis. Extra-curricular opportunities.
<u>TRAMPOLINING</u>		
Confidence to perform Creativity - alternative to games-based activities for students Development from gymnastics curriculum Local area of specialism, sporting tradition up to national level		
N/A – not taught in year 7	N/A – not taught in year 8	Knowledge of basic skills eg seat drop, swivel hips. Creation of 10-bounce routines. Knowledge of basic rules. Extra-curricular activities.

KS3 PE Assessment

Formative assessment takes place in every PE lesson through oral teacher feedback and self and peer assessment. Summative assessment is recorded on Go4Schools at the end point of every sports module and averaged out throughout the year. Assessment is based on CCCS KS3 level descriptors that are on notice boards throughout the PE facilities enabling students to access them at all times.

The Key Stage 3 Curriculum, accompanied by the extensive CCCS extra-curricular programme, provides the basis for students to progress to either Key Stage 4 GCSE or Core Physical Education in year 10 and 11.



LOVE AS BRETHERN