

KS3 Curriculum Overview

Physical Education KS3

Curriculum Intent

By the end of year 9, students will be able to express themselves through physical activity, and through different roles such as a coach, performer and official. They will also have the confidence to learn from others via deliberate, organised opportunities for reciprocal teaching/learning. Independent decision making is an integral part of student work by the end of year 9. The nature of the curriculum and how it is delivered, means that students can be engaged and curious. Students are encouraged to be verbally literate. They are also well-informed regarding personal safety, and able to take responsibility for their own actions – this is encouraged through the curriculum. Students are encouraged to show resilience in a range of situations and are equipped to lead an active, healthy lifestyle. Moral and social development is a feature of the

KS3 Physical Education curriculum,

Our students are encouraged to sensitively and respectfully interact with people from a range of backgrounds (teamwork). The relevance of rules and fair play through positive sporting behaviour is an important part of the game's curriculum.

How does the KS3 curriculum build on that from KS2?

Challenge in the KS3 curriculum is built upon our core knowledge of the KS2 curriculum. This knowledge is based on the prescribed national curriculum for Physical Education, and the detailed Cambridgeshire guidelines for teaching Physical Education in primary schools. This said, there is an enormous range of ability as students arrive in year 7 – this can be due to the varying quality of physical education in our feeder primary schools, but also a range of socio-cultural influences e.g. students from a less affluent background tend not to have attended sports clubs/classes, whereas students from a more affluent background are likely to have attended sports clubs/classes in the local community from an early age.

What do students do with this knowledge or these skills?

Challenge is embedded and evidenced through schemes of learning, which are explicit in providing an expectation and an opportunity for students to access increasingly challenging skills, knowledge and understanding. They are given genuinely difficult and new skills, knowledge and understanding to master. Challenge is also evidenced via learning walks, and appraisal lesson observations. A challenging lesson shows that learning intentions are set at an aspirational level, with students subsequently supported in different ways to access the content of the lesson.

How does the KS3 curriculum align to the National Curriculum?

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What new knowledge or skills are students taught?

Term	Year 7	Year 8	Year 9
Autumn	Badminton Netball Rugby HRF Football Gymnastics	Leadership Badminton Netball Rugby Gymnastics HRF Football	Leadership Badminton Netball Rugby HRF Gymnastics Football
Spring	HRF Football Gymnastics Handball Badminton Cricket	HRF Football Gymnastics Handball Cricket	HRF Football Gymnastics Handball Cricket
Summer	Athletics Cricket Handball Rounders	Athletics Cricket HRF Badminton Rounders	Athletics Rounders Cricket HRF Badminton
Rationale for this sequencing	<p>The curriculum in year 7 ensures that students can learn a broad range of activity-specific skills, which build upon the largely generic skills gained at Key Stage 2. Students are deliberately engaged in a great deal of partner work, teamwork and some leadership as a direct consequence of the choice of activities, and the ways in which lessons are delivered. The range of activities has been chosen to inspire students to lead a healthy and active lifestyle. It has also been chosen to provide skills and attitudes which enable them to confidently and competently take part in extra-curricular opportunities at Vista and join clubs in the local community.</p> <p>The curriculum in year 8 ensures that students can refine a broad range of activity-specific skills, which largely build upon the skills gained in year 7. Students are deliberately engaged in a great deal of partner work, teamwork and leadership as a direct consequence of the choice of activities, and the ways in which lessons are delivered. The range of activities has been chosen to inspire students to lead a healthy and active lifestyle. It has also been chosen to provide skills and attitudes which enable them to confidently and competently take part in extra-curricular opportunities at Vista and join clubs in the local community.</p> <p>The curriculum in year 9 ensures that students can further refine a broad range of activity-specific skills, which largely build upon the skills gained in year 8. Students are deliberately engaged in a great deal of partner work, teamwork and an increasing amount of leadership as a direct consequence of the choice of activities, and the ways in which lessons are delivered. The range of activities has been chosen to inspire students to lead a healthy and active lifestyle. It has also been chosen to provide skills and attitudes which enable them to confidently and competently take part in extra-curricular opportunities at Vista and join clubs in the local community.</p>		

Additional support at home

Additional reading
for enjoyment,
enhancement and extension

- In Key Stage 3 (KS3) Physical Education (PE), students typically engage in a variety of activities that help them develop physical skills, understand the importance of fitness, and learn about healthy lifestyles. Reading materials in this context often focus on topics like:
- **Fundamentals of Fitness:**
 - Articles on the importance of regular exercise.
 - Reading about different types of physical fitness, such as cardiovascular endurance, strength, flexibility, and coordination.
 - Information on how to develop a personal fitness plan.
- **Understanding Sports:**
 - Rules and history of various sports, such as football, basketball, cricket, and gymnastics.
 - Tactical and strategic reading, explaining how different sports strategies work.
- **Health and Wellbeing:**
 - The impact of diet and nutrition on physical performance.
 - The benefits of a balanced diet and how to make healthy food choices.
 - Reading about mental health and how physical activity can improve mood and reduce stress.
- **Teamwork and Communication:**
 - The role of teamwork in sports and how effective communication can lead to better team performance.
 - Reading on leadership roles within a team, such as the role of a captain or coach.
- **Injury Prevention and Safety:**
 - Articles on common sports injuries and how to prevent them.
 - Understanding the importance of warm-ups, cool-downs, and proper technique to avoid injury.
- **Sports Science:**
 - Basic anatomy and physiology related to physical activity.
 - Understanding how the body responds to exercise, including the cardiovascular and respiratory systems.
- These readings aim to complement the practical aspects of PE, providing students with a well-rounded understanding of physical education that they can apply both in and out of the classroom.
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Online resources
to practice, consolidate and
revise

- **BBC Bitesize PE**
- **Website:** BBC Bitesize KS3 PE
- **Overview:** BBC Bitesize offers a comprehensive range of resources tailored for KS3 students. The content includes interactive quizzes, video clips, and articles covering topics like fitness, healthy living, sports rules, and the importance of physical activity.
- **Youth Sport Trust**
- **Website:** Youth Sport Trust Resources

	<ul style="list-style-type: none"> • Overview: This site offers a variety of resources aimed at promoting physical activity and well-being among young people. Their resources include activity cards, fitness challenges, and tools to support mental health through physical activity. • The PE Hub • Website: The PE Hub • Overview: While primarily aimed at teachers, The PE Hub offers structured lesson plans and activities that can be adapted for student use. It covers various sports, fitness activities, and has a focus on developing key physical skills. • Sport England: Active at Home • Website: Sport England • Overview: This resource provides ideas for staying active at home, which can be particularly useful for KS3 students. It includes videos and tips on maintaining fitness through simple exercises that don't require special equipment. • GCSEPod (for advanced KS3 students) • Website: GCSEPod PE • Overview: While aimed at GCSE students, GCSEPod can be useful for advanced KS3 students looking to deepen their knowledge. It offers podcasts and videos on various PE topics, including sports science, fitness, and health.
<p>Workbooks & revision guides to practice, consolidate and revise</p>	<ul style="list-style-type: none"> • KS3 Physical Education Complete Workbook – by CGP • Overview: This workbook is packed with exercises and activities that align with the KS3 PE curriculum. It's an interactive way for students to engage with the material, offering tasks that reinforce learning and assess understanding across a variety of PE topics. • Oxford KS3 Physical Education: Workbook • Overview: This workbook by Oxford University Press includes a range of activities focused on different aspects of the KS3 PE curriculum. It includes exercises on sports, fitness, health, and anatomy, with plenty of practice questions to reinforce learning.