



THE ARNEWOOD SCHOOL

KEY STAGE 3 Physical Education



Implementation:

Pupils' transition through KS3 Physical Education will ensure development of teamwork and respect, as well as developing a passion for learning and a desire to achieve. Pupils' use of multi skilled activities will be progressed into sport specific events to experience enjoyment and success of working collaboratively and creatively with others.

Year 7

Half term	Curriculum focus	Landmark assessment
Autumn 1 Theme: Passionate about learning; independent, collaborative and creative FBV's –Rule of law	Development of collaborative work and creativeness to create space in order to gain an advantage in competition. Progression of isolated/multi skills approach into small sided competitive situations with a variety of activities such as Gymnastics, Rugby, Netball	Baseline multi skills testing e.g. use of space, agility, coordination. Continuous assessment throughout competitive scenarios House Competition: Cross Country
Autumn 2 Theme: Independent, collaborative, creative FBV's - Democracy	Development of communication within small teams to explore communication and leadership to create positive team cohesion. Implementation of skills into tactical situations within activities such as Basketball, Volleyball & Rugby.	Continuous assessment throughout competitive & challenging scenarios House Competition: Football, Netball, Basketball & Volleyball
Spring 1 Theme: Outward looking, tolerant, understanding of place in wider world FBV's – Mutual respect & tolerance	Understanding of Health and Fitness benefits of sport. Understanding of specific components of fitness within activities such as Swimming, Football & Hockey.	Continuous assessment throughout competitive & challenging scenarios House Competition: Hockey & Swimming
Spring 2 Theme: Safe, resilient, reflective FBV – Individual liberty	Development of Aesthetic appreciation within sport. Understanding the link between strength and endurance with aesthetic performance within activities such as gymnastics and Dance.	Continuous assessment throughout competitive & challenging scenarios House Competition: Volleyball & Swimming





Summer 1 Theme: Scholarly, literate & numerate	Development of coordination and confidence with striking & fielding activities. Understand the importance of footwork to create successful performances in activities such as Tennis, Cricket and Rounders.	Continuous assessment throughout competitive & challenging scenarios House Competition: Cricket, Rounders
Summer 2 Theme: Independent/collaborative Independent learning	Development of ethics and morals within sporting success. Understanding ethics of hard work and endeavour and its links to success in sport Within activities such as Athletics, Tennis & Rounders	Continuous assessment throughout competitive & challenging scenarios House Competition: Tennis & Sports Day (Athletics & tug of War)

Co-curricular: A calendar for after school clubs and fixtures is published each half term with a rewards ceremony at the end of the year for those that participate. There are regular inter-house competitions across the year to promote house spirit and a sense of belonging.

Year 8:

Half term	Curriculum focus	Landmark assessment
Autumn 1 Theme: Passionate about learning; independent, collaborative and creative FBV's – Rule of law	Students will focus on consistently replicating core skills through conditioned situations. They will continue to develop the ability create space and refine game strategies with the intention of outwitting an opponent. They will develop confidence in movement and test mental capacity through scoring and officiating competitive situations within a variety of activities Hockey, Rugby, Netball & Football	Continuous assessment throughout competitive scenarios. Identification of potential GCSE PE students. House Competition: Cross Country
Autumn 2 Theme: Independent, collaborative, creative FBV's - Democracy	Students will focus on developing team attacking and defending strategies and techniques required take part in competitive games; how individuals can influence a game or pressurised situation. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition. Continued development of communication skills through activities such as Basketball, Volleyball, Hockey and Gymnastics.	Continuous assessment throughout competitive & challenging scenarios. Identification of potential GCSE PE students & promotion of course. House Competition: Football, Netball, Basketball & Volleyball





<p>Spring 1 Theme: Outward looking, tolerant, understanding of place in wider world FBV's – Mutual respect & tolerance</p>	<p>Students will continue to learn to prepare for and recover from exercise safely and effectively. To understand the type of fitness components that players need to perform at a high level for their chosen sport. <i>i.e. coordination, power and agility.</i> Highlight the possible health benefits gained from taking part in physically demanding activities and discuss the need to stay healthy & active throughout life within activities such as Swimming, Football & Hockey.</p>	<p>Continuous assessment throughout competitive & challenging scenarios. Identification of potential GCSE PE students & promotion of course. House Competition: Hockey & Swimming</p>
<p>Spring 2 Theme: Safe, resilient, reflective FBV – Individual liberty</p>	<p>Students will use core skills in combination with other movements and apparatus. They will incorporate control, creativity and aesthetics into flight based sequences. Student will further develop an ability to evaluate and assess movements and sequences to produced refined outcomes. Understanding the link between strength and endurance with aesthetic performance within activities such as Gymnastics and Dance.</p>	<p>Continuous assessment throughout competitive & challenging scenarios House Competition: Volleyball & Swimming</p>
<p>Summer 1 Theme: Scholarly, literate & numerate</p>	<p>Students will focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. They will also develop and refine different tennis strokes. Pupils will develop the ability to place the ball in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games in activities such as Tennis, Cricket, Softball and Rounders.</p>	<p>Continuous assessment throughout competitive & challenging scenarios House Competition: Cricket, Rounders & Softball</p>
<p>Summer 2 Theme: Independent/collaborative Independent learning</p>	<p>Students will use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. They will develop their understanding of fitness and its relationship to performance. Pupils will perform and improve core skills and personal/team bests in</p>	<p>Continuous assessment throughout competitive & challenging scenarios House Competition: Tennis & Sports Day (Athletics & tug of War)</p>





	relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity. Understanding ethics of hard work and endeavour and its links to success in sport within activities such as Athletics, Rounders, Cricket & Tennis	
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