

### **Year 7 PE Curriculum Content**

Students in Year 7 will have a vast range of experience of PE and sport. Some boys will be at an advanced level whilst others would have had a very little exposure to PE and sport. As a result Year 7 is a foundation year, introducing new concepts, ideas and skills to some whilst still allowing for progression of the more able and experienced performers. The activities covered include Athletics, Gymnastics, Cricket and Basketball.

### **Year 8 PE Curriculum Content**

After a foundation year, concepts will be developed as well as the introduction of different activities to reinforce learning and progress. The activities covered in lessons will include Hockey, Health Related Fitness, Gymnastics, Basketball, Volleyball, Cricket and Athletics.

### **Year 9 PE Curriculum Content**

Key Stage 3 culminates with further development and consolidation. There is more of a focus on independent work with individual fitness a priority as well as the development of skill. The activities covered are Health Related Fitness, Basketball, Table-tennis, Badminton, Volleyball, Athletics and Tennis.

### **Key Stage 3 Games Content**

In the PE department we feel that having a clear focus during the first two terms has a very positive effect on the students and their enjoyment and achievement. In the first two terms the focus is on, *outwitting opponents- Games*, using rugby in the Autumn term and football in the Spring term. We timetable the whole year group on a given period in Years 7 and 8 and half the year during year 9. This allows us to teach all students at their appropriate level with an advanced group, intermediate group and the developing groups being taught in their tutor groups.

In the summer term we deliver a range of activities that cater for all students within the key stage. There is a clear focus on striking and fielding games with different variations of cricket and softball. Also included is tennis, hockey and an introduction to orienteering.

### **Enrichment activities**

An extensive extra-curricular timetable is on offer covering a wide range of sports including a large number of fixtures both within school and against other schools which take place during the week and on Saturdays.

### **Skills developed in KS3**

The aim of the KS3 curriculum is to enable all pupils to enjoy and succeed in many kinds of physical activity. They will develop a wide range of skills and the ability to use tactics and strategies to perform successfully. When they are performing, they will be asked to think about what they are doing, analyse the situation and make decisions. They will also reflect on their own and others' performances and find ways to improve them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy active lifestyles.

The PE curriculum is designed to help pupils develop personally and socially. They will work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility.

### **Textbook/ resources**

School PE/Games kit

### **Useful Websites**

[www.bbc.co.uk/sport](http://www.bbc.co.uk/sport)

[www.sportengland.org](http://www.sportengland.org)

[www.schoolsrugby.co.uk](http://www.schoolsrugby.co.uk)

[www.iaaf.org/records](http://www.iaaf.org/records)

[www.esaa.net](http://www.esaa.net)  
[www.pedssa.com](http://www.pedssa.com)