

Key Stage 3



Subject: Physical Education

Students are assessed three times during each Year (7, 8 & 9) and are moderated against the following criteria:

1. *Physical fitness and psychological control*
2. *Technical efficiency within isolated practice*
3. *Appropriate selection of skills, strategy and tactics within game based/competitive activities*
4. *Ability to perform safely and appropriately in water (Swimming only)*
5. *Ability to analyse others and offer advice to improve performance.*

Year Group: 7

Course Summary

All students in Year 7 are taught a broad programme of PE, which includes activities from games, athletics, gymnastics and swimming. Health and fitness is an integral aspect of the subject and can be taught as both a single and cross-curricular theme.

By the end of Year 7 students are expected to have reached level 4, being able to link skills, techniques and ideas and apply them accurately and appropriately. They should be able to compare and comment on skills, techniques and ideas using their own and others' work. This will help them to improve their performance, to conduct themselves in a safe manner in preparing for and taking part in physical activities and to describe what effects exercise has on their bodies.

Autumn Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in water up to 1.5 metres in depth
Spring Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in water up to 1.5 metres in depth
Summer Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in water up to 1.5 metres in depth

Key Stage 3



Subject: Physical Education

Year Group: 8

Course Summary

All students in Year 8 follow a broad programme of study in PE. Through games and athletic activities, they are taught to develop their physical skills and tactical awareness and are encouraged to develop analytical skills to improve their own and others' performances. In gymnastic and dance activities, the emphasis is on creativity and performance, with students working individually and in small groups to choreograph and perform their routines. In swimming, students develop their stroke work to include racing starts, turns and finishes, learn a range of personal survival techniques. Health and fitness are integral aspects of the subject.

By the end of Year 8, students are expected to have reached level 5, being able to link skills, techniques and ideas and apply these accurately and appropriately. Their performance should show precision, control and fluency and they should understand tactics and composition. They should also be able to compare and comment on skills, techniques and ideas, using their own and others' work in order to improve their performance. They should be able to conduct themselves in a safe manner, both whilst preparing for and taking part in physical activities and be able to describe what effects exercise has on their bodies.

Autumn Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in water up to 1.5 metres in depth
Spring Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in water up to 1.5 metres in depth
Summer Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in water up to 1.5 metres in depth

Key Stage 3



Subject: Physical Education

Year Group: 9

Course Summary

All students in Year 9 are taught from a broad programme of study in physical education. Activities include invasion games, net/wall games, dance, swimming and gymnastics in addition to health-related fitness.

By the end of Year 9 students are expected to be able to select and combine skills, use techniques and ideas and apply them in ways which suit the activity. This will help them to improve their performance and prepare them for life long involvement in physical activity.

Autumn Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in deep water
Spring Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in deep water
Summer Term
1. Apply technical efficiency in isolation away from any competitive environment
2. Demonstrate physical fitness and psychological control
3. Apply tactics and strategy in game or competitive situations
4. Analyse the work of your peers and offer advice for improvement
5. Make positive and accurate decisions during game or competitive situations
6. Perform with safety and control in deep water