



**AVANTI HOUSE**

Excellence · Virtue · Devotion

**2019-2020**

**Programmes of Study**

**Key Stage 3**

**Physical Education**

## PHYSICAL EDUCATION

### OVERVIEW OF COURSE

The KS3 curriculum focuses on development of basic skills, which can be practiced in isolation and implemented into competitive scenarios both in lessons and at extra-curricular clubs and teams. Students cover a minimum of 8 different sports across the year to give them individual grades and an overall sporting grade. Grading is based on understanding, implementation and coaching of technique, tactics, GCSE terminology and application of teamwork, leadership and ownership on personal development.

PE is an essential part of the curriculum as it facilitates an environment for students to learn theoretical content in a practical environment whilst developing their own personal understanding of the importance of health and well-being. Across the curriculum, PE applies concepts, which can be utilised later in life to enable students to be healthy and supportive members of the community, as well as lead into examination qualification where content in KS3 is further analysed.

Physical education also develops students' teamwork, leadership and morality. This has been proven to create individuals who are more likely to get better overall grades and improve concentration levels due to the release of endorphins in the body. PE also provides a more rounded link to other subjects, examining where they are used in practical situations; for example measurements in athletics, trajectory of the ball, speed/power/muscular endurance which is all covered under the KS3 content.

Physical education also provides an environment for students to succeed outside of a classroom, in a much more dynamic and kinaesthetic learning which would not be possible in a classroom.

### PROGRAMME OF STUDY

Term	Year 7 (Boys)	Year 7 (Girls)
Autumn 1	Baseline tests / HRE	Baseline tests / HRE
Autumn 2	Table tennis / football	Netball / Badminton
Spring 1	Badminton / Rugby	Rugby / table tennis
Spring 2	Badminton / handball	Handball / Football
Summer 1	Athletics/cricket	Athletics / Cricket
Summer 2	Cricket/ Tennis / Rounders	Cricket/ Rounders / Tennis

Term	Year 8 (Boys)	Year 8 (Girls)
Autumn 1	Baseline tests / HRE	Baseline tests / HRE
Autumn 2	Table tennis / football	Netball / Badminton
Spring 1	Badminton / Rugby	Rugby/ Table Tennis
Spring 2	Badminton / handball	Handball / Football
Summer 1	Athletics/cricket	Athletics / Cricket
Summer 2	Cricket/ Tennis / Rounders	Cricket/ Rounders / Tennis

Term	Year 9 (Boys)	Year 9 (Girls)
Autumn 1	Baseline tests / HRE	Baseline tests / HRE
Autumn 2	Table tennis / football	Netball / Badminton
Spring 1	Badminton / Rugby	Rugby/ Table Tennis
Spring 2	Badminton / handball	Handball / Football
Summer 1	Athletics/cricket	Athletics / Cricket
Summer 2	Cricket/ Tennis / Rounders	Cricket/ Rounders / Tennis

### SKILLS / KNOWLEDGE / UNDERSTANDING

Students will be expected to develop the following knowledge, skills and understanding:

1. Apply effective technique in specific scenarios
2. Demonstrate understanding of when to apply certain tactics to specific situations.
3. Demonstrate theoretical knowledge related to the GCSE specification.
4. Apply tactics in a coaching setting – using the understanding of different performers capabilities.

### METHODS OF ASSESSMENT

We will use a range of assessments:

- Observations
- Tracking of quality of class and homework through show my homework quizzes and questioning

We will also use a range of different styles of feedback to students:

- Non-written feedback which can take the form of verbal, peer and self-assessment.
- Analysis of homework with instant feedback on success and areas to improve on.

### HOW PARENTS / CARERS CAN HELP

- Ensure students are attending extra-curricular clubs in school as well as clubs in the local community.
- Support the students understanding of basic theory related to anatomy and physiology.
- Discuss students areas of strengths and weakness and offer opportunities to develop their skills.

### EXTRA-CURRICULAR

The PE department offers clubs every Tuesday/Wednesday/Thursday after school and in lunchtimes throughout the whole year, developing the skills learnt in lessons and provide opportunity for all students to find a passion that they can develop and continue past education.

The PE department also offers extra-curricular teams, which compete in local and national competitions, which are set up and run as a collective department.

Each member of the department offers a minimum of 3 clubs a week- providing as much opportunity for students as possible.

This year we have run a netball tour to Sri Lanka. The tour developed the squad and allowed students to development their maturity and independence. This can be evident in all year groups that took part (7/8/9) as netball becomes stronger and we compete effectively in KS3 in the borough competition.

Students excel in Cricket, table tennis and badminton in the borough tournaments as well as compete in the Middlesex cup where this year we have reached the semi-final and Final for two year groups.

### RECOMMENDED READING / OTHER RESOURCES

MYPEEXAM.com – provides the whole content for students to follow as well types and guidance on how to answer questions perfectly to get the marks.