



SUBJECT: Physical Education

YEAR: 7, 8 & 9

HEAD OF DEPARTMENT: Mr Sykes

GROUPING POLICY: Set Year 7- 9 in ability boy/girl groups

COURSE CONTENT

Curriculum Intent

In Key Stage three we aim to provide students with the skills and ability to feel confident and flourish in a physical environment. At Rednock we provide students with the opportunity to develop a range of attributes both physical and psychological.

We provide a broad and balanced curriculum that involves a range of activities focusing on different elements of sport and health education (see the table below). We focus on developing the student as a whole.

Our lessons involve competitive sport and the development and understanding of long life fitness and health. Utilising different sports and activities enables students to learn to overcome different situations with confidence and a problem solving attitude.

Our curriculum is complemented by our extra curricular programme in which students can develop skills and strategies further.

What will my child learn?

Year 7 - Physical Development, skill development and organisation

In Year 7 we begin to explore a variety of sports and activities with the aim of developing key skills that are transferable such as 'use of space', adherence to rules, working with others and replicating skills and techniques.

Year 8 - Technique advance

In Year 8 we focus on the development of skills and their use in game situations. We explore the elements of different sports and the techniques that can be used in order to improve performance. The understanding of attacking methods and defensive strategies are examples of what forms discussion in Year 8 PE lessons.

Year 9 - Adaptation of tactics and strategies

In Year 9 we embed the skills learnt in Year 7 and 8 into a variety of situations. By providing students with a variety of scenarios and the confidence to try new ideas and strategies, they can develop the confidence to replicate the skills and tactics into game and real-life situations.

What enrichment opportunities are available?

Alongside all of the activity within PE lessons there are also a number of extra curricular opportunities for all students to attend, these are available after school and in some cases during lunchtimes. These will include clubs for Football, Netball, Rugby, Cricket, Softball, Rounders, Tennis, Athletics, Table Tennis and Badminton.

We also run a healthy Inter Community sport programme which will also involve students taking part in certain sports and representing their community. These activities all feed into the overall community competitions and points which take place mostly, within curriculum time.



ADDITIONAL INFORMATION

How can I support my child in this subject?

Encourage activity away from the school day, for example physical activity with local clubs, general fitness encouragement with a healthy lifestyle, walking, cycling, running for example in their spare time. As well as this please look to actively encourage your child to take part on a regular basis in the PE lessons themselves. As a department we will look to encourage every student to participate, in order to assist with their general development, well being and to assist with their overall mental health. Additionally please ensure that your child has the correct kit and equipment for each lesson to enable them to participate fully in the course.

Girls PE		
Year 7	Year 8	Year 9
Gymnastics	Gymnastics	Trampolining
Dance	Dance	Fitness
Netball	Netball	Netball
Football	Football	Football
Tennis	Tennis	Tennis
Rounders	Rounders	Rounders
Fitness	Fitness	Table Tennis
Athletics	Athletics	Badminton
Orienteering	Trampolining	Touch Rugby
N/A	Orienteering	Athletics

Boys PE		
Year 7	Year 8	Year 9
Gymnastics	Rugby	Handball
Dance	Handball	Fitness



Handball	Basketball	Basketball
Football	Football	Football
Tennis	Tennis	Tennis
Softball	Softball	Softball
Fitness	Fitness	Table Tennis
Athletics	Athletics	Badminton
Rugby	Badminton	Rugby
Table Tennis	Table Tennis	Athletics