

KS3 - Sport & Health

What will be studied?

Topic(s)

Health and Fitness - Students develop an understanding of the components of fitness through practical application and theoretical knowledge. All students will complete fitness testing at 3 points during the academic year.

Creative (Dance and Trampolining) - Students learn choreography techniques and how to include these into a final dance performance. Students learn how to perform trampoline movements to showcase in a final performance.

Net/wall games - Students will take part in volleyball and table tennis, learning how to perform skills and play in full games.

Invasion games - Students learn skills, tactics and strategies to outwit their opponents. Handball, football and netball are some of the invasion games covered.

Striking and Fielding - Students learn the fundamental skills of striking and fielding and implement them in game play, through cricket and rounders.

Athletics - Students learn track and field events, as well as training methods aimed to improve performance in athletics activities.

How do you assess the learning?

All end of unit grades are given by completing core tasks, and full game play. In all units, students will experience peer and self-assessment, practical moderation, home learning tasks.

End of Year Assessment

How will I be assessed at the end of the year?

Students will be assessed using the practical subject ACS level descriptors ASSURED, SECURE, DEVELOPING and EMERGING. An average grade will be given from all activities completed during the academic year.

How can I help my child?

Guidance and advice

GCSE bitesize, ShowMyHomework, Brian Mac, Extra-curricular clubs.

End of Year Assessment

How will I be assessed at the end of the year?

Students will be assessed using the GCSE 9 – 1 gradings for all practical activities. An average grade will be given from all activities completed during the academic year.

How can I help my child?

Guidance and advice

GCSE bitesize, ShowMyHomework, Brian Mac, Extra-curricular clubs.