

Physical Education at Key Stage 3 at Cottenham Village College exists for the benefit of every student. We provide a safe, friendly, rewarding and challenging environment in which students can focus on what they can learn, understand and do to achieve their potential, through a range of sports and activities.

At Cottenham VC we routinely use a range of strategies to formatively assess and give feedback to students about their progress. In Physical Education these strategies include teacher observational assessment of where a student is at regarding their physical skills during each activity, mid-term and end of year test to ensure students have retained the knowledge imparted on them regarding the sports, knowledge themes and personal outcomes relevant in each year group. Students will also self-assess using a booklet to see where they think they have made progress and set themselves targets to work on in subsequent units of work.

	Autumn Term Rugby, Badminton, Dance, Fitness, Table tennis	Spring Term Netball, Dance, Basketball	Summer Term Athletics, Cricket, Rounders
Key subject knowledge:	Skill technique and application specific to each sport. Main rules, concepts and strategies of the activity. How to warm-up and the major muscles in the body. What respect and responsibility mean in PE. Grouping of the activities into invasion games, net/wall, performance activities and striking & fielding. What makes them similar and what makes them different. How can we transfer skills from sport to sport? What does attack and defend look like in each competitive game?		
Key disciplinary knowledge:	Physical Outcomes – Each sport/ activity has skills, techniques and fitness requirements that need to be demonstrated in order to be an effective player or performer. Students will need to be able to identify these in each activity and improve them by practising and following the advice given. This will be done in a variety of ways, including, small-sided games, group activities, isolated skills practice. Knowledge Themes – Understanding and being able to complete a thorough 3 stage warm up (Pulse raiser, mobilisation & dynamic stretching. Know and be able to recall the major muscles in the body and the relevant stretches needed for each during the warm-up. Personal Outcomes – Students will understand and be able to show respect and responsibility throughout their PE lessons.		
Summative Assessment Strategies	- Teacher assessment of a + = - for the specific activity. - Assessment point 1 in their self-assessment booklet.	- Teacher assessment of a + = - for the specific activity. - Assessment point 2 in their self-assessment booklet. - Mid- term knowledge test – online.	- Teacher assessment of a + = - for the specific activity. - Assessment point 3 in their self-assessment booklet. - End of term knowledge test – online.
How does this unit prepare students for future study?	- Extra-curricular opportunities to play recreationally with their peers or competitively against local schools in cluster fixtures and tournaments. - Building and improving skills and understanding is necessary to move up the years and become a more effective performer in every sport. - Knowledge, understanding and physical ability will help students if they are thinking of studying PE or Dance at GCSE or BTEC level.		