

Physical Education- Key Stage 3

Vision

We want ALL pupils to enjoy and engage in sport through a broad and balanced curriculum. Through a range of sporting activities, pupils will learn and develop skills whilst understanding how to live a healthy lifestyle. Our curriculum is designed to support pupils in becoming fulfilled citizens, developing their physical, mental and social well being.

Teaching and Learning

Pupils will understand and experience at least 13 sports across KS3 whilst developing a range of skills, techniques and tactics. Pupils are also encouraged to display higher order skills during leadership and coaching roles and expected to comment articulately on their own and others' performance.

Team Sports

The team sports include football, basketball, netball, handball, rugby, cricket, softball and rounders. For each sport, pupils will learn all of the rules, skills, techniques and tactics through isolated practices and gameplay.

Individual Sports and Topics

The individual sports include trampolining, table tennis, health related fitness, sports leadership and athletics. Again, in these sports pupils will learn the rules, skills, techniques and tactics.

Enrichment

The PE team offers a wide and varied extra-curricular timetable with clubs running daily, during lunch time and after school. Popular clubs include basketball; football; netball; table tennis; trampolining; handball; cricket; rugby and athletics. In many sports, Eastlea competes at a high level on a local and national level.

Literacy

Pupils are encouraged to develop their literacy through sport. During lessons, pupils will be expected to engage in learning by asking and answering questions articulately. Pupils will demonstrate a range of knowledge and understanding through verbal communication with their teachers and peers.

Learning Resources

Pupils are encouraged to watch as much sport as possible. This will help pupils to understand the game and analyse others' performance. You can do this through YouTube and live TV.

<https://www.brianmac.co.uk/skills.htm> - Skills and techniques

<https://www.bbc.co.uk/sport> - Current affairs

<https://www.btecpe.com/> - Thinking ahead for BTEC

KS3 Physical education programme of Study

Year 7

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
All classes	Pupils to rotate through a range of sports each half term		All classes	Pupils to rotate through a range of sports each half term	
Transition	Basketball	Trampolining	Athletics	Rounders	Softball
Transition	Table tennis	Rugby	Athletics	Cricket	Trampolining
Transition	Netball	Handball	Athletics		
Transition	Football		Athletics		

Year 8

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Pupils to rotate through a range of sports each half term			All classes	Pupils to rotate through a range of sports each half term	
Netball	Basketball	Trampolining	Athletics	Rounders	Softball

		ng			
Football	Table tennis	Rugby	Athletics	Cricket	Trampolining
			Athletics		
			Athletics		

Year 9

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Pupils rotate through a range of sport and topics each half term. HRL and Sport leadership link into BTEC.			All classes	Pupils to rotate through a range of sports each half term	
Health Related fitness	Sports leadership		Athletics	Health related fitness	Sports leadership
Football	Table tennis	Rugby	Athletics	Cricket	Trampolining
Netball	Basketball	Trampolining	Athletics	Rounders	Softball
			Athletics		