

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 encouraged to display higher order skills during leadership and coaching roles and expected to comment articulately on their own and others' performance, including how to improve.

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 compete to 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						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7y1	Transition	TT	Football	Handball	Athletics	Basketball
	Rotate	Old gym	Field	Astro	Field	Sport Hall
7y2	Transition	Cricket	Netball	Football	Athletics	TT
	Rotate	Astro	Sport Hall	Field	Field	Old Gym
7y3	Transition	Basketball	TT	Cricket	Athletics	Handball
	Rotate	Sports hall	Old Gym	Old Gym	Field	Astro
7x1	Transition	TT	Football	Handball	Athletics	Basketball
	Rotate	Old gym	Field	Astro	Field	Sport Hall
7x2	Transition	Cricket	Netball	Football	Athletics	TT
	Rotate	Astro	Sport Hall	Field	Field	Old Gym
7x3	Transition	Basketball	TT	Cricket	Athletics	Handball
	Rotate	Sports hall	Old Gym	Old gym	Field	Astro

YEAR 8						
	Autumn 1	Autumn 2	Winter 1	Winter 2	Summer 1	Summer 2
8y1 (B)	Badminton	Basketball	Football	TT	Athletics	Handball
	Sports Hall	Sport hall	Field	Old gym	Field	Astro
8y2 (G)	Netball	TT	Badminton	Handball	Athletics	Football
	Muga	Old gym	Sports hall	Astro	Field	Field
8y3 (M)	Dodgeball	Handball	TT	Basketball	Athletics	Cricket
	Old gym	Astro	Old gym	Sports hall	Field	Field
8x1 (B)	Badminton	Basketball	Football	TT	Athletics	Handball
	Sport Hall	Sport hall	Field	Old gym	Field	Astro
8x2 (G)	Netball	TT	Badminton	Handball	Athletics	Football
	Sports hall	Old gym	Sports hall	Astro	Field	Field
8x3 (M)	Dodgeball	Handball	TT	Basketball	Athletics	Cricket
	Old gym	Astro	Old gym	Sports hall	Field	Field

