

# Key Stage 3 - Physical Education

## Intent

Develop sport-specific knowledge, motor skills, and a love for healthy participation through 6–8 week units. Broaden sporting experiences, Continue to improve skills, resilience, and creativity through units and core assessments.

Develop and embed advanced skills and knowledge Tailor approach for different abilities. Students should show resilience and creativity during competitive situations both in lessons and through opportunities in the PE department Focus on producing active, resilient young people

## Implementation

Specific sports units are on a 6-8 week carousel through the year, teachers move with their groups. Teachers will deliver a sport specific skill based programme but based at the level of the group. There should be stretch and challenge through the fitness aspects of lessons and pupils should develop resilience in this area.

Pupils will return to sports each year, and some continuity will occur in KS4. Students will have the opportunity to learn and develop leadership skills in all of the activities.

## Impact

Pupils can sustain activity, show resilience, lead learning, and apply life skills.

They learn new skills and apply them in games situations.

They have the skills to be successful at GCSE PE / Sports Studies and are equipped for lifelong participation.

## Assessment

In Year 7, 8 and 9 pupils will be working towards expected standard, reaching expected standard or reaching greater depth in lessons in these areas.

### **Rules and Strategies and Motor Competence**

They will be assessed in the ability to:

Know rules, tactics, strategies and show creativity.

Demonstrate essential skills and techniques in different practice settings.

Have fitness to take part in the activity.