

## Physical Education

High quality physical education helps pupils succeed in life. PE and sport helps maintain pupils' health and wellbeing. It contributes to academic success and it develops a range of characteristics, such as resilience and determination.

In year 7 and 8 pupils have three lessons a week and in year 9 pupils have two lessons a week. All pupils are exposed to a broad and balanced curriculum.

### **Year 7**

During Year 7 pupils will study a range of Physical Education activities including athletics, badminton, handball, basketball, cricket, dance, gymnastics, football, and tag rugby. In game based activities pupils' learning will focus on skill acquisition. Pupils will develop the core skills for each activity and practise applying them under increasing levels of pressure. In gymnastics and dance pupils' will develop the ability to replicate actions with control whilst developing an understanding of how to apply these creatively, within a performance.

Additionally, pupils will gain the knowledge of:

- How to prepare for physical activity and exercise.
- The components of fitness.
- The skeletal system
- The muscular system.
- The rules and regulations of various sports and activities.

### **Year 8**

During Year 8 pupils will revisit and master the core skills and actions studied in Year 7. There will be a greater emphasis on decision making within the PE curriculum at Year 8. All pupils will participate in sport education to encourage social and personal qualities such as the acceptance of responsibility, loyalty and cooperation, determination, tolerance and the pleasure of success.

Additionally, pupils will gain the knowledge of:

- How to prepare for physical activity and exercise.
- Short and long term effects of exercise.
- Goal Setting.

### **Year 9**

In Year 9 pupils will be given the opportunity to build on the success in year 7 and 8 and concentrate on strategic decisions in activities to understand how to apply tactics and strategies. The level of challenge will increase and the learning will focus on:

- Decision making skills, strategies and/or compositional ideas.
- Problem solving in spontaneous and/or pre-determined ways whilst under pressure.
- Analysing performance to bring about personal improvement in physical activity and sport.
- Applying team strategies and/or compositional ideas taking account of the strengths and weaknesses of fellow team member(s), as appropriate.
- Using appropriate physical characteristics to achieve successful performance in physical activity and sport.

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Additionally, pupils will gain the knowledge of:

- Optimising training.
- Principles of training.
- Types of movement.

### **Extra-Curricular**

The broad and balanced extra-curricular programme is a particular strength at Dean Trust Ardwick. The PE faculty offers the chance for all pupils to experience a range of activities in greater depth. For some pupils it is a chance to gain extra confidence in an activity they may have found challenging. For others, it is a chance to gain an extra competitive challenge in activities they are already proficient in, as well as developing other roles within the sporting community such as becoming a sports leader in PE. Some pupils will also be provided with opportunities to represent the school in inter-school competitions.

## Physical Education – KS3 Curriculum Overview

	<b>Autumn Half Term 1</b>	<b>Autumn Half Term 2</b>	<b>Spring Half Term 3</b>	<b>Spring Half Term 4</b>	<b>Summer Half Term 5</b>	<b>Summer Half Term 6</b>
<b><u>Physical Education</u> Year 7 (Skill Development)</b>	Football, Rugby, Basketball, Volleyball, Dance	Football, Rugby, Basketball, Volleyball, Dance	Badminton, Handball, Athletics, Fitness, Gymnastics, Dance	Badminton, Handball, Athletics, Fitness, Gymnastics, Dance	Athletics, Tennis, Cricket, Table Tennis, Rounders/softball	Athletics, Tennis, Cricket, Table Tennis, Rounders/softball
<b>Practical and Theory KS3 Concepts</b>	The Muscular System	The Muscular System	Components of Fitness	Components of Fitness	The Skeletal System	The Skeletal System
<b><u>Physical Education</u> Year 8 (Decision Making)</b>	Football, Rugby, Basketball, Volleyball, Dance	Football, Rugby, Basketball, Volleyball, Dance	Badminton, Handball, Athletics, Fitness, Gymnastics, Dance	Badminton, Handball, Athletics, Fitness, Gymnastics, Dance	Athletics, Tennis, Cricket, Table Tennis, Rounders/softball	Athletics, Tennis, Cricket, Table Tennis, Rounders/softball
<b>Practical and Theory KS3 Concepts</b>	Components of Fitness	Components of Fitness	Short & long term effects of exercise	Short & long term effects of exercise	Goal Setting	Goal Setting
<b><u>Physical Education</u> Year 9 (Strategic Decisions)</b>	Football, Rugby, Basketball, Volleyball, Dance	Football, Rugby, Basketball, Volleyball, Dance	Badminton, Handball, Athletics, Fitness, Gymnastics, Dance	Badminton, Handball, Athletics, Fitness, Gymnastics, Dance	Athletics, Tennis, Cricket, Table Tennis, Rounders/softball	Athletics, Tennis, Cricket, Table Tennis, Rounders/softball
<b>Practical and Theory KS3 Concepts</b>	Optimising Training	Optimising Training	Principles of Training	Principles of Training	Types of movement	Types of movement