



# Curriculum Plan Key Stage 3

## PE

Academic year: 2020/21		Head of department: Mr Duerden ( <a href="mailto:p.duerden@todhigh.co.uk">p.duerden@todhigh.co.uk</a> )	
Term 1			
Year 7	Year 8	Year 9	Year 9
<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>Football</li> <li>Netball</li> <li>Badminton</li> <li>Fitness</li> </ul> <p>Students will build on and embed the physical development, skills, knowledge and understanding learned in KS1 and 2.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>Why warming up is important.</li> <li>How to stretch &amp; how to exercise safely.</li> </ol> <p>Formal assessments for unit rotation – Week 6.</p> <p><b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.</p>	<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>Football</li> <li>Netball</li> <li>Badminton</li> <li>Basketball</li> <li>Fitness</li> </ul> <p>Students will become more competent, confident and expert in their skills, techniques and tactics and apply them across different sports and physical activities.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>Qualities of a good sports leader.</li> </ol> <p>Formal assessments for unit rotation – Week 6.</p> <p><b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.</p>	<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>Football</li> <li>Netball</li> <li>Badminton</li> <li>Basketball</li> <li>Fitness</li> </ul> <p>Students will use a range of tactics and strategies to overcome opponents in direct competition (through team and individual games).</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>What are the values associated with sports participation?</li> <li>Linking values to different sports.</li> </ol> <p>Formal assessments for unit rotation – Week 6.</p> <p><b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.</p>	
Term 2			
Year 7	Year 8	Year 9	Year 9
<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>Fitness</li> <li>Basketball</li> <li>Table Tennis</li> <li>Badminton</li> <li>OAA</li> <li>Gymnastics</li> </ul> <p>Students will build on and embed the physical development, skills, knowledge and understanding learned in during primary school.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>Popularity of different sports.</li> <li>Participation rates in different sports.</li> </ol>	<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>Fitness</li> <li>Basketball</li> <li>Table Tennis</li> <li>Badminton</li> <li>OAA/Hockey</li> <li>Gymnastics</li> </ul> <p>Students will be encouraged to work in a team, building on trust and developing skills (either individually) or as a group.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>Different types of fitness.</li> <li>Link types of fitness to specific activities.</li> </ol>	<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>Fitness</li> <li>Basketball</li> <li>Table Tennis</li> <li>Badminton</li> <li>OAA/Hockey</li> <li>Gymnastics</li> </ul> <p>Students will use a range of tactics and strategies to overcome opponents in direct competition (through team and individual games). Students will develop their technique and improve their performance in other competitive sports e.g. outdoor adventurous activities and gymnastics.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>Characteristics of the World games.</li> <li>What is the Olympic legacy?</li> </ol>	

Formal assessments for unit rotation – Week 6.  <b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.	Formal assessments for unit rotation – Week 6.  <b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.	Formal assessments for unit rotation – Week 6.  <b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.
Term 3		
Year 7	Year 8	Year 9
<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Cricket</li> <li>• Rounders</li> <li>• Softball</li> </ul> <p>Students will build on and embed the physical development, skills, knowledge and understanding learned in KS1 and 2.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>1. Analysing performance.</li> </ol> <p>Formal assessments for unit rotation – Week 6.</p> <p><b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.</p>	<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Cricket</li> <li>• Rounders</li> <li>• Softball</li> </ul> <p>Students will take part in activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>1. Developing leadership skills.</li> <li>2. Link to activities and experience of being a leader in sport.</li> </ol> <p>Formal assessments for unit rotation – Week 6.</p> <p><b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.</p>	<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Rounders</li> <li>• Cricket</li> <li>• Softball</li> </ul> <p>Students will analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Theoretical</b></p> <ol style="list-style-type: none"> <li>1. What are the Olympic values?</li> <li>2. Linking values to different sports.</li> </ol> <p>Formal assessments for unit rotation – Week 6.</p> <p><b>Assessment of key skills;</b> performance, subject knowledge, preparation and execution of skills, techniques and tactics and evaluating performance.</p>

Due to the availability of resources individual groups might vary. Please contact [p.duerden@todhigh.co.uk](mailto:p.duerden@todhigh.co.uk) if you have any questions about a specific group.

How can parents and carers help?		
Year 7	Year 8	Year 9
<p>-Talk to your child about the sports activities that they are taking part in. Ask them about their strengths/ weaknesses and how they could improve.</p> <p>- Encourage your child to take part in extra-curricular clubs or clubs outside of school.</p> <p>-Encourage them to practise as much as possible and set them challenges to motivate and inspire them.</p> <p>-Nurture their talent and encourage them to improve, value their ability and take an open-minded approach should your child wish to take part in sport and progress further.</p>	<p>-Talk to your child about the sports activities that they are taking part in. Ask them about their strengths/ weaknesses and how they could improve.</p> <p>- Encourage your child to take part in extra-curricular clubs or clubs outside of school.</p> <p>-Encourage them to practise as much as possible and set them challenges to motivate and inspire them.</p> <p>-Nurture their talent and encourage them to improve, value their ability and take an open-minded approach should your child wish to take part in sport and progress further.</p>	<p>-Talk to your child about the sports activities that they are taking part in. Ask them about their strengths/ weaknesses and how they could improve.</p> <p>- Encourage your child to take part in extra-curricular clubs or clubs outside of school.</p> <p>-Encourage them to practise as much as possible and set them challenges to motivate and inspire them.</p> <p>-Nurture their talent and encourage them to improve, value their ability and take an open-minded approach should your child wish to take part in sport and progress further.</p>

Homework		
Year 7	Year 8	Year 9
Homework is set about once a term.	Homework is set about once a term.	Homework is set about once a term.
Assessment		
Year 7	Year 8	Year 9
<p>Students complete formal assessments at the end of each half term covering the work covered up to date in that half term and any previous. Students will be given an effort grade and an attainment grade for each sporting activity.</p> <p>The grade used for the data check is an accumulation of the results of these assessments.</p> <p>Students do at times complete practice assessments, informal assessments or pre-checks to help inform teaching.</p>	<p>Students complete formal assessments at the end of each half term covering the work covered up to date in that half term and any previous. Students will be given an effort grade and an attainment grade for each sporting activity.</p> <p>The grade used for the data check is an accumulation of the results of these assessments.</p> <p>Students do at times complete practice assessments, informal assessments or pre-checks to help inform teaching.</p>	<p>Students complete formal assessments at the end of each half term covering the work covered up to date in that half term and any previous. Students will be given an effort grade and an attainment grade for each sporting activity.</p> <p>The grade used for the data check is an accumulation of the results of these assessments.</p> <p>Students do at times complete practice assessments, informal assessments or pre-checks to help inform teaching.</p>