

# KS3 Curriculum : PE

## By the end of Key Stage 3 pupils should have:

- Engaged pupils in the physical activity, healthy active lifestyles and performance. The aim of the KS3 PE curriculum at Queensbridge is to develop a curriculum in which students can engage in a multitude of sports in varying capacities and roles so that they can recognise how sport and physical activity can have a positive impact on people's health. Students will be curious about the link between physical activity and health in their understanding of leading a healthy, active lifestyle beyond Queensbridge School.
- Developed critical and strategic skills to outwit opponents; evaluate performances; analyse strengths and weaknesses; whilst developing, adapting and refining skills, strategies and tactics to produce high levels of performances and high-quality techniques. Students should be able to recognise the benefits of and engagement within competitive sport, develop the competence to excel in a broad range of physical activities, are physically active for sustained periods of time and lead healthy, active lives.
- Developed Depth and development studies to understand that performance is based on continual development over time and not just one-off events. Pupils will therefore study certain key, core skills.

## Year 7 Methodology

### Creating a love for Physical Education

Students will build on basic physical literacy and fundamental skills and begin to master them in a variety of different sports / events / activities. They will begin to grow and appreciate how activity levels can impact upon their lives.

#### Skills:

- Fundamental Skills & Motor Competencies
- Isolated / conditioned / competitive practices
- Tactics, Strategies, Rules and regulations
- Healthy Participation

#### Content:

Invasion Games  
Net / Wall Games  
Target Games  
Health & Fitness  
Striking & Fielding  
Fundamental Movement Skills

## Year 8 Methodology

### Broadening sporting experiences

students will apply their fundamental skills, develop their ability to apply tactics and strategies and increase their confidence through character education. Students will begin to explore the impact of physical activity on their health.

#### Skills:

- Practical performance
- Isolated / conditioned / competitive practices
- Tactics, Strategies, Rules and regulations
- Healthy Participation

#### Content:

Invasion Games  
Net / Wall Games  
Target Games  
Striking & Fielding  
Health & Fitness  
Cooperation Games

## Year 9 Methodology

### Developing skills and embedding knowledge

Students will apply their knowledge and understanding to a variety of activities as well as develop their communication and leadership skills. Students develop a love for physical activity beyond the classroom; developing the confidence and interest to get involved in exercise out of school and in later life and understand and apply the long-term health benefits of physical activity.

#### Skills:

- Practical performance
- Feedback and Analysis
- Sports Leadership
- Training Methods
- Components of fitness

#### Content:

Invasion Games  
Net / Wall Games  
Striking & Fielding  
Health & Fitness  
Sport Education