



# PE KS3 Intent

## 1. Engage pupils in the physical activity, healthy active lifestyles and performance.

The aim of the KS3 PE curriculum at Queensbridge is to engage pupils with the need to live healthy, active lifestyles as well as the importance of physical activity and the use of fundamental skills to perform in sport whilst promoting independence, interdependence and leadership with regards to the study sport.

## 2. Develop KS4 skills

While developing pupil's enjoyment of sport, KS3 will also be used to expose students to key skills that will, not only enhance their sporting understanding, but also begin to prepare them for the requirements and expectations of KS4.

## 3. Depth and development studies

By the end of KS3, pupils should understand that performance is based on continual development over time and not just one off events. Pupils will therefore study certain key, core skills. This will also support the new KS4 specification for BTEC Sport.

### Year 7

#### **Content:**

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

#### **Methodology**

Students will build on basic physical literacy and fundamental skills and begin to master them in a variety of different sports / events / activities.

#### **KS4 Skills:**

-Practical performance  
-Isolated / conditioned / competitive practices

### Year 8

#### **Content:**

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

#### **Methodology**

students will apply their fundamental skills, develop their ability to apply tactics and strategies and increase their confidence through sports leadership.

#### **KS4 Skills:**

-Practical performance  
-Isolated / conditioned / competitive practices  
-Sports Leadership

### Year 9

#### **Content:**

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

#### **Methodology**

Students will apply their knowledge and understanding, analyse and feedback, as well as develop their communication and leadership skills. Students develop a love for physical activity beyond performance.

#### **KS4 Skills:**

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