

Physical Education KS3 Course Overview

Years 7-9, 2010-2011

Introduction

This document sets out the Physical Education curriculum for Years 7 to 9 at ICHK. Its main aims are to establish a clear vision for teaching and learning and to translate this vision into a framework for everyday use.

General Vision

In keeping with the [ICHK vision statement](#), it is hoped that through the application of this curriculum students will:

- Be challenged to learn and develop at a **high** but **appropriate** level;
- Work **collaboratively** in a spirit of **sharing** and **inclusion**;
- Solve problems with **creativity**, **innovation** and **critical analysis**;
- Be encouraged act with **respect** and **integrity** whilst considering issues from personal, local and global perspectives;
- Be asked to take **responsibility** for their own learning.

Physical Education Vision

PE is supportive of the school's mission through inspiring students to realise their full potential. The department will expect each individual to "be principled, to appreciate (each other) ...and to act in support of each other's learning and development". The department is committed to the view that "everyone has the right to a safe environment that promotes self discipline, critical reflection and high expectations.....All (of us) have responsibility for developing and maintaining such an environment."

In addition, we will encourage an ethos where our students are "supportive, understanding and fair and...will take pride in the accomplishments of others and celebrate their contributions.

Structure

The PE Curriculum will seek to teach a variety of units over KS3, involving individual and team sports. On average, there will be two units each term and a focus on health and fitness throughout the whole of the curriculum. The table below outlines the activities the physical education course includes.

Year 7	Year 8	Year 9
Soccer Rugby Badminton Field Hockey Table Tennis Volley Ball	Handball Rounders Basketball Cricket Floorball Climbing	Fitness Rugby Athletics Events Circuit Training Yoga/Pilates Uni Hockey

Assessments

Each unit will be assessed using the [Physical Education Level Descriptors](#) based upon the UK National Curriculum. This will be used in conjunction with the ICHK assessment scale.

Formative assessment will take place throughout each unit and a variety of standard fitness tests will be used to assess students throughout each year.

Differentiation

Throughout Physical Education in Years 7-9, students will be supported to ensure the curriculum is accessible to all, whilst providing appropriate challenge. Some of the ways in which this will be achieved will be through outcome. Students will vary according to their ability. Another form of differentiation that will be

prevalent throughout the course of the use of setting differentiated targets depending upon individual student's ability or experience.

Resources:

Appropriate resources for a variety of sports and activities will be provided to suit students with different physical needs. These will be provided as deemed necessary for individual students.

Support:

Individual students may receive additional teaching assistance as specified in their IEP. Students will also be supported by the class teacher; through varied activities or expected outcomes; through more detailed explanations or support during a task; or by varying the physical requirements or presentation aspects of a task.

Outcomes:

It is envisaged that students will work within or above the level expected as per the ICHK assessment scale, unless stated in their IEP. All activities set will enable students to work within or beyond the level expected for their year group whilst a focus of enquiry learning will enable many students to develop their ideas and projects. However, some activities will need to be adjusted to ensure they are accessible to those students who are not working at the expected level for their year group. Each activity will be individually assessed for its suitability for the students within the class and adjusted accordingly.

Main Resource Requirements

Appropriate resources for a variety of sports and activities will be provided (as detailed above).

Links to Relevant Syllabus and Curriculum Documents

[National Curriculum Key Stage 3 Physical Education Curriculum Document](#)

[National Curriculum Key Stage 3 Physical Education Level descriptors](#)

[National Curriculum Key Stage 3 Physical Education Assessment Guidance](#)

ICHK Teaching & Learning & ICHK Student Documents

Please refer to the following documents for related information:

- [ICHK Curriculum document for Years 7-9](#)
- ICHK Teacher document
- [ICHK Assessment Scale](#)
- ICHK Academic Honesty Policy

Calendar

Week	Term 1	Term 2	Term 3
1	<p>Year 7: Football/Rugby/Athletics events <u>Assessment:</u> Standing Broad Jump Timed 30m Sprint</p> <p>Year 8: Handball/Rounders <u>Assessment:</u> Ongoing Formative Assessment</p>	<p>Year 7: Badminton/Hockey <u>Assessment:</u> Peer Assessment</p> <p>Year 8: Rugby/Basketball <u>Assessment:</u> Ongoing Formative Assessment</p>	<p>Year 7: Table Tennis/Volleyball</p>
2			<p>Year 8: Floorball/Climbing <u>Assessment:</u> Self assessment</p>
3			
4			
5			<p>Year 9: Yoga/Pilates</p>

Week	Term 1	Term 2	Term 3
6		CNY Holiday	Circuit Training <u>Assessment:</u> Self Assessment
7		<u>Assessment:</u> Bench Stand Test Standing Broad Jump	
8	Mid Term Break		
9		Year 9: Rugby/Cricket <u>Assessment:</u> Peer Assessment	Summer Break
10	CAS Week		
11	Year 9: Floorball/Uni Hockey Fitness <u>Assessment:</u> Harvard Step Test Bleep Test		
12			
13			
14			
15			
16	Easter Holidays		
17	Christmas Holidays		
18			

Reflections/Points to Note from 2010/11

Created By/Date	Reviewed	Signed
RC 28th January		