

KS3 Physical Education

This is a high-quality physical education curriculum which will aim to inspire all students to succeed and excel in competitive sport and other physical activities. It will provide opportunities for students to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities to build character and help to embed values such as teamwork, respect, enjoyment, determination, and fairness.

This core PE curriculum aims to ensure that all pupils: further develop their physical literacy in a variety of team and individual sports with a focus on competitive sport and the school specialisms students will cover a variety of key topics ranging from Health active lifestyles, the musculoskeletal, cardiovascular, and respiratory systems to socio-cultural issues surrounding sport such as the use of performance enhancing drugs in elite sport, gamesmanship vs sportsmanship. Students will start to develop their leadership qualities through leading activities, creating presentations. Students will also have to opportunity to organise inter school tournaments in a variety of sports to their peers.

Challenge and accessibility for all:

- ✓ Each lesson contains differentiated support for those who struggle, and opportunities to stretch those who need it to ensure all make progress whatever their starting points
- ✓ Key pieces of work are marked, and ongoing AFL ensures that teachers can personalise provision appropriately
- ✓ Guided learning showing students how to be experts in given skills always precedes opportunity for students to show what they can do independently

Autumn 2021 – KS3 Physical Education Medium-Term Plan

During the Autumn term, students will develop their skills, knowledge and understanding of Physical training in sport.

Assessment Objectives:

- Differentiate between health related and skill related fitness
- Identify the three stages of a warm-up
- Lead a warm-up to peer group
- Explore and present sports from around the world

Weekly Overview

1. Identifying and describing the three stages of a warm-up
2. Being able to successfully deliver an effective warm up
3. Linking static and dynamic stretches to specific muscles
4. Health & Skill related fitness components
5. Fitness Testing
6. Analysing results against national averages
7. World Sports from around the world

Key Concepts:

- Components of fitness
 - Skill related
 - Health related
- Fitness tests
- Effects of exercise
- Short term
- Long term
- Characteristics of a warm-up

Knowledge:

- Understanding the link between health and fitness
- Identifying the difference between skill and health related fitness
- Link components of fitness with their respective fitness tests
- Research and present world sports

Skills:

- Non-routine problem solving – expert thinking, metacognition, creativity.
- Systems thinking – decision making and reasoning.
- Critical thinking – definitions of critical thinking are broad and usually involve general cognitive skills such as analysing, synthesising, and reasoning skills.
- ICT literacy – access, manage, integrate, evaluate, construct, and communicate.

Resources:

PPTS on Teams
YouTube video
Course Textbooks
Example Questions/mini questions:
Model answers and exemplars
Timing and measuring equipment

Homework

1. Warm Up & Cool Down
2. Health & Fitness Worksheet
3. Components of Fitness – Health Related
4. Components of Fitness – Skill Related
5. Components of Fitness – Fitness tests
6. Analysing Data and Performance

SMSC & British Values

- Leadership
- Teamworking
- Mutual Respect
- Health fitness & Legislation in Sport
- Fairness
- Healthy Active Lifestyle

Spring 2022 – Physical Education Medium-Term Plan

During the Spring term, students will develop their skills, knowledge and understanding of Human Anatomy & Physiology

Assessment Objectives:

- To be able to identify the Key Muscles in the body and how they work to create movement
- Calculate MHR and training thresholds
- To be able to explain the differences between Short & Long term effects of exercise
- To be able to Identify characteristics of a leader

Weekly Overview

Muscles
Heart rate and training thresholds
Anaerobic and aerobic exercise
The short-term effects of exercise
The Long-term effects of exercise
Diet & Nutrition
Leadership

Key Concepts:

- Muscle Structure
- Muscle Movement
- Calculate Training thresholds
- Calculate MHR
- Lifestyle choices
- Effects of exercise
- Anaerobic exercise/Aerobic exercise
- Training thresholds
- Balanced Diet

Knowledge:

- To be able to name and locate the major muscle groups in the body
- Understanding of heart rates and how to calculate (MHR and training thresholds)
- Identify Short and long term effects of exercise
- Explaining energy use
- Implement diet, nutrition, and hydration principles to exercise planning
- Identify the characteristics of a leader

Skills:

- Non-routine problem solving – expert thinking, metacognition, creativity.
- Systems thinking – decision making and reasoning.
- Critical thinking – definitions of critical thinking are broad and usually involve general cognitive skills such as analysing, synthesising, and reasoning skills.
- ICT literacy – access, manage, integrate, evaluate, construct, and communicate.

Resources:

PPTS on Teams
Year Overview and examination outline
YouTube video
GCSE Textbooks
Example Questions/mini questions:
Model answers and exemplars
Match analysis

Homework

1. Muscle
2. Principals of Training worksheet
3. Wellbeing Survey
4. Lifestyle Choices Worksheet
5. Short term effects worksheets
6. Long term effects of exercise
7. Nutrition & Hydration Worksheet
8. What is a Leader worksheet
9. Who are leaders

SMSC & British Values

- Leadership
- Teamworking
- Mutual Respect
- Health fitness & Legislation in Sport
- Fairness
- Healthy Active Lifestyle

Summer 2022 – Physical Education Medium-Term Plan

Component 2: Health & Performance

Component 1: Fitness and Body Systems

Assessment Objectives:

- To be able to interpret data to create an informed opinion on participation rates
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- To organise and run a sporting event within the school

Weekly Overview

- 1 Engagement patterns of different
- 2 Social groups and sport
- 3 Commercialisation of sport
- 4 Ethical and socio-cultural issues sport
- 5 Healthy active lifestyle v Sedentary lifestyle
- 6 Movement
- 7 Gamesmanship V Sportsmanship
- 8 Organising & Running an Event

Key Concepts:

- Participation rates in physical activity and sports and the
- impact on participation rates personal factors: gender, age, socio-economic group, ethnicity, disability
- Interpretation and analysis of graphical representation of data associated with trends in participation rates
- Commercialisation, the media in sport
- The advantages and disadvantages of commercialisation and the media for: the sponsor, the sport, the player/performer, the spectator
- Interpretation and analysis of graphical representation of data
- Ethical and socio-cultural issues in sport Behaviours: sportsmanship, gamesmanship, and the reasons for deviance at elite Sport

Knowledge:

- Interpret Participation Data
- Explaining the Impact of Commercialisation
- Analysing Participation data
- Identifying the difference between Healthy active lifestyle v Sedentary lifestyle
- Differentiate the difference in Sportsmanship, Gamesmanship & Deviance

Skills:

- Non-routine problem solving – expert thinking, metacognition, creativity.
- Systems thinking – decision making and reasoning.
- Critical thinking – definitions of critical thinking are broad and usually involve general cognitive skills such as analysing, synthesising, and reasoning skills.
- ICT literacy – access, manage, integrate, evaluate, construct, and communicate.

Resources:

PPTS on Teams
Year Overview and examination outline
YouTube video
Course Textbooks
Example Questions/mini questions:
Model answers and exemplars
Match analysis
Participation data

Homework

- 1 Engagement patterns worksheet
- 2 Social, Economic factors
- 3 Commercialisation of Sport
- 4 Ethical & Cultural issues in sport
- 5 Lever Systems
- 6 Axes of movement
- 7 Gamesmanship
- 8 Sportsmanship
- 9 Event Planning

SMSC & British Values

- Leadership
- Teamworking
- Mutual Respect
- Health fitness & Legislation in Sport
- Fairness
- Healthy Active Lifestyle