

21/22: KS3 Respite Curriculum and Assessment Map

KS3 Respite

Physical Education

Intent

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.

	September - December		January - March		April - July	
Implementation	<p>Topic: Physical Training</p> <p>Identifying and describing the three stages of a warm up</p> <p>Being able to successfully deliver an effective warm up</p> <p>Linking static and dynamic stretches to specific Muscles</p>	<p>Identifying the different Health & Skill related fitness components and practicing their specific tests and comparing results against national data.</p> <p>World Sports</p>	<p>Topic: Applied Anatomy & physiology</p> <p>Identifying key muscle groups and linking sporting actions, movements, and examples</p> <p>Heart rate and training thresholds</p> <p>Anaerobic and aerobic exercise</p> <p>The short- and long-term effects of exercise</p>	<p>Identifying the key skeletal muscles</p> <p>Providing sporting examples linked to the skeletal muscles and specific sporting actions</p> <p>Leadership</p>	<p>Topic: Health, fitness, and wellbeing</p> <p>Physical, emotional, and social health, fitness, and wellbeing</p> <p>Diet, nutrition, and hydration</p> <p>The consequences of a sedentary lifestyle</p> <p><i>Gamesmanship vs Sportsmanship</i></p>	<p>Topic Socio-cultural influences</p> <p>Understanding, identifying, and describing some of the mental/emotional benefits of exercise</p> <p>Engagement patterns of different social groups in physical activity and sport</p> <p>Ethical and socio-cultural issues in physical activity and sport</p>

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Practical Element					
<p><u>Table Tennis</u> - A variety of skills and concepts will continue to be developed and transferred from team games/outwitting opponents and striking & fielding and applied to Table Tennis.</p> <p>Development of skills, understanding the components of the game and applying them in conditioned games, such as serving, drive and push shots and the smash. Understanding how a healthy body and mind impacts on games. Using imaginative ways to outwit opponents and problem solve</p>	<p><u>Association Football</u> - Development of skills, understanding the components of Football and applying them in conditioned games. Using imaginative ways to outwit opponents and problem solve.</p> <p>Development of attacking play, defensive, set plays. Passing, dribbling, shooting, goalkeeping,</p> <p>Exploring the different roles and responsibilities of the players and the officials. Create scoring opportunities and demonstrate basic attacking and defensive play.</p> <p>Apply appropriate skills in a competitive situation and will be able to conduct self and peer assessment.</p>	<p><u>Table Tennis</u> - A variety of skills and concepts will continue to be developed and transferred from team games/outwitting opponents and striking & fielding and applied to Table Tennis.</p> <p>Development of skills, understanding the components of the game and applying them in conditioned games, such as serving, drive and push shots and the smash. Understanding how a healthy body and mind impacts on games. Using imaginative ways to outwit opponents and problem solve</p>	<p><u>Basketball</u> - Development of skills and understanding of aims, rules, tactics, and strategies. The triple threat, passing and defensive drills. Development of plays and tactics. Identifying areas of strength and weakness and suggesting how to improve. Development of skills and selecting appropriate skills, understanding the components of the game, and applying them in conditioned situations.</p> <p>Understanding how a healthy body and mind impacts on games. Dealing with competition and learning how to win/lose. Using imaginative ways to outwit opponents.</p>	<p><u>Association Football</u> - Development of skills, understanding the components of Football and applying them in conditioned games. Using imaginative ways to outwit opponents and problem solve.</p> <p>Development of attacking play, defensive, set plays. Passing, dribbling, shooting, goalkeeping,</p> <p>Exploring the different roles and responsibilities of the players and the officials. Create scoring opportunities and demonstrate basic attacking and defensive play.</p> <p>Apply appropriate skills in a competitive situation and will be able to conduct self and peer assessment.</p>	<p><u>Table Tennis</u> - A variety of skills and concepts will continue to be developed and transferred from team games/outwitting opponents and striking & fielding and applied to Table Tennis.</p> <p>Development of skills, understanding the components of the game and applying them in conditioned games, such as serving, drive and push shots and the smash. Understanding how a healthy body and mind impacts on games. Using imaginative ways to outwit opponents and problem solve</p>

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Impact			
	<i>Baseline Assessment</i> <i>Exam based questions</i> <i>Internal Class Assessment</i> <i>Practical assessment</i>	<i>Baseline Assessment</i> <i>Exam based questions</i> <i>Internal Class Assessment</i> <i>Practical assessment</i>	<i>Baseline Assessment</i> <i>Exam based questions</i> <i>Internal Class Assessment</i> <i>Practical assessment</i>