



KS3 Curriculum overview: Physical Education

Why do we study PE at The Earls High School?

To promote an enjoyment of physical activity and mastery of skills across a range of sports that will develop lifelong habits for being physically active. To challenge students and further their progress through both intra- and inter-school competition. To refine students' character and develop their inter-personal skills during lessons and extra-curricular provision. To spark an interest in students beyond practical performance alone, encouraging them to pursue Physical Education as an examination subject and beyond that, a career.

What skills and knowledge do we anticipate students will have in this subject before they begin at The Earls High School?

We would expect students to have learned the following at KS2.

- To have built basic motor skills
- Have a fundamental knowledge of certain sports
- Knowledge of healthy and active lifestyle

What skills and knowledge would we like students to have in this subject at the end of their time at The Earls High School?

We expect students to have developed their practical skills across a range of sports and to have achieved a level of competency in one or more sport which will encourage lifelong participation. Students' immersion in a broad curriculum should expand their understanding of the rules and tactics of a range of sports which will support their involvement in physical activity and sport in a variety of roles such as coach, official and spectator.

We expect students to have a knowledge of components of fitness and how these can be both tested and improved by various methods of training, supporting them to lead a healthy and active lifestyle in the future. Students who embark on an examination PE course would be expected to broaden their knowledge in the fields of anatomy and physiology, physical training, sports psychology, sociology and leadership.

Year 7 Curriculum Map: PE

	Autumn term			Spring term			Summer term		
	1	2	3	4	5	6	7	8	9
Y7 Boys	Handball	Rugby	HRF	Football	Gymnastics	TT	Cricket	Tennis	Athletics
Y7 Girls	Netball	Gymnastics	HRF	Football	Trampolining	Volleyball	Rounders	Athletics	Cricket

Main home learning tasks

At KS3, to extend their learning outside of the classroom students are encouraged to attend extra-curricular activities. An overview for year 7 students is outlined below:

	Autumn term		Spring term			Summer term						
	Half term 1	Half term 2	Half term 3	Half term 4		Half term 5				Half term 6		
Y7 Boys	Football				Cricket	Cricket	Athletics	Track cycling		Tennis	Track cycling	
Y7 Girls	Football		Football	Netball	Cricket	Cricket	Athletics	Track cycling	Rounders	Tennis	Track cycling	Rounders

Key assessments

For each practical activity students are assessed on a continuum from 1-35 using assessment criteria drawn down from GCSE PE. In year 7, we would expect students to be achieving a mark of 5-7.

Each year students complete a module of 'health-related fitness' (HRF) in which they learn about components of fitness, methods of training and fitness testing. Students conduct five fitness tests as part of this module to provide an overview of their physical fitness compared to the national average for their age and gender.

Assessment conditions

Student marks are awarded based on an assessment of their execution of skills in unopposed practice and their effectiveness in the competitive environment.

Year 8 Curriculum Map: PE

	Autumn term			Spring term			Summer term		
	1	2	3	4	5	6	7	8	9
Y8 Boys	Basketball	TT	Gymnastics	Football	Rugby	HRF	Cricket	Softball	Athletics
Y8 Girls	Netball	Volleyball	Football	Gymnastics	HRF	Trampolining	Rounders	Athletics	Tennis

Main home learning tasks

At KS3, to extend their learning outside of the classroom students are encouraged to attend extra-curricular activities. An overview for year 8 students is outlined below:

	Autumn term		Spring term			Summer term						
	Half term 1	Half term 2	Half term 3	Half term 4		Half term 5			Half term 6			
Y8 Boys	Football	Basketball	Basketball		Cricket	Cricket	Athletics	Track cycling		Tennis	Track cycling	
Y8 Girls	Football	Football		Netball	Cricket	Cricket	Athletics	Track cycling	Rounders	Tennis	Track cycling	Rounders

Key assessments

For each practical activity students are assessed on a continuum from 1-35 using assessment criteria drawn down from GCSE PE. In year 8, we would expect students to be achieving a mark of 9-11.

Each year students complete a module of 'health-related fitness' (HRF) in which they learn about components of fitness, methods of training and fitness testing. Students conduct five fitness tests as part of this module to provide an overview of their physical fitness compared to the national average for their age and gender.

Assessment conditions

Student marks are awarded based on an assessment of their execution of skills in unopposed practice and their effectiveness in the competitive environment.

Year 9 Curriculum Map: PE

	Autumn term			Spring term			Summer term		
	1	2	3	4	5	6	7	8	9
Y9 Boys	TT	Volleyball	Football	HRF	Basketball	Handball	Softball	Tennis	Cricket
Y9 Girls	Football	Handball	Trampolining	Volleyball	HRF	Softball	Rounders	Athletics	Cricket

Main home learning tasks

At KS3, to extend their learning outside of the classroom students are encouraged to attend extra-curricular activities. An overview for year 9 students is outlined below:

	Autumn term		Spring term			Summer term						
	Half term 1	Half term 2	Half term 3	Half term 4		Half term 5				Half term 6		
Y8 Boys	Basketball	Basketball	Basketball	Football	Cricket	Cricket	Athletics	Track cycling		Tennis	Track cycling	
Y8 Girls	Netball	Football		Netball	Cricket	Cricket	Athletics	Track cycling	Rounders	Tennis	Track cycling	Rounders

Key assessments

For each practical activity students are assessed on a continuum from 1-35 using assessment criteria drawn down from GCSE PE. In year 9, we would expect students to be achieving a mark of 13-15.

Each year students complete a module of 'health-related fitness' (HRF) in which they learn about components of fitness, methods of training and fitness testing. Students conduct five fitness tests as part of this module to provide an overview of their physical fitness compared to the national average for their age and gender.

In addition, students will sit a written test at the end of the HRF unit in which they will need to apply the knowledge gained throughout the course to short-answer questions taken directly from the GCSE PE course. This assessment will better help inform students regarding their option choices.

Assessment conditions

Student marks are awarded based on an assessment of their execution of skills in unopposed practice and their effectiveness in the competitive environment.

For the written test in HRF students will be assessed in exam conditions with work peer marked and moderated by the class teacher.