

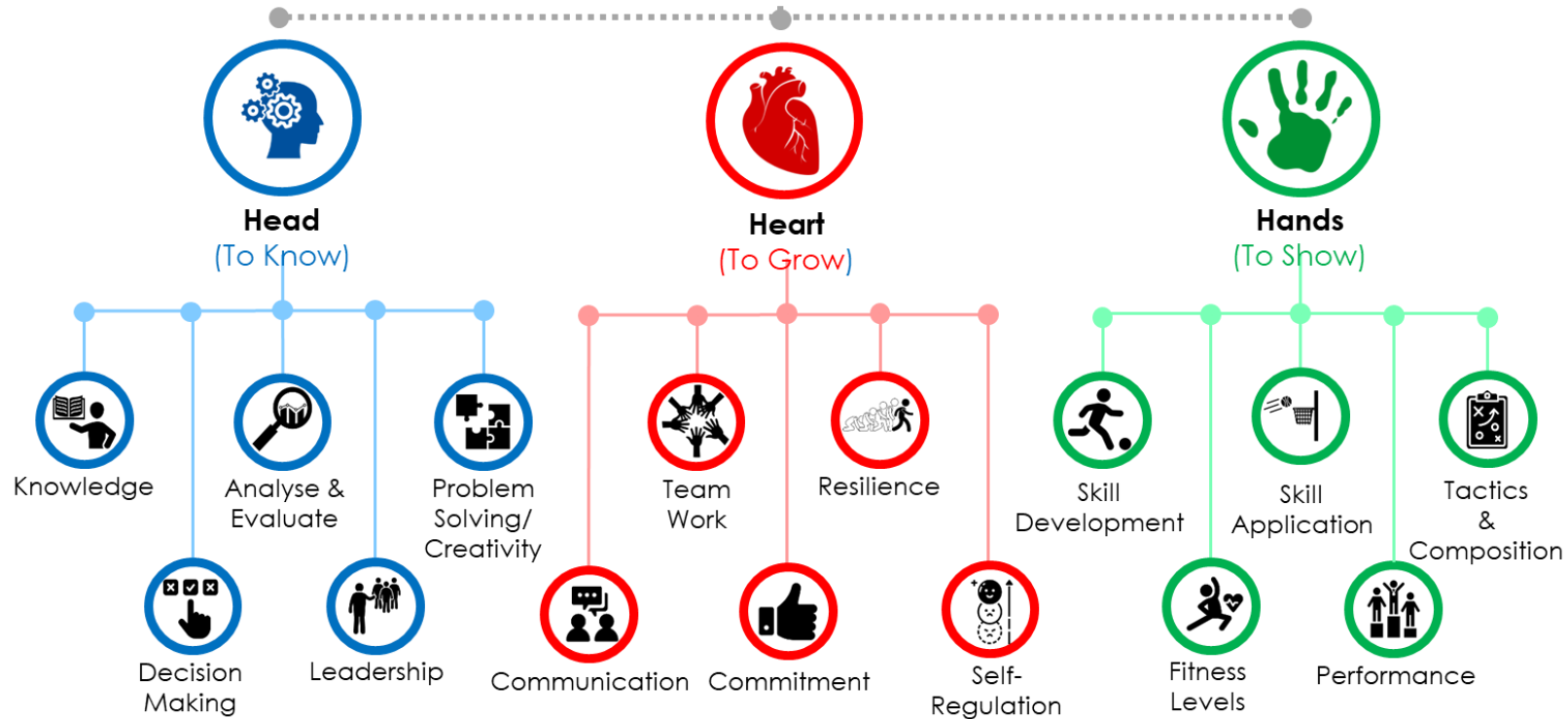
KS3 Curriculum Overview

Physical Education

Curriculum Intent

To cultivate a passion for lifelong learning and enjoyment of Physical Education where students constantly strive to 'believe in their best'. Develop physical literacy, knowledge, understanding and confidence to lead a healthy active lifestyle. To enable students to develop core values, character and life skills to equip them for employment in their personal lives.

P.E is much more than just playing sport, it is a vehicle for developing the three main domains of learning:



How does the KS3 curriculum build on that from KS2?

Challenge in the Key Stage 3 curriculum is built upon our core knowledge of the Key Stage 2 curriculum, delivered at our feeder primary schools. This knowledge is based on the prescribed national curriculum for Physical Education, and the detailed Cambridgeshire guidelines for teaching Physical Education in primary schools.

Students arriving to DMA in Year 7 should have build their sporting knowledge across three separate aspects:

1. Motor Competence

- Pupils have a secure repertoire of fundamental movement skills that form increasingly complex movement patterns within domain-specific contexts
- High-quality instruction, purposeful practice and feedback are provided to develop and refine movement patterns
- Pupils develop their declarative knowledge and procedural knowledge and have opportunities to 'perform' both forms of knowledge

2. Rules, Strategies and Tactics

- Pupils can name and demonstrate increasingly complex tactical knowledge, knowledge of context-specific rules and know how to be successful across a range of activities and sports
- High-quality instruction, purposeful practice and feedback are provided to develop and refine knowledge of rules, strategies and tactics

3. Healthy Participation

- Pupils know and can show how to safely prepare and participate in increasingly specific contexts
- Pupils know and can show the short-term and long-term impacts of sport and physical activity
- High-quality instruction, purposeful practice and feedback are provided to develop and refine knowledge of healthy participation

What do students do with this knowledge or these skills?

Pupils should become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the long-term health benefits of physical activity.

How does the KS3 curriculum align to the National Curriculum?

The Physical Education offer at DMA aligns with the aims of the National Curriculum at KS3 and KS4. PE at DMA goes beyond the National Curriculum in many areas, in particular the emphasis placed on performance, knowledge, coaching and leadership.

What new knowledge or skills are students taught?

Term	Year 7	Year 8	Year 9
	<ul style="list-style-type: none"> 'To Know' how to perform skills and techniques 'To Grow' sportsmanship 'To Show' demonstrating skills and techniques 	<ul style="list-style-type: none"> 'To Know' how to perform skills and techniques & apply rules/laws into competition 'To Grow' sportsmanship & resilience 'To Show' demonstrating skills and techniques & demonstrate fitness for sport 	<ul style="list-style-type: none"> 'To Know' how to perform skills and techniques, apply rules/laws into competition & analysis of performance 'To Grow' sportsmanship, resilience & teamwork/communication 'To Show' demonstrating skills and techniques, demonstrate fitness for sport & tactics and composition
Autumn	<ul style="list-style-type: none"> Netball Short Tennis T1 Rugby 	<ul style="list-style-type: none"> Netball Short Tennis Rugby Union 	<ul style="list-style-type: none"> Netball/Rugby Short Tennis Handball
Spring	<ul style="list-style-type: none"> Football Gymnastics Health and Outdoor Adventurous Activity 	<ul style="list-style-type: none"> Football Gymnastics Health and Outdoor Adventurous Activity 	<ul style="list-style-type: none"> Football Trampolining Health and Outdoor Adventurous Activity
Summer	<ul style="list-style-type: none"> Cricket Athletics Rounders 	<ul style="list-style-type: none"> Cricket Athletics Rounders 	<ul style="list-style-type: none"> Cricket Athletics Rounders
Rationale for this sequencing	<p>Following the recent Ofsted Review of PE, depth of study is first and foremost. Inter- and Intra-school based competitions and fixtures alongside seasons, weather and facilities are all considered when planning the curriculum pathway at Key Stage 3. DMA PE Department's specialist PE Teachers will deliver our engaging curriculum.</p>		

Additional support at home

Additional reading for enjoyment, enhancement and extension	<ul style="list-style-type: none">• BBC Sport - Scores, Fixtures, News - Live Sport• Sky Sports - Sports News, Transfers, Scores Watch Live Sport• ESPN United Kingdom - Serving Sports Fans. Anytime. Anywhere.• Sport The Guardian• An awareness of contemporary news/issues from the world of sport
Online resources to practice, consolidate and revise	<ul style="list-style-type: none">• BBC Bitesize: Excellent tool for wider PE and sports concepts• BrianMac Sports Coach
Workbooks & revision guides to practice, consolidate and revise	<ul style="list-style-type: none">• Practical performance and fitness can't be consolidated through a book. Get out and play some more!