

Yr7 PE (KS3) – Course Review

Students in Year 7 are introduced into a range of new activities upon entry to the school. Key concepts and processes are taught to the students in order to deepen and broaden their knowledge, Skills and understanding.

Key Concepts: Competence, Performance, Creativity, Healthy Active Lifestyles

Key Processes: Developing skills in physical activity, Making and applying decisions, Evaluating and improving,

Making informed choices about healthy active lifestyles

The department aims to teach all students in single sex groups. On occasion groups may be streamed together to ensure that students can progress effectively over the block of work. Each activity block lasts for six or seven weeks.

Although students are taught according to the key concepts and processes we try to ensure that enjoyment of the activities underpins our timetable. By ensuring these FUNdamentals we are trying to encourage high levels of participation and a lifelong commitment to sport.

Students have to cover at least four areas from the Range and Content list below.

Range and Content:	Possible activities to participate in
Outwitting opponents, as in games activities	Rugby, Football, Hockey, Netball, Badminton, Volleyball, Basketball, Rounders, Tennis, Cricket, Table Tennis
Accurate replication of actions, phrases and sequences, as in gymnastic activities	Trampolining, Gymnastics, Athletics,
Exploring and communicating ideas, concepts and emotions, as in dance activities	Dance
Performing at maximum levels in relation to speed, height, distance, strength or accuracy, as in athletic activities	Athletics, Fitness (Testing)
Identifying and solving problems to overcome challenges of an adventurous nature, as in life saving and personal survival in swimming and outdoor activities	Orienteering
Exercising safely and effectively to improve health and wellbeing, as in fitness and health activities	Fitness Suite, Circuit training, X-country

Students are assessed according to the Attainment target level descriptors from the Department for Education. You can view these by clicking the link below. The targets range from level 1 and run through to Level 8. After level 8 the most talented students may be awarded the exceptional performance standard

(<http://www.education.gov.uk/schools/teachingandlearning/curriculum/secondary/b00198952/pe/ks3/attainment>)

Each student is assessed individually at the end of a block of work. At the end of the year these levels are averaged out to give the student an overall target level in accordance with the level descriptors. We appreciate that all students cannot excel at every sport, and by giving individual levels the students are given the opportunity to be successful over a variety of areas, relative to their sporting ability.