

CORE KS3 & KS4 COURSE STRUCTURE

Aims and objectives

In core PE students will experience a wide range of opportunities to develop their **declarative** and **procedural knowledge of motor competence, rules, strategies and tactics, and healthy participation**. Develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and activities, and lead healthy, active lifestyles.

Students in KS3 taught to:

- Use a range of tactics and strategies to overcome opponents
- Develop their technique to improve performance
- Develop teamwork, trust and problem-solving skills through outdoor adventurous activities (OAA)
- Analyse performance to improve outcomes
- Take part in competitive sports and activities
- Develop Resilience, Responsibility, Respect, Reflectiveness, Communication and Confidence

Students in KS4 taught to:

- Use and develop a range of tactics and strategies to overcome opponents.
- To develop their technique and improve their performance.
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

This is achieved through participation in the following activities-

	Units Delivered	
	Year 7	Year 8
Autumn 1	Swimming Gymnastics OAA HRE Football/Rugby Badminton/Volleyball Basketball/Netball Alternative Sports e.g. Dodgeball, Tchoukball	Swimming Gymnastics OAA HRE Football/Rugby Badminton/Volleyball Basketball/Netball Alternative Sports e.g. Dodgeball, Tchoukball Sports Leaders (inc First Aid)
Autumn 2		
Spring 1		
Spring 2		
Summer 1	Tennis Cricket Athletics Rounders	Tennis Cricket Athletics Rounders
Summer 2		

	Units Delivered	
	Year 9/10/11	
Autumn 1	Badminton/Volleyball Football/Tag Rugby HRF Basketball/Netball Alternative Sport	
Autumn 2		
Spring 1		
Spring 2		
Summer 1	Tennis Cricket Athletics Rounders	
Summer 2		

	Assessment Record		
Autumn 1	Communication	Technical	Tactical
Autumn 2	Confidence	Technical	Tactical
Spring 1	Resilience	Technical	Tactical
Spring 2	Responsibility	Technical	Tactical
Summer 1	Respect	Technical	Tactical
Summer 2	Reflection	Technical	Tactical

Assessment

See assessment grid below. Expected year securing in the first column. We apply the following tiered results for those above and below their expected year. From our initial assessments' students will receive target grades in relation to their technical, tactical and life skills.

- Mastering
- Securing
- Developing
- Emerging

			Life Skills					
Expected Securing Level	Accurate Replication/ Development of Skills (Technical)	Knowledge and Application of Tactics	Communication	Reflective/ Evaluate and Improve	Resilience/ Effort	Responsibility for Leading A Healthy and Active Lifestyle	Confidence	Respect
11+	You are an expert in your technical performance . You consistently and confidently demonstrate	You are an expert in your tactical awareness. You consistently and successfully use originality,	You confidently use both verbal and non-verbal communication skills in a	You are able to evaluate learning and performance, and create ways to successfully	You independently analyse and then act upon setbacks to overcome challenging situations in order to	You take responsibility for physical, social and mental wellbeing on a regular basis outside of school.	You have a high level of confidence and maturity to ensure progress is evident in a	You can observe others' rights, feelings and thoughts and are able listen to and act

	<p>a range of key and advanced skills and techniques within various competitive situations with precision and success.</p> <p>You are able to evaluate the performance of others and provide technical feedback in order for them to improve their performance.</p>	<p>proficiency and imagination when participating in PE. Independently you are able to come up with strategies to overcome advanced tactics used by others across a range of sports/activities.</p>	<p>variety of settings and situations that show clear subject knowledge and use of appropriate terminology.</p>	<p>develop solutions that consistently improve intended outcomes.</p>	<p>move forward physically, socially, cognitively and emotionally.</p>		<p>number of different roles within a range of activities.</p>	<p>upon these in a supportive and respectful way.</p>
11	<p>You can consistently and confidently demonstrate a range of key and advanced skills and techniques within various competitive situations with success.</p>	<p>You are confident in your tactical awareness. You are able to demonstrate a range of strategies and advanced tactics to produce effective outcomes across a range of sports/activities.</p>	<p>You express ideas confidently and clearly in group situations showing clear subject knowledge and use of appropriate terminology.</p>	<p>You take into consideration and prioritise all the relevant factors and opinions needed to improve performance.</p>	<p>You are able to reflect on constructive feedback in a positive way and accept advice on how to move forward.</p>	<p>You begin to take ownership for your physical, social and mental wellbeing on a regular basis through regular participation in extracurricular clubs.</p>	<p>You express ideas confidently and take ownership of the progress you make in a variety of group settings.</p>	<p>You listen to and challenge others points of view or actions in a respectful way.</p>
10	<p>You can consistently and confidently demonstrate a range of skills and techniques within a range of physical activities and competitive sporting situations. You attempt to demonstrate</p>	<p>You are beginning to understand advanced tactics that can be used in the activity being performed and are competent in your tactical awareness. You attempt to apply advanced strategies/tactics to</p>	<p>At times you express ideas confidently in group situations showing basic subject knowledge.</p>	<p>You regularly act upon feedback, and at times are able to identify factors that develop learning and improve in performance.</p>	<p>You demonstrate a determined attitude when learning a new skill or experiencing a new activity and at times you are able to reflect on constructive feedback in a positive way.</p>	<p>You understand and promote the importance of leading a healthy and active lifestyle and regularly attend an extracurricular club(s).</p>	<p>You express ideas confidently and begin to take ownership of the progress you make in a variety of group settings.</p>	<p>You respect the views, actions, feelings and rights of others outside my friendship group and on occasion will challenge other points of view or action in a</p>

	some advanced skills with varying success.	overcome your opponent(s) across a range of sports/activities.						respectful way.
9	You can competently demonstrate key skills and techniques within a range of physical activities and competitive sporting situations. You attempt to use a range of skills with varied success.	You understand a range of tactics that can be used in the activity being performed and demonstrate these with success across a range of sports/activities in both attacking and defensive situations.	You use both verbal and non-verbal communication skills when participating / leading physical activity.	You regularly act upon internal and external feedback to develop learning and improvement in performance.	You demonstrate a determined attitude when learning a new skill or experiencing a new activity and will at times seek advice/feedback from your staff and peers in order to make progress.	You understand the importance of leading a healthy and active lifestyle and regularly attend an extracurricular club(s).	You express ideas confidently and clearly in a variety of group settings.	You respect the views, actions, feelings and rights of others outside your friendship group.
8	You can demonstrate key skills and techniques within isolated practices and conditioned competitive situations.	You understand the basic tactics that can be used in the activity being performed and attempt to demonstrate these with success across a range of sports/activities.	You respond both verbally and non-verbally to instructions and will use these communication methods successfully when participating in physical activity.	You are able to assuredly identify areas of strength and development in your own learning.	You listen to and act on advice from staff and your peers which may direct you on a different pathway.	You understand the importance of leading a healthy and active lifestyle and show willingness to attend extracurricular clubs.	You have the confidence to work with others outside of your friendship group, expressing ideas and thoughts clearly.	You enable your learning by respecting oneself, facilities, equipment and the rights of everyone within the learning environment and respect the views, actions and feelings of those in your friendship group.
7	You are working towards becoming competent in your technical performance and your skills across a range of sports and	You understand the basic tactics that can be used in the activity being performed and attempt to demonstrate	You respond both verbally and non-verbally to instructions and at times will attempt to use	You are able to identify areas of strength and development in your own and others learning.	You listen to and act on advice from staff and on occasion your peers, which may direct you on a different pathway.	You regularly take part in Physical Education lessons and are have developed a clear understanding of leading a healthy	You have the confidence to work within your friendship group expressing ideas and	You enable your learning by respecting oneself, facilities, equipment and the rights of everyone within the learning

	physical activities.	these with some success in both attacking and defensive situations.	these communication methods when participating in physical activity.			and active lifestyle.	thoughts clearly.	environment.
>7	You use fundamental movement skills (running, jumping, throwing and catching) with inconsistency during isolated practices with some success. At times they can link actions and sequences.	You have a limited understanding of basic tactics used in different activities but do not fully apply these when participating in PE lessons.	You enjoy responding both verbally and non-verbally to instructions.	You are able to identify a few areas of strength and development in your own learning and beginning to identify areas of strength and development of others.	You listen to and act on advice from staff which may direct you on a different pathway.	You regularly take part in Physical Education lessons and are starting to develop a basic understanding of leading a healthy and active lifestyle.	You take part in physical activity with belief and the confidence to work with others.	You enable your learning by respecting oneself, facilities, equipment and the rights of most pupils within the learning environment.
<<7	You use fundamental movement skills (running, jumping, throwing and catching) with inconsistency during isolated practices with some success. However, you struggle to link actions and sequences.	You have a limited understanding of basic tactics used in different activities but do not apply these when participating in PE lessons.	You can respond verbally to instructions.	You are able to identify a few areas of strength and development in your own learning.	On occasion, you listen to and act on advice from staff which may direct you on a different pathway.	You regularly take part in Physical Education lessons and can identify basic factors to leading a healthy and active lifestyle.	You take part in physical activity with growing belief and the confidence to work with others.	You are learning to respect oneself, facilities, equipment and the rights of most pupils within the learning environment.