

KS3 Physical Education Curriculum Intent

What the curriculum is designed to do

The Physical Education department at Tibshelf Community School strive to use power of physical activity and sport to improve physical, mental and social well-being. Student's will study a huge variety of sports over each year, ranging from Basketball and Rugby to Dance and Athletics. Throughout the whole of KS3, we aim to promote the importance of leading a healthy active lifestyle with the ultimate intention of equipping students with the skills, knowledge and opportunities to achieve lifelong participation in sport and physical activity.

How we deliver the curriculum

Pupils are placed into mixed ability groups where they will have two PE lessons per week. As part of this, they will usually cover one indoor sport and one outdoor sport per half term. Students will use these sports as a vehicle to study a concept-based curriculum. Their lessons will move away from subject-specific content and instead emphasises "big ideas" that span multiple subject areas or disciplines. Each year group in KS3 will focus on the following themes:

Year 7: Personal Development

Students will build a connection with PE through a "Value of PE" scheme of work, understanding the important part it can play in their life now and in the future.

Year 8: Health and Wellbeing

Students will gain an understanding of the key terms related to 'Mental, Physical and Social Health'. Students will also understand the positive connection between PE and these aspects of health whilst gaining tools for maintaining them.

Y9: Leadership Skills

Students will experience the true power of sport and physical activity when it comes to developing their leadership skills discovering what are the attitudes and behaviours of a leader and what makes effective teams.

How we assess students

Students are assessed at the end of every half-term in each sport that they cover. They will be assessed in three areas:

- Hands: Assessed on their practical ability and application of skills
- Head: Assessed in their knowledge of skills, tactics, rules, and regulations
- Heart: Assessed in leadership, interpersonal skills, effort, and engagement

Students are encouraged to attend extra-curricular activities to further enhance their skills and knowledge to maximise their progress in Physical Education.

How it benefits students learning and personal development

Students will gain a huge variety of interpersonal skills in PE including leadership, teamwork, resilience, empathy, and analytical skills. Students will also develop their cognitive skills through the ability to transfer their learning of each concept to different contextual situations, a key skill at KS4 and further study. Students will also have a wide range of enrichment opportunities to increase their social and cultural capital such as extra-curricular clubs and trips such as the Holland Football Tour, Bronze Duke of Edinburgh Award, and the Ski Trip.