

KS3 Core PE

Course Outline for Key Stage 3:

Students will be given the opportunity to develop cognitively, physically and socially in a series of different performance and sport related environments. Each student will be encouraged to strive for improvement, whether that be in relation to technical performance, leadership behaviours or self-esteem and confidence. The course endeavours to support each students pursuit of an active and healthy lifestyle whilst safeguarding their general wellbeing.



Students will receive 2 hours a week in years 7, 8 & 9. Throughout the year, teachers will make links across the curriculum and develop knowledge from subjects such as Science, Maths, English, History and Sociology – all of which will be applied to the practical performance environment.

	Year 7/8/9	Sports Science link:
Autumn 1	Football, Tennis, Badminton	Leadership
Autumn 2	Badminton, Basketball	Warm Up/ Cool Down
Spring 1	Tag Rugby, Table Tennis, Fitness	Muscular System
Spring 2	Multi-Sports	Media and Officiating
Summer 1	Athletics, Softball	Cardiorespiratory System
Summer 2	Cricket, Rounders	Components of Fitness



Assessment and feedback:

Students will be assessed holistically in all lessons, with teachers looking at the following areas to inform progress and development.

Football									AtoL
Practical			Cognitive			Social			SCon
Fitness/ Physical Attributes	Isolated Skill Development	Game Performance	Theory Knowledge & Understanding	Creativity	Tactics & Strategy	Leadership	Communication	Teamwork	



How parents/carers can help:

- Encourage discussions around the topics we cover at TCOLC at home as well and to watch/take an interest in a variety of sports.
- Emphasize the importance of completing homework
- Ensure your child has correct PE kit for performance, both inside the sports hall and outside on the field.



Point of contact:

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