

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 | |
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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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