

Department Vision Statement

- Value all learners.
- Achieve and develop.
- Learn in a positive environment.
- Educate the physical, emotional, and social domain.

Curriculum Intent

In Key Stage 3 we expose our students to an extensive range of activities, from traditional team sports to individual activities. We aim to develop their motor competence, understanding and knowledge across various sports, as well as encouraging them to live healthy and active lifestyles by educating on key concepts within physical activity and sport.

Upon arrival at Severn Vale, we implement a six week 'Reflect and Grow' stage, where Year 7 students will work in mixed ability classes developing their confidence of the core skills required in our KS3 curriculum. This period allows us the time to assess prior learning and plan future learning from their transition from Year 6. We set our classes at the end of term 1 based on their motor competence levels.

Our curriculum is sequenced through movements, we teach fundamental movements that weave throughout multiple topics. We will challenge students to move with confidence, transferring these movements throughout the year across various sports and develop these movements as they progress. Our students will learn to move and move to learn.

Activities are not taught in the same order for each class, this is to allow the correct resources and facilities for each activity as 5 classes are in PE at the same time. Sports are taught in their usual sporting season, this is to limit lesson disruptions due to the weather, and for health and safety reasons. Students spend 4 weeks on one topic, allowing 8 lessons per activity.

Assessment

Students are assessed across 3 areas; **Head**, **Heart** and **Hands**. 'Head' is the understanding of the lesson content, 'Heart' is the weekly concept which is different for each year group and 'Hands' is the physical competence of the skills learnt in lesson and across a topic. Students are expected to be able to talk about their own and/or others work to improve performance. Students will be assessed to be *emerging, developing, securing, advancing* or *mastering* in each area of the assessment ladder.

Activity	Key Learning (Head and Hands)	Concepts (Heart)	National Curriculum and Physical Literacy	Term/Venue
Football	<ul style="list-style-type: none"> ⇒ Able to demonstrate the key skills; dribbling, receiving, ball control, passing (short and long range), tackling and shooting. ⇒ Can apply these skills with some accuracy in a game situation and know the role of 2+ positions. ⇒ Able to explain the technique of each skill and understand the basic rules, tactics, and strategies of football. 	Positive approaches to PE Confidence Determination Comfort zones Value of practice	<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition in football.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Changing direction - Striking a ball (feet) - Dribbling (feet) - Balance (dynamic) - Different speeds 	<p style="text-align: center;">Autumn/Winter</p> <p style="text-align: center;">Astroturf</p>
Netball	<ul style="list-style-type: none"> ⇒ Able to demonstrate the key skills; correct footwork, pivoting, passing (chest, bounce, and long range), catching, creating space, marking player and ball, shooting. ⇒ Able to identify and describe 2+ netball positions. ⇒ Able to explain the technique of each skill and understand the basic rules, tactics, and strategies of netball. 	Celebrating progress Attitudes Verbal communication Mental benefits of activity Social benefits of activity	<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition in netball</i> • Fundamental movement skills <ul style="list-style-type: none"> - Balance (static and dynamic) - Rotation (around longitudinal axis) - Throwing - Catching - Jumping for height and distance - Landing - Changing direction 	<p style="text-align: center;">Autumn/Winter/Spring</p> <p style="text-align: center;">Netball Courts</p>
Rugby	<ul style="list-style-type: none"> ⇒ Able to demonstrate the key skills; passing, handling skills, tackling, rucking, beating an opponent. ⇒ Understand the specific rugby rules of passing and catching the ball (forward pass/knock on). ⇒ Able to explain the technique of each skill and understand the basic rules, tactics, and attacking/defensive strategies of rugby. 	Respect Dealing with failure Winning and losing Coping with pressure Goal setting	<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition in rugby.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Pushing - Passing - Catching 	<p style="text-align: center;">Autumn/Winter</p> <p style="text-align: center;">Field</p>

		<p>Growth mindset</p> <p>Intrinsic motivation</p> <p>Extrinsic motivation</p> <p>Sportsmanship</p> <p>Courage</p>	<ul style="list-style-type: none"> - Balance (dynamic) - Dodging - Chasing - Evading - Jumping for height 	
Hockey	<p>⇒ Able to demonstrate the key skills; dribbling, ball control, receiving and stopping the ball, passing (push and slap), jab and block tackling and shooting.</p> <p>⇒ Understand specific hockey rules, ball hitting foot and back stick.</p> <p>⇒ Able to explain the technique of each skill and understand the basic tactics and strategies of hockey.</p>	<p>Empathy</p> <p>Habits</p> <p>Patience</p>	<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition in hockey.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Balance (static and dynamic) - Striking a ball (with implement) - Changing direction - Weight transfer - Changing speed 	<p>Autumn/Winter/Spring</p> <p>Astroturf</p>
Dance	<p>⇒ Able to demonstrate jive/bhangra steps, following whole class routines and creating paired/group dances, demonstrating proper timing and rhythm.</p> <p>⇒ Able to explain the history of jive and bhangra style dances and identify key elements of both style of dance.</p> <p>⇒ Able to identify key terms relating to dance; tempo, rhythm, canon, unison, extension.</p>		<ul style="list-style-type: none"> • <i>Perform dances using advanced dance techniques within a range of dance styles and forms.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Balance (static and dynamic) - Changing direction - Rotation (around longitudinal axis) 	<p>Autumn/Winter/Spring</p> <p>Dance Studio</p>
Gymnastics	<p>⇒ Able to demonstrate various types of movement used to travel, log roll, circle roll, sideways roll (and more complex rolls), basic flight and can perform basic balances (point and patch).</p>		<ul style="list-style-type: none"> • <i>Develop their technique and improve their performance in gymnastics.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Balance (static and dynamic) 	<p>Autumn/Winter/Spring</p> <p>Downstairs Gym</p>

	<ul style="list-style-type: none"> ⇒ Able to move and set up equipment safely. ⇒ Able to explain how travel is used in a sequence and the relationship between movement and pathways. ⇒ Able to describe key terms; canon, unison, tension, extension, point balance, patch balance. 		<ul style="list-style-type: none"> - Striking a ball (with implement) - Changing direction - Weight transfer 	
Basketball	<ul style="list-style-type: none"> ⇒ Able to demonstrate the key skills; dribbling, passing, catching, shooting (including introduction to lay ups), marking player and ball. ⇒ Able to explain the technique required of each skill and understand the basic rules (double dribbling, travelling etc.), tactics, and strategies of basketball. 		<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition through basketball.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Balance (static and dynamic) - Dribbling (hands) - Bouncing a ball - Throwing - Catching - Jumping for height - Landing - Changing direction 	<p>Autumn/Winter/Spring</p> <p>Sports Hall/Outdoor Courts</p>
Badminton	<ul style="list-style-type: none"> ⇒ Able to demonstrate the key skills; racket grip, ready position, backhand serve, underarm arm, overhead clear, underarm clear. ⇒ Able to identify court lines ⇒ Able to explain the technique required of each skill and understand the basic rules, tactics, and strategies of badminton. 		<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition through badminton.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Striking (with implement) - Quick reactions - Jumping - Landing - Changing direction 	<p>Autumn/Winter/Spring</p> <p>Sports Hall</p>
Fitness	<ul style="list-style-type: none"> ⇒ Able to identify stages of a warm up and explain the physical and mental benefits of completing a warm up 		<ul style="list-style-type: none"> • <i>Are physically active for sustained periods of time and lead healthy, active lives.</i> 	<p>Autumn/Winter/Spring</p> <p>Astroturf/Dance Studio</p>

	<ul style="list-style-type: none"> ⇒ Able to identify relevant components of fitness. ⇒ Able to identify various methods of training (continuous, circuit, HIIT). ⇒ Able to measure resting and working heart rates. ⇒ Understand the benefits taking part in physical activity can have, as well as understanding how to be physically active. 		<ul style="list-style-type: none"> • Fundamental movement skills <ul style="list-style-type: none"> - Running - Jumping - Landing - Changing speeds - Changing direction - Pushing/pulling 	
Cricket	<ul style="list-style-type: none"> ⇒ Able to demonstrate the key skills; throwing (underarm and overarm), catching, stopping a ball, fielding, bowling, batting. ⇒ Able to identify various specialist positions (i.e. bowler, wicket keeper, deep fielder) ⇒ Able to explain the technique required of each skill and understand the basic rules, tactics, and strategies of cricket. 		<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition through cricket.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Striking (with implement) - Quick reactions - Weight transfer - Throwing - Catching - Balance (dynamic) 	<p>Summer</p> <p>Field/Astroturf</p>
Athletics	<ul style="list-style-type: none"> ⇒ Able to demonstrate the correct techniques for sprinting events (100m, 200m, relay), long distance running events (800m), jumping events (high jump) and throwing events (shot put, discus, javelin). ⇒ Able to explain the basic technique for completing each athletic event and understand specific rules/strategies for each event (e.g. pacing in 800m). ⇒ Understand how to make improvements in their time, height or distance for each event. 		<ul style="list-style-type: none"> • <i>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Quick reactions - Jumping (for height and distance) - Landing - Pushing - Sprinting - Running - Balance (static) 	<p>Summer</p> <p>Field</p>

<p>Rounders</p>	<p>⇒ Able to demonstrate the key skills; throwing (underarm and overarm), catching, stopping a ball, fielding, bowling, batting.</p> <p>⇒ Able to identify various specialist positions (i.e. bowler, back stop, deep fielders)</p> <p>⇒ Able to explain the technique required of each skill and understand the basic rules, tactics, and strategies of rounders.</p>		<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition through rounders.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Striking (with implement) - Quick reactions - Weight transfer - Throwing - Catching 	<p style="text-align: center;">Summer</p> <p style="text-align: center;">Field</p>
<p>Pickleball</p>	<p>⇒ Able to demonstrate the key skills; paddle grip, serving, dink shot, forehand stroke, backhand stroke, volley, lob shot.</p> <p>⇒ Able to identify court lines and begin to score/officiate a game using the correct court markings.</p> <p>⇒ Able to explain the technique required of each skill and understand the basic rules, tactics, and strategies of pickleball.</p>		<ul style="list-style-type: none"> • <i>Use a range of tactics and strategies to overcome opponents in direct competition through pickleball.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Striking (with implement) - Quick reactions - Weight transfer - Jumping - Landing - Bouncing a ball (with implement) 	<p style="text-align: center;">Summer</p> <p style="text-align: center;">Sports Hall/Outdoor Courts</p>
<p>OAA</p>	<p>⇒ Able to work together towards solving a problem, be able to lead others, be able to plan, be able to read a map, basic navigational skills.</p>		<ul style="list-style-type: none"> • <i>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.</i> • <i>Build on trust and developing skills to solve problems, either individually or as a group.</i> • Fundamental movement skills <ul style="list-style-type: none"> - Walking - Running 	<p style="text-align: center;">Summer</p> <p style="text-align: center;">Field/School grounds</p>

KS3 ASSESSMENT

HEART

MASTERING

I can explain all of the concepts and always demonstrate them in lessons.

ADVANCING

I can explain most of the concepts and demonstrate them in lessons.

SECURING

I can explain some of the concepts and attempt to demonstrate them in lessons.

DEVELOPING

I understand some of the concepts and sometimes try to demonstrate them in lessons.

EMERGING

I am beginning to understand what some of the concepts mean.

HEAD

MASTERING

I always understand how to perform all required skills and tactics.

ADVANCING

I consistently understand and can explain the correct techniques and skills.

SECURING

I have a good understanding of required techniques and skills, most of the time.

DEVELOPING

I have some understanding of how to complete the required skills and techniques.

EMERGING

I am beginning to understand basic techniques and skills.

HANDS

MASTERING

I always perform with precision and excellence an extensive range of skills.

ADVANCING

I consistently perform an extensive range of skills.

SECURING

I can perform a range of skills with accuracy and success, most of the time.

DEVELOPING

I can sometimes perform skills and techniques with success.

EMERGING

I can perform some skills in some of the activities.