



Subject Area: Physical Education – KS3

'Physical Education is an ideal platform to develop an individual's ability to think and reason through physical processes; to grow physically and lead a healthy lifestyle; to nurture the sense of self-fulfilment through physical activity'

Curriculum Overviews	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS3 Core PE	<p>In Year 7 students will participate in a range of activities which may include; football, rugby, handball, netball, basketball, hockey, dodgeball, capture the flag, benchball, badminton, table tennis, volleyball tennis, cricket, rounders, gymnastics, dance, athletics, fitness.</p> <p>In Year 8 students will participate in a range of activities which may include; football, rugby, handball, netball, basketball, hockey, dodgeball, capture the flag, benchball, badminton, table tennis, volleyball tennis, cricket, rounders, gymnastics, dance, athletics, fitness.</p> <p>In Year 9 students will participate in a range of activities which may include; football, rugby, handball, netball, basketball, hockey, dodgeball, capture the flag, benchball, badminton, table tennis, volleyball tennis, cricket, rounders, gymnastics, dance, athletics, fitness, trampolining.</p> <p>Activities are adapted and personalised for each group, encouraging students to participate and improve. The same outcomes are assessed, regardless of the activity, with a focus on: effort, engagement, leadership, resilience, performance, decision making, creativity, evaluation and knowledge of what it means to lead a healthy lifestyle.</p>					

Texts, Exam Boards and Useful Websites:

Key Stage 3 (Year 7, 8 and 9)

<https://bidefordcollege.org/wp-content/uploads/2020/12/Assessment-Matrix-Ks3-PE.pdf>