

BIG PICTURE CURRICULUM PLANNING - KEY STAGE 3 PHYSICAL EDUCATION

<p>The Big Aims of KS3</p>	<ul style="list-style-type: none"> ● Inspire pupils to engage in lifelong participation of sport/physical activity. ● Develop pupils competence and confidence to excel and compete in a range of sports/activities. ● Ensure pupils understand the long-term health benefits of sport/physical activity. ● Support pupils in developing their health & fitness by ensuring pupils are physically active for sustained periods of time.
<p>Characteristics of a Compelling Learning Experience</p>	<ul style="list-style-type: none"> ● Pupils enjoy the learning experience and are eager to challenge themselves and learn more. ● Pupils are provided with opportunities for new experiences. ● Pupils work collaboratively to develop theirs and others performance. Teamwork is evident throughout. ● Pupils demonstrating intrinsic motivation to improve their performance. ● Pupils are provided with opportunities for self or peer-assessment. ● The success, commitment and effort of pupils is celebrated. ● The learning experience develops and celebrates leaders and role models.
<p>Key Concepts</p>	<ul style="list-style-type: none"> ● Pupils develop the competence to excel, and confidently demonstrate expertise in their performance of skills/ techniques in a range of sports/activities. ● Pupils understand and employ basic tactics/strategies, successfully overcoming opponents when performing in competitive situations ● Pupils understand what makes a performance effective (skills/techniques) and can use this knowledge to analyse theirs and others performances ● Pupils understand key theory principles relating to... <ul style="list-style-type: none"> ○ Muscular System ○ Immediate & Long-Term Effects of Exercise, ○ Rules and Regulations & Scoring Systems, ○ Components of Fitness ● Pupils can confidently adopt leadership roles and lead small groups of peers during warm up activities and skill development-based activities.

<p>Key Knowledge</p>	<ul style="list-style-type: none"> ● Understand the technical requirements that make a performance effective. E.g. how do you perform a chest pass? ● Understand different tactics/strategies that can be utilised in different sports/physical activities. ● Muscles of the Body (Biceps, Triceps, Pectorals, Abdominals, Quadriceps, Hamstrings) ● Immediate Effects of Exercise (Hot, Sweaty, Red Skin, Increased Depth of Breathing, Increased Heart Rate) ● Long-Term Effects of Exercise e.g. improved physical/mental well being ● Rules & Regulations & Scoring Systems to adopt the role of an effective participant. ● Components of Fitness (Agility, Balance, Cardiovascular Endurance, Coordination, Power, Speed)
<p>Key Skills</p>	<ul style="list-style-type: none"> ● Embed the performance of fundamental movement skills within a range of physical activities (running, jumping, changing direction/position whilst maintaining balance, footwork). ● Develop the performance of sport specific skills linked to the following physical activities <ul style="list-style-type: none"> ○ Invasion Games (Netball, Basketball, Association Football) ○ Net and Wall Games (Badminton, Tennis) ○ Trampolining ○ Striking and Fielding Activities (Cricket & Rounders) ○ Athletic Activities ● The use of a range of tactics/strategies to successfully overcome opponents in increasingly competitive situations. ● The ability to analyse their compared to previous ones, and use this analysis to develop their own performances/technique. ● Leadership skills centred on communication & organisation skills when tasked with leading a small group of peers.