



**Millthorpe
School**

**“Exercise is
the chief
source of
improvement
in our
faculties.”**

Hugh Blair

PHYSICAL EDUCATION

KS3 SUBJECTS ON A PAGE

OUR AIMS AND INTENTIONS

The PE curriculum is broad and balanced allowing students to develop the knowledge and skills to be physically active and healthy both now and in later life. Sporting competences are taught to develop confidence, enjoyment and wellbeing.

CURRICULUM KNOWLEDGE:

The curriculum in PE allows students to:

- Develop a knowledge of the rules, regulations, strategies and tactics of a variety of different sports.
- Develop a knowledge of how to work with their peers in different sport and physical activity contexts and develop the cooperation skills required when working with others.
- Develop their leadership qualities when working as part of a team/group.
- Develop an understanding of the relationship between physical activity, health and wellbeing.
- Develop their sporting persona when competing and the importance of being humble in victory and gracious in defeat. (Sportspersonship).

- Develop and acquire subject specific knowledge and vocabulary.

SUBJECT SPECIFIC SKILLS:

The curriculum in PE allows students to:

- Embed and build upon the fundamental movement skills learnt in Key Stage 1 and 2 and how to apply these across a range of different physical activities and games with increasing complexity and challenge.
- Develop a number of different sport specific techniques and use them in both non-competitive and competitive situations with increasing complexity and challenge.
- Develop their fitness attributes to be effective performers and learn how to combine these with sport specific techniques, strategies and tactics.

IMPLEMENTATION:

- The PE Unit overview is written and regularly reviewed to ensure it meets the needs of all young people.

PE IMPLEMENTATION OF THE WIDER MILLTHORPE CURRICULUM:

RESPONSIBLE	RESPECTFUL	READY
<ul style="list-style-type: none"> ■ Work collaboratively and sensitively with others. ■ Identify improvements to own and others work, invite feedback and deal positively with praise and criticism. ■ Form good working relationships and work towards a common goal. ■ Encouraging students to identify with characters and develop empathy and tolerance. 	<ul style="list-style-type: none"> ■ Striving for 'Going for Gold' learning conduct and aspiring to the 'gold/thinking harder challenges' in lessons. ■ Listening to others viewpoints and responding well to feedback. ■ Engaging positively with assessments and recognising strengths and areas for development. 	<ul style="list-style-type: none"> ■ Show commitment to physical and mental challenges whilst developing resilience and commitment to overcome challenges. ■ Abide by rules showing fair play and respect for others. ■ Experiencing a variety of extra-curricular enrichment opportunities.

- Lesson resources are quality assured by subject leader, shared on the M drive and differentiated.
- Students are assessed throughout the Key Stage after each block of sport. This includes self-reflection.

INTENDED IMPACT:

- The curriculum meets the demands of the national curriculum.
- The curriculum inspires all pupils to succeed in developing their

- competencies in a number of different physical activities, which promotes confidence and enjoyment and improved health and wellbeing.
- Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.
- KS3 PE prepares students to study GCSE PE and uptake remains strong.