

EASTBURY SUBJECT CURRICULUM

Subject	Physical Education
Year Group	7 and 8
Overview	<p>At KS3 students will be working towards the following Attainment Target: <i>Pupils should build upon and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</i></p> <p>Our aim is to deliver a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities, providing opportunities for pupils to become physically confident in a way which supports their health and fitness. We hope that this will encourage students to lead a healthy active lifestyle and participate in sport throughout school and long after they have left. Lessons are designed to encourage a maximum uptake in participation with a focus on achievement for all. Whilst we actively support competition and excellence, we also recognise that for many, sport is about the taking part. Whatever the student's desire for sport, we aim to deliver a curriculum that gives the students the opportunity to develop their skills, knowledge and understanding of tactics and strategies in a wide range of competitive sports, whilst helping them to understand the importance of health, fitness and exercise.</p> <p>All students are expected to take a full part in PE lessons and given the opportunity to do so through participating, officiating, coaching and analysing performance. Students are encouraged to be the best they can be in all activities and made aware that with a positive attitude, hard work and determination they will be able to improve and strive towards achieving their goals. The establishment of self-esteem through the development of physical confidence is also an aim for the physical education department. Instilling the values of fair play and sportsmanship amongst our students is also of the utmost importance, ensuring students respect each other, their opponents, the rules and officials within sport.</p>

Term by term	
Autumn	Boys activity blocks (8 lessons each): football, rugby, basketball, handball/badminton, trampolining, OAA/Dance, health related exercise
Spring	Girls activity blocks (8 lessons each): netball, badminton, trampolining, OAA/Dance, outdoor games (2 from basketball, football, rugby, lacrosse, hockey), health related exercise
Summer	Boys activity blocks (8 lessons each): athletics, softball/cricket, handball/badminton Girls activity blocks (8 lessons each): athletics, rounders, rounders/volleyball/cheerleading
Homework	Students will be asked to research and learn key terms (such as the muscles and components of fitness), as well as the rules of each sport. Some students will be given the opportunity to plan sessions that they will deliver to their peers.
Additional information	In addition, students are actively encouraged to engage with the extensive and successful extra-curricular programme with competitive and recreational clubs running before school, at break and lunch times and after school. Those who are gifted and talented performers in sport or demonstrate excellent leadership in sport are selected and invited onto the Sports Excellence Programme. As part of the programme students are given training in becoming Junior Sports Leaders and lead a variety of activities across the borough at sports events and in primary schools.
Useful resources	www.bbc.co.uk/sport www.skysports.com www.thefa.com www.rfu.com www.englandnetball.co.uk www.englandbasketball.co.uk www.badmintonengland.co.uk http://etta.co.uk/ www.british-gymnastics.org www.volleyballengland.org www.englandathletics.org www.ecb.co.uk www.roundersengland.co.uk