



Sacred Heart High School

Key Stage 3 Curriculum

PHYSICAL EDUCATION

INTENT *(the unique contribution the subject makes to general education)*

- To understand the links between staying physically active and the positive effects this can have on physical, social and mental well-being.
- Encourages empathy, communication, self-control and self-confidence.
- Encourages Curiosity, creativity and competitiveness
- Develops fundamental movement skills.
- Promotes lifelong learning and lifelong engagement in physical activity and sport.

THEMES (KNOWLEDGE & UNDERSTANDING)

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- Develop their technique and improve their performance in other competitive sports.
- Perform dances using advanced dance techniques within a range of dance styles and forms.

SKILLS

- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- Develop fundamental movement skills eg running, jumping, throwing, balance, agility.
- Develop cardiovascular fitness by being aware of own fitness levels.
- Be aware of own strengths and weaknesses in performance and know how to improve them.

YEAR 7

- Netball
- Dance
- Gymnastics
- Badminton
- Athletics
- Summer Games

YEAR 8

- Netball
- Gymnastics
- Basketball
- Dance
- Athletics
- Summer Games

YEAR 9

- Basketball
- Sports Acro
- Volleyball
- Football
- Athletics
- Health and Fitness Theory

ASSESSMENT

- 5 practical assessments throughout year
- 3 IPM assessments throughout year
- Continuous verbal feedback in lessons
- Peer and self-assessment opportunities in lessons.

STRETCH & CHALLENGE

- Leadership roles in lessons- coaching/ umpiring/ leading warm ups
- Use of Student demonstrations
- Gifted and Talented- new skills in gymnastics/ badminton, etc.

ENRICHMENT OPPORTUNITIES

- Extra-curricular clubs timetable
- Representing school in various teams against other schools
- Residential Trips- Netball Tour/ Ski Trip
- Links with external clubs- Basketball/ Football/ Netball/ Athletics
- Links with Fulham Football Club and QPR Football club and Step Into Dance