FHS Physical Education KS3 PoS

During Autumn and Spring term pupils rotate through a variety of activity areas. Pupils will spend around 4 weeks on each topic to allow around 6 lessons on each area.						Summer First half term Striking and fielding	Summer(2nd term) Athletics
Topic / Key Question: Induction: **Accurate replication** Developing shapes Travel (Transitions) & Sequencing Asymmetry and symmetry Balancing and counter balancing in pairs Group balancing and compositions Travelling Performance with musicality. Flight & Shape Rotation & Sequences	Topic / Key Question: **Net wall games** Sending & receiving Introduction to shots Movement & positioning Principles of play Outwitting an opponent Evaluating a team Type of shots Serving Manipulating opponents Evaluating self & correcting own performance Evaluation of all key elements up to this lesson Applying tactics and strategies to improve performance.	Topic / Key Question: **Invasion hand** Hand eye co-ordination, ball manipulation Sending & receiving Throwing and catching skills Principles of play Understanding the game and object of the game? Outwitting an opponent Attacking plays Stopping an opponent Defensive plays Decision making, movement & positioning Finding Space Applying tactics and strategies to improve performance. Team work / Tactics Evaluating a team & Analysing a team's performance Building a successful team	Topic / Key Question: **Invasion Floor** Hand-foot (stick) coordination, ball manipulation Sending & receiving Principles of play Outwitting an opponent Stopping an opponent Movement & positioning (attacking and defending) Evaluating self/ Correcting own performance Evaluating a team Manipulating a team Analysing a team's performance Officiating Problem solving	Topic / Key Question: **Outdoor Adventurous Activities (2 weeks)** Communication Teamwork Cooperation Problem solving Strategic thinking Leadership	Topic/ Key Question **Health related Fitness (2 weeks)** Warming up and cooling down Heart rates and effects of exercise on the body Methods of training Fitness testing staying healthy	Topic / Key Question: **Striking and Fielding** Catching and throwing Bowling fielding techniques Striking Tactics	Topic / Big Question: **Athletics** Skills(students should be able to do): **Running** ● Concept of pacing and technique ● (Long distance/Middle distance) ● Tactics in a distance race **Sprinting 100m** ● Sprint Starts ● Phases ● Sprinting Technique ● **Relay 4 X 50m** ● Upsweep/downsweep ● Tactics **Throwing** ● Techniques- Javelin/Shot putt/Discus
Gymnastics Floor work some elements of sports acro, trampolining where a teacher is qualified and there is a smaller class size	Sports may include: Badminton, Short Tennis, Table Tennis, Volleyball	Sports may include- Netball, Handball, Rugby, Basketball, Gaelic football	Sports may include – Football, Hockey	Activities may incluse leadership games, creating games, Orienteering Leadership challenges Communication games	Activities may include: General fitness, circuit training, Boxercise, Zumba, SAQ, HIIT, Plyometric training, Speed training, Interval training	Sport may included: Cricket, Rounders, Softball	Track and field events
Key Learning Outcomes (students	Key Learning Outcomes (students should know): How to be a successful player.			Key Learning Outcomes (students	Key Learning Outcomes	Key Learning Outcomes	Key Learning Outcomes (students should know):

should know): How to create an aesthetically pleasing performance which challenges themselves and includes key areas: Balance travel Shapes in the air Flight Rotation Transitions	➔ sending and receiving ➔ attacking ➔ defending ➔ supporting others in their team ➔ how to adapt to different situations ➔ how to communicate effectively	should know): How to work effectively in a team. Using different methods of communication to tackle a range of problems	(students should know): The impacts of exercise upon the body. How and why we keep our bodies fit and healthy.	(students should know): How to send, receive and strike the ball. Applying tactics to work individually and as part of a team.	How to perform at their maximum within track and field events.

End of term assessments to cover:
Pupils are assessed at the end of each unit. They are assessed using the criteria Emerging-developing-securing-advancing-mastering
Pupils are assessed over all lessons in the unit and not just in the last lesson.

Building understanding: Rationale / breakdown for your sequence of lessons: Pupils are taught in approximately 4 week blocks of sports, they rotate at the end of each unit. During Autumn and Spring term pupils will learn in 6 different areas as outlined above. Rotations occur due to maximising space and facilities so that high quality, exciting and engaging lessons will be taught throughout. Pupil enjoyment is paramount as is a strong focus on skills and fitness. Lessons are taught within a scheme of learning with each lesson building on the previous lesson. Higher ability pupils who have a fundamental understanding of the key skills will start further on in the scheme to ensure there is sufficient challenge. Lessons are designed to teach pupils the key skills in each sport so that they go on to play sports/activities outside of school and long into their adult lives. Ensuring pupils have the necessary skills to stay fit and active whilst enjoying physical activity is our primary principle.	**Building understanding: Rationale / breakdown for your sequence of lessons:** Athletics and striking and fielding activities require outdoor space on the recreation ground with good weather. This is therefore taught in the summer terms**.** Both are taught across key 3 and 4 and therefore knowledge and technique are built up throughout the years- each time becoming more advanced and challenging.

Home – Learning:
Pupils are encouraged to develop their wider reading; teachers may pose questions which help guide them to develop their subject knowledge outside of the classroom.

Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for home learning
Numeracy: Scoring and working out values- eg. Averages and points during tournaments ● Measuring during athletics and fitness lessons ● Calculations HRF lessons
Curriculum day / week visit: National School Sports Week External visitors: Fitness providers, possible visits to universities/clubs/different sporting locations . Enrichment: Sports teams and clubs throughout the year

*Activities are completed on rotation depending on facilities and equipment. Each theme is taught through a range of different sports (usually on a 4 week rotation)