

Physical Education YR7

Subject Intent

Develop students' **physical competence, confidence and motivation** by building sport-specific skills, tactical understanding and fitness, enabling **lifelong participation in physical activity** and success across both **KS3 and KS4 Physical Education**.

What will students be studying?

Pupils follow the Key Stage 3 National Curriculum throughout Year 7, 8 and 9. Disciplinary knowledge and skills are repeated each cycle and year to ensure all pupils are GCSE ready at the end of Year 9.

Cycle 1 (Autumn Term)

- Baseline Testing (fitness and fundamental movement skills)
- Invasion games (e.g. Football, Rugby, Basketball, Netball)
- Net/Wall activities (e.g. Badminton)
- Introduction to fitness components

Cycle 2 (Spring Term)

- Invasion games (Handball, Hockey)
- Net/Wall activities (Volleyball, Tennis)
- Fitness and problem-solving/orienteering
- Indoor Athletics (Sports Hall)

Cycle 3 (Summer Term)

- Athletics (Track & Field)
- Striking and fielding games (Cricket, Rounders, Softball)
- Dance/Gymnastics (where applicable)
- Application of fitness within activities

How are teaching groups organised?

Students are taught in mixed ability groups. Whilst groups are split into single gender, there will be opportunities to work in mixed groups.

How will students be assessed?

Students are assessed through **Threshold Concepts**, broken down into:

- **Physical performance** (skills, technique, fitness)
- **Mental skills** (decision-making, tactics, resilience)
- **Social skills** (leadership, teamwork, communication)

Key Assessment Tests (KATs) take place at the end of each cycle.

Key Learning Tasks (KLTs) take place once per cycle and assess skill development, leadership or applied knowledge.

Verbal feedback is provided regularly in lessons to support progress.

How will we challenge/support students learning?

Within lessons, students can expect:

Adapted tasks and extension challenges, peer coaching and leadership opportunities and officiating and umpiring roles

Further opportunities include:

- Extra-curricular clubs and fixtures
- School-club links
- House Captains

Threshold Concepts

Physical-TC1

Developing sport-specific skills, techniques and physical fitness to perform effectively and safely in a range of activities.

Mental-TC2

Developing decision-making, problem-solving and resilience, allowing students to adapt tactics and respond positively to challenge and competition.

Social-TC3

Developing communication, teamwork and leadership skills through cooperation, officiating and performance roles.

Useful resources, website and extra curricular links to support learning.

www.sportengland.org.uk

www.thefa.org.uk

www.netball.org

www.uksports.gov.uk

www.britishathletics.org.uk