


2.2 KS3 Curriculum Overview

	Components of Physical Education		Core knowledge	Hinterland knowledge
	New knowledge we introduce		Essential knowledge needed to be successful	What do students <i>do</i> with this knowledge?
	Year 10	Year 11		
Autumn 1	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>	<p>Performance Pathway</p> <p>Leadership – Students will understand what each role entail and how to carry it out successfully. Roles include: fitness coach, skills coach and captain.</p> <p>Tournaments – Students will understand how a range of tournaments run and how to manage the results of the competition. They will also understand the advantages and disadvantages of each. Tournaments include league, Knockout and multistage.</p> <p>Values of sport – Students will be able to apply a range of values whilst organising and running the tournament. Values include professionalism, teamwork and resilience.</p>	<p>Students can attend extra-curricular clubs to further enhance and broaden their skill set, knowledge and understanding.</p> <p>The PE team can direct students to a variety of local club links in numerous activities.</p> <p>Opportunities to go to live sporting events.</p> <p>Use of professional athletes to challenge and inspire.</p> <p>Recommended reading list for sport.</p>
Autumn 2	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>		
Spring 1	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>		
Spring 2	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>	<p>Students will select a pathway appropriate to them</p> <ol style="list-style-type: none"> 1) Performance Pathway 2) Participation Pathway <p>Delivered via a range of sports</p>		

Summer 1	<p>Students will select a pathway appropriate to them</p> <p>1) Performance Pathway 2) Participation Pathway</p> <p>Delivered via a range of sports</p>	<p>Students will select a pathway appropriate to them</p> <p>1) Performance Pathway 2) Participation Pathway</p> <p>Delivered via a range of sports</p>	<p>fitness using training principles, heart rate, training zones. They will also be able to assess the risk of the environment they are participating in.</p> <p>Skill Development – Students will use sport specific skills for a range of activities.</p> <p>Strategic Development – Students will develop their decision making. They will develop strategies to improve health and fitness. Students will be aware of the strengths and areas to develop as well as others.</p>	
Summer 2	<p>Students will select a pathway appropriate to them</p> <p>1) Performance Pathway 2) Participation Pathway</p> <p>Delivered via a range of sports</p>	<p>Students will select a pathway appropriate to them</p> <p>1) Performance Pathway 2) Participation Pathway</p> <p>Delivered via a range of sports</p>		
<p>What do students learn?</p> <p>- Y10/11:</p> <p>Participation Pathway - Students will develop & apply specific knowledge and skills to gain an understanding of the importance of physical activity participation as a lifelong factor in achieving and maintaining good health – using a broad range of activities. These will focus on health and fitness, skill development and strategic development.</p> <p>Performance Pathway - Students will apply, specific skills to develop their decision-making skills in a specific pathway from or a combination of: outwitting opponents, exercising safely, identifying and solving problems and performing at maximum levels. This will be delivered via sports education.</p> <p>What will a student know by the end of Key Stage 4? Why?</p> <p>Be able to enjoy participating in a sport/activity of choice outside of school with identified pathways. Understand the importance of a healthy, active lifestyle and be able to apply this to their daily routine.</p> <p>The above will allow them to continue in some form of physical activity or sport after school, living an healthy and active lifestyle.</p>			<p>Students have access to an extensive extra-curricular programme in a variety of activities.</p> <p>Students have chances to compete against local, area and county schools in a variety of competitions.</p> <p>Students are able to attend many trips to watch top level sport.</p> <p>Teacher to have an intriguing question or fact that will help students to develop an appreciation of Physical education. For example, in athletics show and mark out the distance of a world record in a particular event.</p>	<p><i>Resources Recommended resources</i></p> <p>Sport-specific equipment.</p> <p>Generic sports equipment.</p>