

Key Stage 3 CORE PHYSICAL EDUCATION

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Examination Board	N/A	Specification Code N/A	KS3 – Year 7,8,9 Core PE Curriculum North & South Campus

Subject Content

YEAR 7 CURRICULUM PROGRAMME 2021 – 2022.

1st Lessons of the week Girls out, Boys in - 2nd lesson of the week Girls in, boys out.

TERM 1	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities Focus: Promotion of rugby and hockey	Sept 6th - October 22nd 7 weeks 14 lessons	1	Hockey	Multi Skills	Multi Skills	Rugby	Assessment: Multi Skills Head - K&U Heart - Resilience Hands - Fitness levels	Warm Ups Muscular system: 14 key muscles & exercises to develop the muscles Healthy/ Physical ME
		2	Hockey	Multi Skills	Multi Skills	Rugby		
		3	Hockey	Multi Skills	Multi Skills	Rugby		
		4	Hockey	Multi Skills	Multi Skills	Rugby	Hockey & Rugby Head - K&U Heart - Effort/ respect Hands - Technique	
		5	Hockey	Multi Skills	Multi Skills	Rugby		
		6	Hockey	Multi Skills	Multi Skills	Rugby		
		7	Hockey	Multi Skills	Multi Skills	Rugby		
Multi Skills	1 – Stork test, Sit N Reach, Ruler Drop, 2 – Bleep Test, 3 – 30 m sprint, 4 – Cooper Run, 5 – Illinois and Sprint technique lesson 6 – VJ, STJ, SLJ , 7 – SHA Track events MUSCLES: QUADRICEPS, HAMSTRINGS, GASTROCNEMIUS, TIBIALIS ANTERIOR, GLUTEUS MAXIMUS, HIP FLEXORS TRAPEZIUS, LATISSIMUS DORSI, BICEP, TRICEP, DELTOID, ABDOMINALS, PECTORALS, EXTERNAL OBLIQUES							

TERM 2	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities	Nov 1st - Dec 17th	1	Netball	Badminton	Badminton	Hockey	Badminton Head - K&U Heart - Resilience	Warm Ups Muscular system: 14
		2	Netball	Badminton	Badminton	Hockey		

Focus: Promotion of hockey.	7 weeks 14 lessons	3	Netball	Badminton	Badminton	Hockey	Hands - Technique Netball & Hockey Head - K&U Heart - Effort/ respect Hands - Technique	key muscles & exercises for the specific muscles Healthy/ Physical ME
		4	Netball	Badminton	Badminton	Hockey		
		5	Netball	Badminton	Badminton	Hockey		
		6	Netball	Badminton	Badminton	Hockey		
		7	Netball	Badminton	Badminton	Hockey		

TERM 3	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities Focus: Promotion of girls rugby. Methods of training in fitness	Jan 3rd - Feb 11th 6 weeks 12 lessons	1	Rugby	Swimming or fitness	Swimming or fitness	Football	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Benefits of exercise on the muscular system Healthy/ Physical ME
		2	Rugby	Swimming or fitness	Swimming or fitness	Football		
		3	Rugby	Swimming or fitness	Swimming or fitness	Football		
		4	Rugby	Swimming or fitness	Swimming or fitness	Football		
		5	Rugby	Swimming or fitness	Swimming or fitness	Football		
		6	Rugby	Swimming or fitness	Swimming or fitness	Football		
		7	Rugby	Swimming or fitness	Swimming or fitness	Football		
Fitness	Designed to give students the opportunity to experience a range of training methods. Circuit training also gives students the opportunity to plan their own circuits with minimal equipment. Designing own training (mini PEP) – students can use the range of methods covered and create their own sessions. Can add continuous training to this. Use planning sheets that students keep so they can plan and record scores. Skill based training can involve different equipment (EG footballs skills).							

TERM 4	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Focus: Aesthetic Appreciatio n. Invasion.	Feb 21st - April 1st 6 weeks 12 lessons	1	Football	Gymnastics/ Dance	Gymnastics/ Dance	Basketball / Handball	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Aesthetic Appreciation. Invasion. Healthy/ Presenter ME
		2	Football	Gymnastics/ Dance	Gymnastics/ Dance	Basketball / Handball		
		3	Football	Gymnastics/ Dance	Gymnastics/ Dance	Basketball / Handball		
		4	Football	Gymnastics/ Dance	Gymnastics/ Dance	Basketball / Handball		

		5	Football	OAA	OAA	Basketball / Handball		
		6	Football	OAA	OAA	Basketball / Handball		
		7	Football	OAA	OAA	Basketball / Handball		

TERM 5	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 5	April 20th - May 27th 5 ½ weeks 10/11 lessons	1	Rounders	Athletics	Athletics	Cricket	Assessment: KS3 criteria for specific activity. Self and Peer assessment focus.	Field run scoring. Performing at maximum levels. Healthy/Presenter ME
		2	Rounders			Cricket		
		3	Rounders			Cricket		
		4	Rounders			Cricket		
		5	Rounders			Cricket		
		6	Rouncers			Cricket		
		7	Rounders			Cricket		

TERM 6	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 6	June 6th - July 22nd 7 weeks 14 lessons	1	Cricket	Tennis	Tennis	Softball	Assessment: KS3 criteria for specific activity.	Net/Wall. Healthy/Social ME
		2	Cricket	Tennis	Tennis	Softball		
		3	Cricket	Tennis	Tennis	Softball		
		4	Cricket	Tennis	Tennis	Softball		
		5	Cricket	Tennis	Tennis	Softball		
		6	Sports Day practice or Competition lesson.					

YEAR 8 CURRICULUM NORTH PROGRAMME 2021 – 2022.

1st Lessons of the week Girls out, Boys in - 2nd lesson of the week Girls in, boys out.

TERM 1	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities Focus: Promotion of rugby and hockey	Sept 6th - October 22nd 7 weeks 14 lessons	1	Hockey	Multi Skills	Multi Skills	Rugby	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Invasion Games, promoting hockey and rugby – Warm ups and muscular system. Leadership focus. Healthy/Physical ME
		2	Hockey	Multi Skills	Multi Skills	Rugby		
		3	Hockey	Multi Skills	Multi Skills	Rugby		
		4	Hockey	Multi Skills	Multi Skills	Rugby		
		5	Hockey	Multi Skills	Multi Skills	Rugby		
		6	Hockey	Multi Skills	Multi Skills	Rugby		
		7	Hockey	Multi Skills	Multi Skills	Rugby		
Multi Skills	1 – Stork test, Sit N Reach, Ruler Drop 2 – Bleep Test 3 – 30 m sprint 4 – Cooper Run 5 – Illinois and Sprint technique lesson 6 – VJ, STJ, SLJ 7 – SHA Track events							

TERM 2	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities Focus: Promotion of hockey.	Nov 1st - Dec 17th 7 weeks 14 lessons	1	Netball	Badminton	Badminton	Hockey	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Invasion Games, promoting hockey Warm ups and muscular system. Peer assessment tasks. Healthy/Physical ME
		2	Netball	Badminton	Badminton	Hockey		
		3	Netball	Badminton	Badminton	Hockey		
		4	Netball	Badminton	Badminton	Hockey		
		5	Netball	Badminton	Badminton	Hockey		
		6	Netball	Badminton	Badminton	Hockey		
		7	Netball	Badminton	Badminton	Hockey		

TERM 3	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities Focus: Promotion of girls rugby. Methods of training in fitness	Jan 3rd - Feb 11th 6 weeks 12 lessons	1	Rugby	Swimming or fitness	Swimming or fitness	Football	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Invasion Games. Developing fitness training methods - creating own circuit training sessions. Healthy/Physical ME
		2	Rugby	Swimming or fitness	Swimming or fitness	Football		
		3	Rugby	Swimming or fitness	Swimming or fitness	Football		
		4	Rugby	Swimming or fitness	Swimming or fitness	Football		
		5	Rugby	Swimming or fitness	Swimming or fitness	Football		
		6	Rugby	Swimming or fitness	Swimming or fitness	Football		
		7	Rugby	Swimming or fitness	Swimming or fitness	Football		
Fitness	<p>Designed to give students the opportunity to experience a range of training methods. Circuit training also gives students the opportunity to plan their own circuits with minimal equipment. Designing own training (mini PEP) – students can use the range of methods covered and create their own sessions. Can add continuous training to this. Use planning sheets that students keep so they can plan and record scores.</p> <p>Skill based training can involve different equipment (EG footballs skills).</p>							
TERM 4	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Focus: Aesthetic Appreciation. Invasion.	Feb 21st - April 1st 6 weeks 12 lessons	1	Football	Gymnastics / Dance	Gymnastics / Dance	Basketball/ Handball	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Aesthetic Appreciation. Invasion. Healthy/Presenter ME
		2	Football	Gymnastics / Dance	Gymnastics / Dance	Basketball/ Handball		
		3	Football	Gymnastics / Dance	Gymnastics / Dance	Basketball/ Handball		

		4	Football	Gymnastics / Dance	Gymnastics / Dance	Basketball/ Handball		
		5	Football	OAA	OAA	Basketball/ Handball		
		6	Football	OAA	OAA	Basketball/ Handball		
		7	Football	OAA	OAA	Basketball/ Handball		

TERM 5	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 5	April 20th - May 27th 5 ½ weeks 10/11 lessons	1	Rounders	Athletics	Athletics	Cricket	Assessment: KS3 criteria for specific activity. Self and Peer assessment focus.	Field run scoring. Performing at maximum levels. Healthy/Presenter ME
		2	Rounders			Cricket		
		3	Rounders			Cricket		
		4	Rounders			Cricket		
		5	Rounders			Cricket		
	6	Rouncers	Cricket					
	7	Rounders	Cricket					

TERM 6	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 6	June 6th - July 22nd 7 weeks 14 lessons	1	Cricket	Tennis	Tennis	Softball	Assessment: KS3 criteria for specific activity.	Net/Wall. Healthy/Social ME
		2	Cricket	Tennis	Tennis	Softball		
		3	Cricket	Tennis	Tennis	Softball		
		4	Cricket	Tennis	Tennis	Softball		
		5	Cricket	Tennis	Tennis	Softball		
	6	Sports Day practice or Competition lesson.						

YEAR 9 CURRICULUM NORTH PROGRAMME 2021 – 2022.

1st Lessons of the week Girls out, Boys in - 2nd lesson of the week Girls in, boys out.

TERM 1	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities	Sept 6th - October 22nd 7 weeks 14 lessons	1	Netball	Badminton	Badminton	Football	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Invasion Games, Warm ups and muscular system. Leadership focus. Healthy/Physical ME
		2	Netball	Badminton	Badminton	Football		
		3	Netball	Badminton	Badminton	Football		
		4	Netball	Badminton	Badminton	Football		
		5	Netball	Badminton	Badminton	Football		
		6	Netball	Badminton	Badminton	Football		
		7	Netball	Badminton	Badminton	Football		

TERM 2	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities Focus: Promotion of hockey.	Nov 1st - Dec 17th 7 weeks 14 lessons	1	Hockey	Fitness	Fitness	Rugby	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Invasion Games, promoting hockey Warm ups and muscular system. Peer assessment tasks. Healthy/Physical ME
		2	Hockey	Fitness	Fitness	Rugby		
		3	Hockey	Fitness	Fitness	Rugby		
		4	Hockey	Fitness	Fitness	Rugby		
		5	Hockey	Fitness	Fitness	Rugby		
		6	Hockey	Fitness	Fitness	Rugby		
		7	Hockey	Fitness	Fitness	Rugby		

TERM 3	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
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Invasion Activities Focus: Promotion of girls rugby. Methods of training in fitness	Jan 3rd - Feb 11th	1	Basketball	Dodgeball/ Handball	Basketball	Hockey	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Invasion Games. Developing fitness training methods - creating own circuit training sessions. Healthy/ Physical ME
	6 weeks 12 lessons	2	Basketball	Dodgeball/ Handball	Basketball	Hockey		
		3	Basketball	Dodgeball/ Handball	Basketball	Hockey		
		4	Basketball	Dodgeball/ Handball	Basketball	Hockey		
		5	Basketball	Dodgeball/ Handball	Basketball	Hockey		
		6	Basketball	Dodgeball/ Handball	Basketball	Hockey		

TERM 4	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Focus: Aesthetic Appreciation. Invasion.	Feb 21st - April 1st 6 weeks 12 lessons	1	Football	Gym/ Dance Swim	Gym/ Dance Swim	Dodgeball/ Handball	Assessment: KS3 criteria for specific activity - Head, Hands, Heart	Aesthetic Appreciation. Invasion. Healthy/ Presenter ME
		2	Football	Gym/ Dance Swim	Gym/ Dance Swim	Dodgeball/ Handball		
		3	Football	Gym/ Dance Swim	Gym/ Dance Swim	Dodgeball/ Handball		
		4	Football	Gym/ Dance Swim	Gym/ Dance Swim	Dodgeball/ Handball		
		5	Football	Gym/ Dance Swim	Gym/ Dance Swim	Dodgeball/ Handball		
		6	Football	Gym/ Dance Swim	Gym/ Dance Swim	Dodgeball/ Handball		
		7	Football	Gym/ Dance Swim	Gym/ Dance Swim	Dodgeball/ Handball		
Gym/ Dance	Students missed out on this last year so opportunity to develop core strength, flexibility, creativity, routines etc							
OAA	Opportunity to use some of the Dance/ Gym lessons for OAA should you wish.							

TERM 5	DATES W/B	Week	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 5	April 20th -	1	Rounders	Athletics	Athletics	Cricket		Field run scoring. Performin

May 27th	5 ½ weeks 10/11 lessons	2	Rounders			Cricket	Assessment: KS3 criteria for specific activity. Self and Peer assessment focus.	g at maximum levels. Healthy/ Presenter ME
		3	Rounders			Cricket		
		4	Rounders			Cricket		
		5	Rounders			Cricket		
		6	Rounders			Cricket		
		7	Rounders			Cricket		

TERM 6	DATES W/B	Wee k	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 6	June 6th - July 22nd 7 weeks 14 lessons	1	Cricket	Tennis	Tennis	Softball	Assessment: KS3 criteria for specific activity.	Net/Wall. Healthy/ Social ME
		2	Cricket	Tennis	Tennis	Softball		
		3	Cricket	Tennis	Tennis	Softball		
		4	Cricket	Tennis	Tennis	Softball		
		5	Cricket	Tennis	Tennis	Softball		
		6	Sports Day practice or Competition lesson.					

Additional Equipment Required:

PE Kit – Black shorts, white polo t-shirt, trainers.

Please note if students are ill/ injured they must provide a note from home & still bring kit.

Assessment Details

As above

What can I do to support my child at home?

Homework activities are set at various points to tie in with the My PB framework – please check Go4Schools and student planners for details.

Teaching Staff Contact Details			
Name	Role	Email	Tel
Ms Tracey Cotter	Learning Leader for PE	Tracey.cotter@ewsacademy.org.uk	01604 862125
Mr Thomas Inchley	Learning Leader South	thomas.inchley@ewsacademy.org.uk	01908 563468
Mrs Cassie Tuplin	SSCo	Cassandra.tuplin@ewsacademy.org.uk	01604 862125
Mr Ian Sanderson	Teacher of PE North	ian.sanderson@ewsacademy.org.uk	01604 862125
Mr Ciaran Rodway	Teacher of PE North	ciaran.rodway@ewsacademy.org.uk	01604 862125
Mrs Ella Lloyd-Jones	Assistant Headteacher	Ella.lloyd-jones@ewsacademy.org.uk	01908 563468
Miss Chloe James	Teacher of PE South	chloe.james@ewsacademy.org.uk	01908 563468
Ms Emma Sullivan	Teacher of PE South	Emma.Sullivan@ewsacademy.org.uk	01908 563468
Mr Thomas MArtin	Teacher of PE South	thomas.martin@ewsacademy.org.uk	01908 563468
<p>Additional Information: Extra Curricular clubs run after school to further enhance knowledge, understanding and skills on both North and South Campus – see the school website and PE notice boards for details. There are a variety of opportunities for swimming lessons, hiring sports areas and joining clubs through The Willison Centre – North Campus</p>			