	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	Sept 6th	1	Hockey	Multi Skills	Multi Skills	Rugby	Assessment: Multi Skills	Warm Ups Muscular				
Focus: Promotion	October 22nd	2	Hockey	Multi Skills	Multi Skills	Rugby	Head - K&U Heart - Resilience	system: 14 key muscles				
of rugby and hockey	7 weeks	3	Hockey	Multi Skills	Multi Skills	Rugby	Hands - Fitness levels	& exercises to develop the muscles				
	lessons	4	Hockey	Multi Skills	Multi Skills	Rugby	Hockey & Rugby Head - K&U	Healthy/				
		5	Hockey	Multi Skills	Multi Skills	Rugby	Heart - Effort/ respect	Physical ME				
		6	Hockey	Multi Skills	Multi Skills	Rugby	Hands - Technique					
		7	Hockey	Multi Skills	Multi Skills	Rugby						
Multi Skills	lesson	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										
		<u>MUSCLES:</u> QUADRICEPS, HAMSTRINGS, GASTROCNEMIUS, TIBIALIS ANTERIOR, GLUTEUS MAXIMUS, HIP FLEXORS TRAPEZIUS, LATISSIMUS DORSI, BICEP, TRICEP, DELTOID, ABDOMINALS, PECTORALS, EXTERNAL OBLIQUES										

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

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

TERM 3	DATES W/B	Wee k	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities	Jan 3rd - Feb 11th	1	Rugby	Swimming or fitness	Swimming or fitness	Football	Assessment: KS3	Benefits of
Focus: Promotion	6 weeks	2	Rugby	Swimming or fitness	Swimming or fitness	Football	criteria for specific activity -	exercise on the
of girls rugby. Methods of	12 lessons	3	Rugby	Swimming or fitness	Swimming or fitness	Football	Head, Hands, Heart	muscular system Healthy/
training in fitness		4	Rugby	Swimming or fitness	Swimming or fitness	Football		Physical ME
		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.	Feb 21st - April 1st 6 weeks	2	Football Football	Gymnastics/ Dance Gymnastics/ Dance	Gymnastics/ Dance Gymnastics/ Dance	Basketball / Handball Basketball / Handball	Assessment: KS3 criteria for specific	Aesthetic Appreciation. Invasion.
Invasion.	12 lessons	3	Football	Gymnastics/ Dance	Gymnastics/ Dance	Basketball / Handball	activity - Head, Hands, Heart	Healthy/ Presenter ME
		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	Wee k	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 5	20th -	1	Rounders	Athletics	Athletics	Cricket	Assessment: KS3	Field run scoring.
	May 27th	2	Rounders			Cricket	criteria for	Performing at
	5 ½ weeks	3	Rounders			Cricket	specific activity. Self and Peer	maximum levels. Healthy/
10/11 lessons	4	Rounders			Cricket	assessment focus.	Presenter ME	
		5	Rounders]		Cricket	1	
		6	Rouncers]		Cricket		
		7	Rounders	1		Cricket		

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

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	Wee k	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities	Sept 6th -	1	Hockey	Multi Skills	Multi Skills	Rugby	Assessment: KS3	Invasion Games,
Focus: Promotion	October 22nd	2	Hockey	Multi Skills	Multi Skills	Rugby	criteria for specific activity -	promoting hockey
of rugby and hockey	7 weeks 14	3	Hockey	Multi Skills	Multi Skills	Rugby	Head, Hands, Heart	and rugby – Warm ups and
	lessons	4	Hockey	Multi Skills	Multi Skills	Rugby]	muscular system.
		5	Hockey	Multi Skills	Multi Skills	Rugby		Leadershi p focus. Healthy/
		6	Hockey	Multi Skills	Multi Skills	Rugby		Physical ME
		7	Hockey	Multi Skills	Multi Skills	Rugby	1	
Multi Skills	1 – Stork t 2 – Bleep 3 – 30 m s	Test	N Reach, Ruler	Drop		•	•	1

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	Wee k	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Invasion Activities	Nov 1st -	1	Netball	Badminto n	Badminto n	Hockey	Assessment:	Invasion Games,
Focus: Promotio	Dec 17th	2	Netball	Badminto n	Badminto n	Hockey	KS3 criteria for specific activity	promotin g hockey
n of hockey.	7 weeks	3	Netball	Badminto n	Badminto n	Hockey	- Head, Hands, Heart	Warm ups and muscular
	14 lessons	4	Netball	Badminto n	Badminto n	Hockey		system. Peer
		5	Netball	Badminto n	Badminto n	Hockey		assessme nt tasks. Healthy/
		6	Netball	Badminto n	Badminto n	Hockey		Physical ME
		7	Netball	Badminto n	Badminto n	Hockey		

TERM 3	DATES W/B	Wee k	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS	
Activities - Fe Focus: 11t Promotio n of girls 6	Jan 3rd - Feb 11th	1	Rugby	Swimmin g or fitness	Swimmin g or fitness	Football	Assessment: KS3 criteria for	Invasion Games. Developin	
	6 weeks	2	Rugby	Swimmin g or fitness	Swimmin g or fitness	Football	specific activity - Head, Hands, Heart	g fitness training methods -	
Methods of training in fitness	12 lessons	3	Rugby	Swimmin g or fitness	Swimmin g or fitness	Football		creating own circuit	
Fitness	5 6 7	4	Rugby	Swimmin g or fitness	Swimmin g or fitness	Football		training sessions. Healthy/ Physical ME	
		5	Rugby	Swimmin g or fitness	Swimmin g or fitness	Football			
		6	6	Rugby	Swimmin g or fitness	Swimmin g or fitness	Football		
		7	Rugby	Swimmin g or fitness	Swimmin g or fitness	Football			
	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.								

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

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	Wee k	Girls Out	Girls In	Boys In	Boys Out	ASSESSMENT	FOCUS
Term 5	April 20th -	1	Rounders	Athletics	Athletics	Cricket	Assessment:	Field run scoring.
	May 27th 5 ½ weeks	2	Rounders			Cricket	KS3 criteria for	Performin g at maximum levels. Healthy/ Presenter ME
		3	Rounders			Cricket	specific activity.	
		4	Rounders			Cricket	Self and Peer assessment focus.	
		5	Rounders			Cricket	locus.	
		6	Rouncers			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 -	1	Cricket	Tennis	Tennis	Softball	Assessment: KS3	Net/Wall. Healthy/	
	July 22nd	2	Cricket	Tennis	Tennis	Softball	criteria for specific activity.	Social ME	
	7 weeks	7 weeks	3	Cricket	Tennis	Tennis	Softball	specific activity.	
	lessons	4	Cricket	Tennis	Tennis	Softball			
		5	Cricket	Tennis	Tennis	Softball			
		6		Sp	orts Day pract	ice or Competitio	on 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	Wee	Girls	Girls	Boys	Boys	ASSESSMENT	FOCUS
	W/B	k	Out	In	In	Out		
Invasion Activities	Sept 6th - Octobe r 22nd	2	Netball Netball	Badminto n Badminto n	Badminto n Badminto n	Football Football	Assessment: KS3 criteria for specific activity	Invasion Games, Warm ups and
	7 weeks	weeks	7 weeks	Badminto n	Badminto n	Football		muscular system. Leadershi
	14 lessons	4	Netball	Badminto n	Badminto n	Football		p focus. Healthy/
		5	Netball	Badminto n	Badminto n	Football		Physical ME
		6	Netball	Badminto n	Badminto n	Football		
		7	Netball	Badminto n	Badminto n	Football		

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

TERM 3	DATES	Week	Girls	Girls	Boys	Boys	ASSESSMENT	FOCUS
	W/B		Out	In	In	Out		

Invasion Activities	Jan 3rd - Feb 11th	1	Basketball	Dodgeball/ Handball	Basketball	Hockey	Assessment: KS3	Invasion Games.
Focus: Promotion	6 weeks	2	Basketball	Dodgeball/ Handball	Basketball	Hockey	criteria for specific activity - Head,	Developing fitness
of girls rugby. Methods of	12 lessons	3	Basketball	Dodgeball/ Handball	Basketball	Hockey	Hands, Heart	training methods - creating
training in fitness		4	Basketball	Dodgeball/ Handball	Basketball	Hockey		own circuit training
		5	Basketball	Dodgeball/ Handball	Basketball	Hockey		sessions. Healthy/ Physical ME
		6	Basketball	Dodgeball/ Handball	Basketball	Hockey		i ilysical ivic

TERM 4	DATES	Wee	Girls	Girls	Boys	Boys	ASSESSMENT	FOCUS
	W/B	k	Out	In	In	Out		
Focus:	Feb 21st	1	Football	Gym/	Gym/	Dodgeball/		
Aesthetic	- April			Dance	Dance	Handball	Assessment: KS3	Aesthetic
Appreciati	1st			Swim	Swim		criteria for	Appreciati
on.		2	Football	Gym/	Gym/	Dodgeball/	specific activity -	on.
12	6 weeks			Dance	Dance	Handball	Head, Hands,	Invasion.
	12			Swim	Swim		Heart	Healthy/
	lessons	3	Football	Gym/	Gym/	Dodgeball/		Presenter
				Dance	Dance	Handball		ME
				Swim	Swim			
		4	Football	Gym/	Gym/	Dodgeball/		
				Dance	Dance	Handball		
				Swim	Swim			
		5	Football	Gym/	Gym/	Dodgeball/		
				Dance	Dance	Handball		
				Swim	Swim			
		6	Football	Gym/	Gym/	Dodgeball/		
				Dance	Dance	Handball		
				Swim	Swim			
		7	Football	Gym/	Gym/	Dodgeball/		
				Dance	Dance	Handball		
				Swim	Swim			
Gym/ Dance	Students r	nissed o	ut on this last y	ear so opportu	unity to develo	p core strength, f	exibility, creativity, ro	utines etc
OAA	Opportuni	ty to use	some of the D	Dance/ Gym les	sons for OAA	should you wish.		
	'''	,		,		,		

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

I I	May 27th	2	Rounders		Cricket	Assessment: KS3 criteria for	g at maximum
1 1	5 ½ weeks 10/11	3	Rounders		Cricket	specific activity. Self and Peer	levels. Healthy/ Presenter
l .	l0/11 essons	4	Rounders		Cricket	assessment focus.	ME
		5	Rounders		Cricket	100031	
		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 -	1	Cricket	Tennis	Tennis	Softball	Assessment:	Net/Wall. Healthy/
	July 22nd	2	Cricket	Tennis	Tennis	Softball	KS3 criteria for specific activity.	Social ME
	7 weeks	3	Cricket	Tennis	Tennis	Softball	specific activity.	
	14 lessons	4	Cricket	Tennis	Tennis	Softball		
		5	Cricket	Tennis	Tennis	Softball		
		6		Spo	rts Day pract	ice or Competiti	on 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			
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Ms Tracey Cotter	Learning Leader for PE	<u>Tracey.cotter@ewsacademy.org.uk</u>	01604 862125
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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