

Elm Court School

Physical Education Curriculum Overview



KS3

The PE programme of study provides opportunities for the pupils to become successful learners, confident individuals, and well-organized that could be transferable to other subjects.

The PE programme of study for Key Stage 3 builds on the knowledge, skills, and understanding pupils acquire at in their previous learning experience. During the key stage pupils become increasingly physically competent by:

- Developing the range and quality of their physical skills
- Improving their ability to use tactics, strategies, and compositional principles
- Improving their capacity to perform effectively
- Improving their ability to analyse performance and make judgements about what makes a performance successful

Through the range of activities and variety of roles that pupils experience, they begin to make informed choices about their own commitment to leading a healthy and active life. They begin to identify the types of activities and roles they prefer and are best suited to their ability.

Pathway Options Years 10 – 14 (KS4/KS5)

Pupils in KS4 and Sixth form can choose to study a course in Sport and Leisure. This qualification helps pupils learn the skills and information they may need to work in the sports and Leisure industry. It covers fitness testing and development, and analysis of performance. Pupils will have the opportunity to go to Fitzroy Boxing Gym to perform a 6-week training programme. Pupils will also have the opportunity to compete in the London Youth Games.

The courses on offer are:

- Gateway Level 1 Award in Sport Fitness and Active Leisure
- Gateway Level 2 Award in Sport Fitness and Active Leisure
- NCFE Level 1 Certificate in sport

Pupils start the course at the level they are working at academically and then progress to a higher level throughout the duration of the course.

<p>Year 7:</p> <p>Team invasion games: Basketball and Netball</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> • Sending an object 	<p>Year 8:</p> <p>Team invasion games: Basketball and Hockey</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> • Traveling in multiple 	<p>Year 9:</p> <p>Team invasion games: Basketball and Football</p> <p>Learning themes include:</p> <p>Offense:</p>	<p>KS4:</p> <p>Pupils start to work towards a Level 1 Certificate in Sport, Fitness, and Active Leisure.</p> <p>Areas studied include:</p>	<p>KS5:</p> <p>Pupils continue their studies working towards either a Level 1 or 2 Certificate in Sport, Fitness, and Active Leisure or build on the units they have already studied</p>
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<ul style="list-style-type: none"> Receiving an object Avoiding opponents Change of direction Basic footwork <p>Net Games: Badminton and Tennis</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> Change of direction Sending an object Receiving an object <p>Striking and Fielding Games: Cricket</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> Hitting the ball Placing the ball Running Catching a ball <p>Athletics: Running, Jumping, and Throwing</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> Running: Learning basic running technique 	<p>directions</p> <ul style="list-style-type: none"> Speed & Agility Being aware of space. Change of speed Being able to read simple patterns of play. Advanced footwork <p>Net Games: Badminton and Table tennis</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> Speed & Agility Stamina Strength <p>Striking and fielding games: Cricket</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> Throwing to a base or wicket Fielding Bowling <p>Athletics: Running, Jumping, and Throwing</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> Running: Learning advanced running technique 	<ul style="list-style-type: none"> Maintain Possession Avoid defensive players Create space for teammates Create space for yourself Attack goal Teamwork/co-operation <p>Defence:</p> <ul style="list-style-type: none"> Defend goal Defend space Gain Possession Defensive positioning Playing area coverage Predicting the opponent's move Teamwork/co-operation <p>Net Games: Badminton and Tennis</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> Object placement Hitting objects to open space Anticipation/read opponent Timing Teamwork/Cooperation <p>Striking and fielding games: Cricket</p> <p>Learning themes include:</p>	<p>Unit 1: Planning Own Fitness Programme</p> <ul style="list-style-type: none"> Know the components of physical fitness Be able to assess own fitness level Be able to plan and use own fitness programme Know how to overcome barriers that may affect the achievement of fitness goals. Be able to review own fitness programme <p>Unit 2: Taking part in Exercise & Fitness</p> <ul style="list-style-type: none"> Know about different exercise and fitness activities and facilities Know how to take part in exercise and fitness safely Be able to demonstrate work skills through participation in exercise and fitness activities Be able to review own performance 	<p>and start the NCFE Level 1 Certificate in Sport.</p> <p>Areas studied include:</p> <p>Unit 1: Exercise and Fitness Instruction</p> <ul style="list-style-type: none"> Know about planning exercise and fitness sessions and programmes Be able to design exercise and fitness programmes Be able to lead aspects of fitness sessions Be able to assess a fitness session <p>Unit 2: Practical Sport</p> <ul style="list-style-type: none"> Be able to demonstrate skills, techniques, and tactics for sports Know the rules, regulations, and scoring systems of sports Be able to know the roles and responsibilities of sports officials Be able to review sports performance
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<ul style="list-style-type: none"> • Jumping: Learning how to take off and land safely • Throwing: Learning how to throw/push objects safely 	<ul style="list-style-type: none"> • Jumping: Learning how to maximise take-off and land safely • Throwing: Learning how to throw/push objects to maximal distance 	<ul style="list-style-type: none"> • Positioning to cover space • Reading the game and anticipating the play when fielding • Covering wickets • Throwing to a base or wicket <p>Athletics: Running, Jumping, and Throwing</p> <p>Learning themes include:</p> <ul style="list-style-type: none"> • Running: Demonstrate effective running mechanics with the different phases of a sprint • Jumping: Learning how to maximise your jumping ability through effective jumping and landing mechanics • Throwing: Learning how to throw/push objects to maximal distance safely 		
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How you can support your child in Physical Education:

You can contribute by encouraging your child to be active out of school and to join a local swimming, football, or athletics club or find out about after-school activities within the community. You can also talk to your child about the importance and relevance of PE in learning and how it helps to maintain long-term health. You can find out from school which days your child has PE or in their diary. Ensure your child has the appropriate clothing for both indoor and outdoor activities.

Please keep in touch with the Physical Education section should you feel your child is struggling or needs more challenge – let us know. Emails can be sent to: admin@elmcourt.lambeth.sch.uk.

