Key Stage 3 Subject Guide Physical Education

2017 – 18

**KS3 PE Assessment Tracking Card**

**On this card you will record your current grade and your progress towards you end of KS4 Grade.**

**Name :**

**KS4 Target Grade :**

**Year 7 Baselined Grade :**

**My PE flight path** (This is where you should be at the end of each year, depending on where you started.)

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|   | F3 | F2 | F1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 11 |   |   |   |   |   |   |   |   |   |   |   |   |
| 10 |   |   |   |   |   |   |   |   |   |   |   |   |
| 9 |   |   |   |   |   |   |   |   |   |   |   |   |
| 8 |   |   |   |   |   |   |   |   |   |   |   |   |
| 7 |   |   |   |   |   |   |   |   |   |   |   |   |

**Record your grade, then colour code the grade box to say if you are on track to meet your EOKS4 target. (Red = Off Target, Yellow = On Target, Green = Above Target)**

**Year 7 Activities –**

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| Activity | Grade | To Improve… |
| Invasion |  |  |
| Aesthetic |  |  |
| Net/Wall |  |  |
| Striking and Fielding |  |  |

**Year 8 Activities**

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| Activity | Grade | To Improve… |
| Invasion |  |  |
| Aesthetic |  |  |
| Net/Wall |  |  |
| Striking and Fielding |  |  |

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| **Invasion Games**I need to get better at finding spaceI need to get better at making my passes more accurateI need to improve the strength of my passesI need to control the ball betterI need to use my peripheral vision moreMy shooting is something I need to work onI need to improve my ability to mark I want to improve my knowledge of the rules | **Net/Wall**I need to make sure I watch the shuttle/ball betterMy movement around the court I something I need to work onI need to get better at hitting the shuttle/ball away from my opponentMy footwork needs to be improvedI need to make sure I get my body in the right place before I hit the shuttle/ballI want to improve my knowledge of the rules |
| **Aesthetic**I need to improve my body controlI need to work on my core strengthI need to improve my flexibilityMy timing is something that I need to improveI need to get better at planning my routines to make them flow betterI need to improve my use of choreographic devices | **Striking and Fielding**My batting technique is something I need to work onI need to improve my ability to aim the ball away from the fielders.I need to work on improving my underarm throwMy overarm throw is something I need to work onI need better accuracy on my throwingI need to work on my decision making so my team gets more people out |

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| **Level**  | **Range of skills**  | **Quality of skills**  | **Physical attributes**  |
| **Professional****(End of KS4)****(8/9)****GCSE Practical Score 18-20**  | Demonstrates all core skills and nearly all advanced skills for the activity in isolation and under competitive pressure in authentic performance situations Demonstrates and applies relevant and comprehensive knowledge and understanding of a wide range of factors affecting performance and involvement in physical activity and sport using accurate specialist terminology.Critically analyses and evaluates a wide range of information about performance to draw well-evidenced conclusions | Core skills are performed consistently with an excellent standard of accuracy, control and fluency. The advanced skills demonstrated are performed consistently with an excellent standard of accuracy, control and fluency.Safely and effectively applies a wide range of appropriate techniques, strategies and/or compositional ideas demonstrating a consistently skilled and controlled performance | Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively   |
| **Semi Professional** **(6/7)****GCSE Practical Score 13-17** | Demonstrates all core skills and many advanced skills for the activity in isolation and under competitive pressure in authentic performance situations  | Core skills are performed consistently with a very good standard of accuracy, control and fluency the advanced skills demonstrated are performed with some consistency and a very good standard of accuracy, control and fluency  | Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively |
| **Club Player****(End of KS3)** **(4/5)****GCSE Practical Score 8 – 12** | Demonstrates most core skills and some advanced skills for the activity in isolation and under competitive pressure in authentic performance situations Demonstrates mostly accurate and appropriate knowledge and understanding of a range of factors affecting performance and involvement in physical activity and sport using mostly accurate specialist terminologyAnalyses and evaluates a range of information about performance to draw reasoned conclusions supported by evidence | Core skills are performed consistently with a good standard of accuracy, control and fluency the advanced skills Demonstrated are performed with some consistency and a good standard of accuracy, control and fluency Safely apply a range of appropriate techniques, strategies and/or compositional ideas demonstrating a capable and controlled performance | Demonstrates appropriate levels of physical fitness and psychological control to perform effectively  |
| **Recreational performer** **(2/3)****GCSE Practical Score 4 – 7** | Demonstrates many core skills and few advanced skills for the activity in isolation and under competitive pressure in authentic performance situationsDemonstrates some relevant knowledge and understanding of some factors affecting performance and involvement in physical activity and sport using everyday languageInterprets a range of information about performance to draw simple conclusions | Core skills are performed with limited consistency and some accuracy, control and fluency the advanced skills demonstrated are performed with limited consistency and often lack accuracy, control and fluency Safely applies basic techniques, strategies and/or compositional ideas demonstrating some control in their performance | Demonstrates sufficient physical fitness and psychological control to perform with some effectiveness  |
| **Novice** **(Start of KS3)****(1)****GCSE Practical Score 1 - 3** | Demonstrates some core skills for the activity in isolation and under competitive pressure in authentic performance situations few, if any of the advanced skills for theactivity are attempted  | Core skills are performed inconsistently and with limited accuracy, control and fluency any advanced skills attempted are performed with little success   | Demonstrates limited physical fitness and psychological control during performance   |
| **Foundation****(F0-1)** | Demonstrates some core skills for the activity in isolation and under conditioned competitive pressure. Few, if any of the advanced skills for theactivity are attempted  | Core skills are performed inconsistently and with limited accuracy, control and fluency any advanced skills attempted are performed with little success   | Demonstrates limited physical fitness and psychological control during performance   |
| **Foundation****(F2)** | Demonstrates limited core skills for the activity in isolation and in conditioned competitive situations.Few, if any of the advanced skills for theactivity are attempted  | Core skills are performed inconsistently and with limited accuracy, control and fluency.  | Demonstrates limited physical fitness and psychological control during performance.  |
| **Foundation****(F3)** | Demonstrates few core skills for the activity in isolation No advanced skills are attempted.  | Core skills are performed inconsistently, with very little accuracy, control and fluency. | Demonstrates very limited physical fitness and no psychological control during performance.  |

Curriculum 2017-18

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| **Year 7****Mon3/4** | **Rotation 1 (7)****Sept – 16th October** | **Rotation 2 (10)****16th October to 8th January** | **Rotation 3 (10)****8th January to 26th March** | **Rotation 4 (10)****26th March to 18th June** | **Curriculum Uplift (3)****2nd – 20th July** |
| **Group 1****(Girls)****LWA** | **Invasion Games** | **Net and wall games** | **Aesthetic** | **Striking, fielding and athletics** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Netball (7)*MUGA* | Badminton (5)*SPORTS HALL* | Table Tennis (5)*GYM* | Dance (5)*MAIN HALL* | Trampolining (5)*GYM* | Rounders (5)*S/HALL/ FIELD* | Athletics (5)*FIELD* |
| **Group 2****(Boys)****BCO** | **Invasion games** | **Net and wall games** | **Aesthetic** | **Striking and fielding** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Rugby (7)*FIELD* | Rugby*FIELD* | Badminton (5)*SPORTS HALL* | Trampolining (5)GYM | Dance (5)*MAIN HALL* |  Cricket (5)*MUGA/ FIELD* | Athletics (5)*FIELD* |
| **Group 3****(Boys or girls or mixed)****SSK** | **Aesthetic** | **Invasion Games** | **Net and wall games** | **Striking and fielding** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Trampolining (7)*GYM* | Rugby (5)*FIELD* | Netball (5)*MUGA* | Badminton (10)SPORTS HALL | Rounders (5)*S/HALL/ FIELD*  | Athletics (5)*FIELD* |
| **Fitness** | Fitness Testing | Interval /Fartlek/ Plyometrics | Circuits | Continuous | Fitness Testing |
| **Extra Curricular** | Rugby/Netball/Football/ Table Tennis | Football/ Netball/ Badminton/Trampolining | Football/ Netball/ Table Tennis/Cheerleading | Rounders/ Cricket/ Athletics | Rounders/ Cricket/ Athletics |

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| **Year 7****Thurs 1/2** | **Rotation 1 (7)****Sept – 16th October** | **Rotation 2 (10)****16th October to 8th January** | **Rotation 3 (10)****8th January to 26th March** | **Rotation 4 (10)****26th March to 18th June** | **Curriculum Uplift (3)****2nd – 20th July** |
| **Group 1****(Girls)****SSK** | **Invasion Games** | **Net and wall games** | **Aesthetic** | **Striking, fielding and athletics** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Netball (7)*MUGA* | Badminton (5)*SPORTS HALL* | Table Tennis (5)*GYM* | Dance (5)*MAIN HALL* | Trampolining (5)*GYM* | Rounders (5)*S/HALL/ FIELD* | Athletics (5)*FIELD* |
| **Group 2****(Boys)****JAB** | **Invasion games** | **Net and wall games** | **Aesthetic** | **Striking and fielding** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Rugby (7)*FIELD* | Rugby*FIELD* | Badminton (5)*SPORTS HALL* | Trampolining (5)GYM | Dance (5)*MAIN HALL* |  Cricket (5)*MUGA/ FIELD* | Athletics (5)*FIELD* |
| **Fitness** | Fitness Testing | Interval /Fartlek/ Plyometrics | Circuits | Continuous | Fitness Testing |
| **Extra Curricular** | Rugby/Netball/Football/ Table Tennis | Football/ Netball/ Badminton/Trampolining | Football/ Netball/ Table Tennis/Cheerleading | Rounders/ Cricket/ Athletics | Rounders/ Cricket/ Athletics |

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| **Year 8****Weds 1/2** | **Rotation 1 (7)****Sept – 16th October** | **Rotation 2 (10)****16th October to 8th January** | **Rotation 3 (10)****8th January to 26th March** | **Rotation 4 (10)****26th March to 18th June** | **Curriculum Uplift (3)****2nd – 20th July** |
| **Group 1****(Girls)****SSK** | **Invasion Games** | **Net and wall games** | **Aesthetic** | **Striking, fielding and athletics** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Netball (7)*MUGA* | Badminton (5)*SPORTS HALL* | Table Tennis (5)*GYM* | Dance (5)*MAIN HALL* | Trampolining (5)*GYM* | Rounders (5)*S/HALL/ FIELD* | Athletics (5)*FIELD* |
| **Group 2****(Boys)****SFO** | **Invasion games** | **Net and wall games** | **Aesthetic** | **Striking and fielding** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Rugby (7)*FIELD* | Table Tennis (5)*GYM* | Badminton (5)*SPORTS HALL* | Trampolining (5)GYM | Dance (5)*MAIN HALL* |  Cricket (5)*MUGA/ FIELD* | Athletics (5)*FIELD* |
| **Group 3****(Mixed)****LWA** | **Aesthetic** | **Invasion Games** | **Net and wall games** | **Striking and fielding** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Trampolining (7)*GYM* | Netball (5)*MUGA* | Badminton (10)SPORTS HALL | Rounders (5)*S/HALL/ FIELD*  | Athletics (5)*FIELD* |
| **Fitness** | Fitness Testing | Interval /Fartlek/ Plyometrics | Circuits | Continuous | Fitness Testing |
| **Extra Curricular** | Rugby/Netball/Football/ Table Tennis | Football/ Netball/ Badminton/Trampolining | Football/ Netball/ Table Tennis/Cheerleading | Rounders/ Cricket/ Athletics | Rounders/ Cricket/ Athletics |

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| **Year 8****Thurs 3/4** | **Rotation 1 (7)****Sept – 16th October** | **Rotation 2 (10)****16th October to 8th January** | **Rotation 3 (10)****8th January to 26th March** | **Rotation 4 (10)****26th March to 18th June** | **Curriculum Uplift (3)****2nd – 20th July** |
| **Group 1****(Girls)****SSK** | **Invasion Games** | **Net and wall games** | **Aesthetic** | **Striking, fielding and athletics** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Netball (7)*MUGA* | Badminton (5)*SPORTS HALL* | Table Tennis (5)*GYM* | Dance (5)*MAIN HALL* | Trampolining (5)*GYM* | Rounders (5)*S/HALL/ FIELD* | Athletics (5)*FIELD* |
| **Group 2****(Boys)****JAB** | **Invasion games** | **Net and wall games** | **Aesthetic** | **Striking and fielding** | **REPEAT FITNESS TESTS****Interhouse Rounders and Athletics** |
| Rugby (7)*FIELD* | Table Tennis (5)*GYM* | Badminton (5)*SPORTS HALL* | Trampolining (5)GYM | Dance (5)*MAIN HALL* |  Cricket (5)*MUGA/ FIELD* | Athletics (5)*FIELD* |
| **Fitness** | Fitness Testing | Interval /Fartlek/ Plyometrics | Circuits | Continuous | Fitness Testing |
| **Extra Curricular** | Rugby/Netball/Football/ Table Tennis | Football/ Netball/ Badminton/Trampolining | Football/ Netball/ Table Tennis/Cheerleading | Rounders/ Cricket/ Athletics | Rounders/ Cricket/ Athletics |

As a sports college we feel it is imperative that your child participates, in the appropriate kit, as fully as possible in all practical lessons.  Any illness or injury must be accompanied by a note from the parent/carer and will be kept by the PE department.

For minor illnesses and injuries, the lesson will be adapted accordingly i.e. the injured students can become coach, referee or teacher, rather than player or performer.

For this to be done safely PE kit must be worn (this can be adapted for the type of activity i.e. coat and tracksuit bottoms for outdoor coaching, to save school uniform).

Please ensure your son/daughter brings the correct kit for lessons.  Students without kit will be loaned clean kit to wear.  No jewellery can be worn for PE lessons at any time

Girls and boys minimum requirement:

1. Plain black shorts

2. College PE shirt

3. Non marking gym shoes or trainers

4. Sports socks – in appropriate house colour

Boy’s minimum requirement: as above, plus:

1. Football boots

2. Shin Pads

3. Gum shield (can be purchased from the PE department for £1)

Optional extras

1. College micro fleece

2. Plain black tracksuit trousers (no stripes down the side or large logos)

Leggings not be acceptable for use in PE.

You can find all of the kit available to order at

 [http://www.proservegroup.com/sir‐john‐hunt31](http://www.proservegroup.com/sir%E2%80%90john%E2%80%90hunt%E2%80%9031)c.asp

or you can follow the link from the Curriculum PE area on the college website, print the order