

KS3 CORE PHYSICAL EDUCATION

Year 7

TERM 1 content and skills	TERM 2 content and skills	TERM 3 content and skills	EXTENDED CURRICULUM (trips/visits/after school activities)
<p>We introduce a traditional games format looking to develop on the skills taught during KS2 to make students more competent and confident across a wide variety of activities and to integrate pupils into the secondary school curriculum. Pupils will engage in a variety of activities that will challenge, engage and promote positive attitudes to sport and a healthy active lifestyle.</p> <p>We use a variety of games activities to promote tactical awareness and strategies for outwitting opponent, as well as skill development. This is delivered through Rugby, Netball and Hockey.</p> <p>A broader focus on technique, aesthetic appreciation, body management and spatial awareness is delivered through gymnastics and dance. This allows pupils an opportunity to perform, identify effective performance and assess both their own and others work.</p> <p>The summer programme of athletics, swimming and rounders again has a specific focus on technique and skill development whilst also lending itself nicely to performance analysis. The year 7 swimming block builds on the key stage 2 curriculum and promotes water safety with a focus on confidence and proficiency in varying water depths.</p>			<p>Students will have the opportunity to complete a broad range of physical activities as part of the Comberton Extra-curricular programme. This often extends to fixtures and tournaments within the district and culminated with the athletics jubilee cup.</p> <p>At the end of the Autumn term all students take part in 'curriculum extension days' for Year 7 this includes a day immersed into a world of alternative sport and activities. Across a jam packed day they engaged in six 50 minute crash courses in alternative games and traditional sports.</p>

Assessment:

Within PE we operate a continuous assessment process across the whole year. Our assessment strands are embedded into our Schemes of Work, giving pupils an opportunity to achieve and progress in every lesson. At the end of each topic we will update our centralised assessment document on Go4Schools.

Year 8

TERM 1 content and skills	TERM 2 content and skills	TERM 3 content and skills	EXTENDED CURRICULUM (trips/visits/after school activities)
<p>Pupils are given the opportunity to build on the foundations delivered in year 7 as well as engage in sports that are currently trending in our communities and cultures. Within games activities such as Rugby, Hockey and Football pupils are exposed to greater tactical analysis, more advanced drills and activities and are expected to show a greater appreciation of the knowledge and understanding for the games. The introduction of football in year 8 comes for both the boys and girls. This allows pupils to further develop their skills alongside their external coaching and match play. For many girls this has provided the steppingstone into competitive sport and in to extra-curricular opportunities not just inside, but outside the school gates.</p>			<p>Across the year we offer an extensive extra-curricular programme. There are a variety of competitive opportunities across sports such as football, rugby, hockey, netball, basketball, badminton, tennis to name but a few. We also offer a range of recreational clubs for those pupils who enjoy being active but do not want a structured</p>

Racquet sports are introduced in year 8 in the form of **tennis, badminton, squash and table tennis**. This has a specific technical focus which runs alongside knowledge of tactics and rules. Pupils experience a variety of racquet-based sports for appreciation of the different skills required and to promote breadth and engagement in all. To coincide with our racquets scheme of work we offer recreational and competitive sports clubs for all racquet sports across the year. The summer term sees the return of **athletics and swimming** where similar to the games section we see an improvement in technique and an opportunity to build on the skills and knowledge acquired in year 7. Following the success of both our male and female national cricket teams we have introduced **cricket to all** year 8 students.

competitive format. These include but are not limited to, dodgeball, table tennis, badminton, rock climbing, swimming, basketball, squash, trampolining. All clubs go towards our Comberton Extra programme that rewards pupils for their commitment to **all** extra-curricular commitments at CVC.

Assessment:

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Year 9

TERM 1 content and skills	TERM 2 content and skills	TERM 3 content and skills	EXTENDED CURRICULUM (trips/visits/after school activities)
<p>In year 9 we offer an alternative curriculum to offer breadth and depth to our pupils. An opportunity to explore different avenues within the world of sport and make connections to the possibility of life-long physical activity. Pupils have an alternative games unit where they look at a variety of different activities including but not limited to korfbal, ultimate frisbee, Gaelic football, handball and American ‘touch’ football. This is a great opportunity for pupils to experience something new and to see how the skills, knowledge, tactics and strategies from games in years 7 and 8 can be transferred and applied to other scenarios. Building on the skills taught in Gymnastics across years 7 and 8 pupils now apply that knowledge and performance in an alternative manner in parkour and sports acrobatics. Mountain biking provides pupils a chance to get out of the school grounds, to experience the local community and explore the countryside. Pupils develop their cycling proficiency understanding the rules of the road and becoming competent and confident riding in traffic, this will prepare them for life in Cambridgeshire.</p>			<p>Across the year we offer an extensive extra-curricular programme. There are a variety of competitive opportunities across sports such as football, rugby, hockey, netball, basketball, badminton, tennis to name but a few. We also offer a range of recreational clubs for those pupils who enjoy being active but do not want a structured competitive format. These include but are not limited to, dodgeball, table tennis, badminton, rock climbing, swimming, basketball, squash, trampolining. All clubs go towards our Comberton Extra programme that rewards pupils for their commitment to all extra-curricular commitments at CVC.</p>

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