

# Physical Education (PE)

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**Curriculum Intent:** To provide students with the opportunity to try a variety of activities, have enjoyable experiences and gain a lifelong love of PE.

	Core Knowledge	Procedural Knowledge
Autumn Term	<b>Topics:</b> <ul style="list-style-type: none"> <li>Invasion Games</li> <li>Net/Racket Games</li> <li>Gymnastics</li> <li>Dance</li> <li>Athletics</li> <li>Fitness</li> <li>Orienteering</li> </ul>	<b>Students will:</b> <ul style="list-style-type: none"> <li>develop their skills, knowledge and understanding in PE.</li> <li>develop the ability to apply skills learnt in competitive situations.</li> <li>be encouraged to work both independently and as part of a team.</li> <li>use a range of tactics and strategies to overcome opponents in direct competition.</li> <li>select and apply the appropriate strategy or technique to master an activity.</li> <li>develop their technique to improve their performance.</li> <li>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Spring Term	<b>Topics:</b> <ul style="list-style-type: none"> <li>Invasion Games</li> <li>Net/Racket Games</li> <li>Gymnastics</li> <li>Dance</li> <li>Athletics</li> <li>Fitness</li> <li>Orienteering</li> </ul>	<b>Students will:</b> <ul style="list-style-type: none"> <li>develop their skills, knowledge and understanding in PE.</li> <li>develop the ability to apply skills learnt in competitive situations.</li> <li>be encouraged to work both independently and as part of a team.</li> <li>use a range of tactics and strategies to overcome opponents in direct competition.</li> <li>select and apply the appropriate strategy or technique to master an activity.</li> <li>develop their technique to improve their performance.</li> <li>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

<b>Summer Term</b>	<b>Topics:</b> <ul style="list-style-type: none"> <li>• Tennis</li> <li>• Cricket</li> <li>• Rounders</li> <li>• Athletics</li> </ul>	<b>Students will:</b> <ul style="list-style-type: none"> <li>• develop their skills, knowledge and understanding in PE.</li> <li>• develop the ability to apply skills learnt in competitive situations.</li> <li>• be encouraged to work both independently and as part of a team.</li> <li>• use a range of tactics and strategies to overcome opponents in direct competition.</li> <li>• select and apply the appropriate strategy or technique to master an activity.</li> <li>• develop their technique to improve their performance.</li> <li>• analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
<b>Homework:</b> No formal homework is set in PE, but we encourage all pupils to involve themselves in physical activity outside of the PE curriculum and lead an active and healthy lifestyle. A range of extra-curricular activities are available before and after school and everyone is welcome to attend		
<b>Assessment:</b> We holistically assess throughout PE using observation, peer and teacher assessments. Students receive constant verbal feedback. Formal assessments take place twice a year, and our focus is on a student's behaviour, and whether or not they are meeting their potential.		
<b>Links to Personal Development:</b> <ul style="list-style-type: none"> <li>• Leading healthy active lives.</li> <li>• Be physically active for sustained periods of time.</li> <li>• Have the knowledge and understanding of the importance of fitness and health.</li> </ul>		
<b>How is my knowledge further developed in Year 8?</b> We follow a spiral curriculum so all activities will be revisited and both core and procedural knowledge will be deepened.		