

KS3 Physical Education

The following sports are delivered across the year at KS3 who have four timetabled lessons per fortnight:

- Netball
- Football
- Basketball
- Handball
- Volleyball
- Athletics
- Gymnastics/Trampolining
- Table Tennis
- Rounders
- HRE

At KS3 we have introduced GCSE theory content into lessons and students are assessed both practically and theoretically across the year.

2016	
Spring Term 1: January – February	Unit Six: Health, Fitness and Well-Being
Spring Term 2: February – March	Unit One: Applied Anatomy and Physiology
Summer Term 1: April – May	Unit Four: Sports Psychology
Summer Term 2: June – July	Unit Three: Physical Training

2017	
Autumn Term 1: September – October	Unit Six: Health, Fitness and Well-Being
Autumn Term 2: November - December	Unit One: Applied Anatomy and Physiology
Spring Term 1: January – February	Unit Four: Sports Psychology
Spring Term 2: February – March	Unit Three: Physical Training
Summer Term 1: April – May	Unit Five: Socio-Cultural Influences
Summer Term 2: June – July	Unit Two: Movement Analysis

Chapters Covered:

1. Applied Anatomy and Physiology:

- The structure and functions of the skeleton
- The structure and function of the muscular system
- The structure and function of the cardio-respiratory system
- Aerobic and anaerobic exercise
- The effects of exercise

2. Movement Analysis:

- Types of levers
- Basic movements
- Planes of movement and axes of rotation

3. Physical Training:

- Health and fitness
- The components of fitness
- Fitness testing
- Measuring agility: The Illinois Agility Test
- Measuring balance: The Stork Balance Test
- Measuring Cardiovascular endurance: The Multi-Stage Fitness Test
- Measuring Co-ordination: The Wall Toss Test
- Measuring Flexibility: The Sit and Reach Test
- Measuring Muscular Endurance: The Sit up Bleed Test
- Measuring Power and Explosive Strength: The Vertical Jump Test
- Measuring Reaction Time: The Ruler Drop Test
- Measuring Maximal Strength: The One Rep Max Test
- Measuring Speed: The 30 Metre Sprint Test
- Measuring Strength: The Handgrip Dynamometer Test
- The principles of training
- Training thresholds
- Types of training
- Preventing injury
- Training seasons
- Warming up and cooling down

4. Sports Psychology:

- Skill and ability
- Goals and targets
- Information processing
- Guidance and feedback on performance
- Arousal
- Aggression
- Personality types
- Motivation

5. Socio-Cultural Influences:

- Social groups and factors affecting participation
- The commercialisation of physical activity and sport
- The impact of technology on physical activity and sport
- Ethical conduct by performers
- Spectator behaviour

6. Health, fitness and well-being:

- Physical, emotional and social health and well-being and fitness
- The consequences of a sedentary lifestyle
- Somatotypes
- Energy use
- A balanced diet
- Maintaining water balance

KS3 Theory Thresholds

<u>Thresholds</u>	Identify	Describe	Apply	Explain	Analyse	Evaluate
Year 7	Emerging	Developing	Securing	Mastering		
Year 8		Emerging	Developing	Securing	Mastering	
Year 9			Emerging	Developing	Securing	Mastering

GCSE Command Words:

Identify	Name or otherwise characterise.
Describe	Set out characteristics.
Apply	Put into effect in a recognised way.
Explain	Set out purposes or reasons.
Analyse	Separate information into components and identify their characteristics.
Evaluate	Judge from available evidence.

Examples of tasks/activities

Identify	<u>Name or otherwise characterise.</u> <ul style="list-style-type: none">- Picture Task- Mix and Match Task- Gap Fill Task- Key Words- Definitions
Describe	<u>Set out characteristics.</u> <ul style="list-style-type: none">- Mix and Match Definition Task- Gap Fill Task- Key Words- Characteristics
Apply	<u>Put into effect in a recognised way.</u> <ul style="list-style-type: none">- Through practical tasks- Sentence starters- Apply definitions to performance- Benefits/impacts/effects etc.
Explain	<u>Set out purposes or reasons.</u> <ul style="list-style-type: none">- Why is it important?- Sentence starters
Analyse	<u>Separate information into components and identify their characteristics.</u> <ul style="list-style-type: none">- How does it benefit you?- Card sort activity
Evaluate	<u>Judge from available evidence.</u> <ul style="list-style-type: none">- Scenario cards- Specific Sporting Examples- Discussions