

OVERVIEW

The KS3 PE curriculum focuses on the development of skills learnt and mastered at KS2 and introduces these skills into non-competitive activities as well as conditioned and competitive game situations. Students are given opportunities to become progressively skilful and intelligent performers within a range of sports/activities which offer a good balance of breadth and depth of knowledge, movement patterns and skill mastery. We triangulate the curriculum, pedagogy, and assessment to ensure that we incorporate the 3 United Learning Physical Education strands: 'Fit to Perform', 'Fit to Lead' and 'Fit for Life'. This ensures that children progress in their motor competence, knowledge of and application of rules, strategies, and tactics, as well as their ability to participate in a healthy way.

Autumn

1	Basketball (SH) / Fitness (A/FS)	Football (A) / Netball (M)
2	Table Tennis (SH) / Football (A/M)	Trampoline (SH) / ETM (FS)

**Assessment:**

Key Performance Indicators (KPI's) are tracked using a spreadsheet continuously and updated by class teachers at each half-term intervals. They are to be achieved across one individual and team sport.

- Fit to Perform KPI's
- Fit to Lead KPI's
- Fit for Life KPI's

Spring

1	Trampoline (SH) / Tag Rugby (M)	Table Tennis (SH) / Dance (FS)
2	Badminton (SH) / Leadership/Disability sport (A/FS)	Fitness (A) / Leadership/Disability sport (A/M)

**Assessment:**

Key Performance Indicators (KPI's) are tracked using a spreadsheet continuously and updated by class teachers at each half-term intervals. They are to be achieved across one individual and team sport.

- Fit to Perform KPI's
- Fit to Lead KPI's
- Fit for Life KPI's

Summer

1	Athletics - track and field (A)	Athletics - track and field (A/SH)
2	Ling Rounders (A) / Softball (A) / Orienteering	Flat bat Rounders (M) / Ling Rounders (A) / Orienteering

**Assessment:**

Key Performance Indicators (KPI's) are tracked using a spreadsheet continuously and updated by class teachers at each half-term intervals. They are to be achieved across one individual and team sport.

- Fit to Perform KPI's
- Fit to Lead KPI's
- Fit for Life KPI's

**Useful resources for supporting your child at home:**

- Black polo shirt with academy logo, either Albion Academy badged performance training and team wear (quick dry) shorts or Albion Academy badged performance training and team wear (quick dry) leggings. Black or white tennis/ankle style sports socks and trainers suitable for use on the sand-based AstroTurf.
- Please see the Albion Academy website for optional items for use in the Autumn and Spring terms.

**Homework:**

- Attend a sports Aspire club.