

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

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

1. Basketball (Sports Hall)
2. Fitness and Dance (4G/Fitness and Dance Studio)

1. Football (4G)
2. Netball (MUGA)

1. Table Tennis (Sports Hall)
2. Football (4G/MUGA)

1. Trampoline (Sports Hall)
2. Exercise To Music (Fitness and Dance Studio) (Barriers)

Spring

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

1. Trampoline (Sports Hall)
2. Tag Rugby (4G)

1. Table Tennis (Sports Hall)
2. Dance (Fitness and Dance Studio)

1. Badminton (Sports Hall)
2. Leadership/Disability sport (4G/Fitness and Dance Studio)

1. Fitness (4G)
2. Leadership/Disability sport (4G/MUGA)

Summer

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

1. Athletics (Refer to activity specific timetable)

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1. Rounders (4G)
2. OAA (week 3)
3. Softball (4G)

1. Basketball (YARD/SH)
2. OAA (week 3)
3. Rounders (MUGA)

Useful resources for supporting your child at home:

- We have a school PE kit and students are expected to bring this with them for their PE Lessons and other sporting events. This can be found here; [School Uniform & Equipment | Parents | The Albion Academy](#)

Homework:

- Attend an extra-curricular PE or school sports club.