



Physical Education at Cranbrook Education Campus.

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Subject content Key stage 3

At Cranbrook Education Campus pupils build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. By the end of KS3 they should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils are be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.
- develop their knowledge and understanding of sport science and its practical application.

Year 7 Programme of Study

Term	1a		1b		2a		2b		3a		3b	
	Tuesday 3	Tuesday 4	Tuesday 3	Tuesday 4	Tuesday 3	Tuesday 4	Tuesday 3	Tuesday 4	Tuesday 3	Tuesday 4	Tuesday 3	Tuesday 4
Group 1	Netball	Football	Hand-ball	Hockey	Rugby	Outdoor Ed	Gym/Dance	Fitness	Athletics	Rounders	Athletics	Cricket
Group 2	Football	Netball	Hockey	Handball	Rugby	fitness	Gym/Dance	Outdoor Ed	Rounders	Athletics	Cricket	Athletics

Year 8 Programme of Study

Term	1a		1b		2a		2b		3a		3b	
	Tuesday 1	Tuesday 2	Tuesday 1	Tuesday 2	Tuesday 1	Tuesday 2	Tuesday 1	Tuesday 2	Tuesday 1	Tuesday 2	Tuesday 1	Tuesday 2
Group 1	Netball	Football	Handball	Hockey	Badminton	Rugby	Gym/Dance	Outdoor Ed	Athletics	Rounders	Athletics	Cricket
Group 2	Football	Basket-ball	Hockey	Handball	Outdoor Ed	Rugby	Gym/Dance	Badminton	Rounders	Athletics	Cricket	Athletics

Assessment

During lessons students are assessed against pupil learning checklists, PLCs, tailored for each activity. Students are then graded according to the school policy of emerging, developing, secure and mastering.

For example;

Badminton. Year 7

PLC	Emerging	Developing	Secure	Mastering
I can serve using the correct technique.	I can make contact with the shuttle and sometimes get it over the net.	I can serve the shuttle over the net.	I can serve the shuttle over the net and my accuracy is improving.	I can serve the shuttle and I am starting to use a high and low serve.