

# Elm Court School

## Physical Education Curriculum Overview



### KS3

The PE programme of study provides opportunities for the pupils to become successful learners, confident individuals, and well-organised that could be transferable to other subjects.

The PE programme of study for Key Stage 3 builds on the knowledge, skills, and understanding pupils acquire in their previous learning experience. During the Key Stage 3, pupils become increasingly physically competent by:

- developing the range and quality of their physical skills
- improving their ability to use tactics, strategies, and compositional principles
- improving their capacity to perform effectively
- improving their ability to analyse performance and make judgements about what makes a performance successful.

Through the range of activities and variety of roles that pupils experience, they begin to make informed choices about their own commitment to leading a healthy and active life. They begin to identify the types of activities and roles they prefer and are best suited to their ability.

### Pathway Options Years 10 – 14 (KS4/KS5)

Pupils in KS4 and Sixth form can choose to study a course in Sport and Leisure. This qualification helps pupils learn the skills and information they may need to work in the sports and Leisure industry. It covers fitness testing and development, and analysis of performance. Pupils will have the opportunity to go to Fitzroy Boxing Gym to perform a 6-week training programme. Pupils will also have the opportunity to compete in the London Youth Games.

The courses on offer are:

- Gateway Level 1 Award in Sport Fitness and Active Leisure
- Gateway Level 2 Award in Sport Fitness and Active Leisure
- Gateway Level 2 Certificate in Sport Fitness and Active Leisure

Pupils start the course at the level they are working at academically and then progress to a higher level throughout the duration of the course.

<b>Year 7:</b> <b>Team invasion games include Basketball and</b>	<b>Year 8:</b>	<b>Year 9:</b>	<b>KS4:</b> Pupils start to work towards a Level 1 Award	<b>KS5:</b> Pupils continue their studies working towards either a Level 1 or 2
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<p><b>Football amongst others.</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Sending an object</li> <li>• Receiving an object</li> <li>• Avoiding opponents</li> <li>• Change of direction</li> <li>• Basic footwork</li> </ul> <p><b>Net Games: Volleyball and Tennis</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Change of direction</li> <li>• Sending an object</li> <li>• Receiving an object</li> </ul> <p><b>Striking and Fielding Games: Cricket</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Hitting the ball</li> <li>• Placing the ball</li> <li>• Running</li> <li>• Catching a ball</li> </ul>	<p><b>Team invasion games include Dodgeball and Hockey amongst others.</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Traveling in multiple directions</li> <li>• Speed &amp; Agility</li> <li>• Being aware of space.</li> <li>• Change of speed</li> <li>• Being able to read simple patterns of play.</li> <li>• Advanced footwork</li> </ul> <p><b>Net Games: Volleyball and Tennis</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Speed &amp; Agility</li> <li>• Stamina</li> <li>• Strength</li> </ul> <p><b>Striking and fielding games: Cricket</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Throwing to a base or wicket</li> <li>• Fielding</li> </ul>	<p><b>Team invasion games: include Basketball and Football amongst others.</b></p> <p>Learning themes include:</p> <p><b>Offense:</b></p> <ul style="list-style-type: none"> <li>• Maintain Possession</li> <li>• Create space for teammates</li> <li>• Create space for yourself</li> <li>• Attack goal</li> <li>• Teamwork/co-operation</li> </ul> <p><b>Defence:</b></p> <ul style="list-style-type: none"> <li>• Defend goal</li> <li>• Defend space</li> <li>• Gain possession</li> <li>• Defensive positioning</li> <li>• Teamwork/co-operation</li> </ul> <p><b>Net Games: Badminton and Tennis</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Object placement</li> <li>• Hitting objects to open space</li> <li>• Anticipation/read opponent</li> </ul>	<p>in Sport, Fitness, and Active Leisure.</p> <p>Areas studied include:</p> <p><b>Unit 1: Planning Own Fitness Programme</b></p> <ul style="list-style-type: none"> <li>• Know the components of physical fitness</li> <li>• Be able to assess own fitness level</li> <li>• Be able to plan and use own fitness programme</li> <li>• Know how to overcome barriers that may affect the achievement of fitness goals.</li> <li>• Be able to review own fitness programme</li> </ul> <p><b>Unit 2: Practical Sport</b></p> <ul style="list-style-type: none"> <li>• Be able to demonstrate skills, techniques, and tactics for sports</li> <li>• Know the rules, regulations, and scoring systems of sports</li> </ul>	<p>Award in Sport, Fitness, and Active Leisure. Pupils who have already achieved this will study for their Level 2 Certificate in Sport, Fitness and Active Leisure.</p> <p>Areas studied include:</p> <p><b>Unit 1: Development of Personal Fitness</b></p> <ul style="list-style-type: none"> <li>• Be able to plan a personal fitness training plan.</li> <li>• Know about exercise adherence.</li> <li>• Be able to implement, monitor and review a personal fitness training plan.</li> </ul> <p>Unit 2: Fitness Testing and training</p> <ul style="list-style-type: none"> <li>• Know the fitness testing and training requirements necessary to achieve excellence in a sport.</li> <li>• Know how lifestyle and psychological factors affect sports training and performance</li> </ul>
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<p><b>Athletics: Running, Jumping, and Throwing</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Running: Learning basic running technique</li> <li>• Jumping: Learning how to take off and land safely.</li> <li>• Throwing: Learning how to throw/push objects safely.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowling</li> </ul> <p><b>Athletics: Running, Jumping, and Throwing</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Running: Learning advanced running technique</li> <li>• Jumping: Learning how to maximise take-off and land safely.</li> <li>• Throwing: Learning how to throw/push objects to maximal distance.</li> </ul>	<ul style="list-style-type: none"> <li>• Timing</li> <li>• Teamwork/Cooperation</li> </ul> <p><b>Striking and Fielding Games: Cricket</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Positioning to cover space</li> <li>• Reading the game and anticipating the play when fielding</li> <li>• Covering wickets</li> <li>• Throwing to a base or wicket</li> </ul> <p><b>Athletics: Running, Jumping, and Throwing</b></p> <p>Learning themes include:</p> <ul style="list-style-type: none"> <li>• Running: Demonstrate effective running mechanics with the different phases of a sprint.</li> <li>• Jumping: Learning how to maximise your jumping ability through plyometric training.</li> <li>• Throwing: Learning how to throw/push objects to maximal distance safely.</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to know the roles and responsibilities of sports officials</li> <li>• Be able to review sports performance</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to assess own level of fitness</li> </ul>
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### **How you can support your child in Physical Education:**

*You can contribute by encouraging your child to be active out of school and to join a local sports club or find out about after-school activities within the community. You can also talk to your child about the importance and relevance of PE in learning and how it helps to maintain long-term health. You can view a variety of different levels of sports live or on the television as well as generally keeping up to date about local and international sporting events. You can find out from school which days your child has PE or in their diary. Ensure your child has the appropriate clothing for both indoor and outdoor activities.*

**Please keep in touch with the Physical Education section should you feel your child is struggling or needs more challenge – let us know. Emails can be sent to: [admin@elmcourt.lambeth.sch.uk](mailto:admin@elmcourt.lambeth.sch.uk).**