

KS3 Physical Education overview at Blatchington Mill School

In our current society health, physical wellbeing and tackling obesity levels remain a key priority. The PE department aims to promote lifelong participation in physical activity alongside leading creative and healthy active lifestyles. Understanding how your body works, working with others and being physically active are a crucial part of leading a healthy happy life. At Blatchington Mill we are committed to giving all students the opportunity to experience a wide variety of activities and roles in sports, be active, expand their physical literacy to enable it to flourish and develop a deeper understanding of how their body works. Our aim is for students to choose to continue an active and healthy lifestyle into adulthood and an awareness of the careers linked to this.

What does the KS3 Physical Education curriculum look like?

The KS3 curriculum builds on and develops skills gained at KS2 in primary school. These include physical literacy, student confidence, communication skills, teamwork, creativity and leadership skills. Year 7, 8 and 9 have 3 double lessons over 2 weeks. We pride ourselves on being inclusive and have a curriculum that offers the same activities to all throughout the whole Key Stage. We ensure our curriculum has a wide range of sports that all students participate in. We have made the conscious decision that students are taught in mixed groups across Key Stage 3 so all learners have access to modelling, practice structures and increased motivation in their PE studies.

Underlying PE theory content that is taught to all students through their activities and is assessed in multiple choice assessments alongside their practical assessments throughout the year. We teach the theory through the practical to support students' application and understanding of what their body is doing. There are 2 multiple choice assessments in each year in KS3.

Why do we do this?

Our job is to educate students on the benefits of having a healthy active lifestyle and create a passion for life long participation. To support this we need to develop students' knowledge and understanding, making PE more relevant to them. In 2020 the PE departments across the city conducted a survey that highlighted that students thought certain skills they learned in PE were not, and never would be useful in everyday life. For example we teach how to do a lay up, which although interesting wasn't obviously a transferable skill. So now when we teach the *lay up* to also teach about how the body is working. For example what is happening at the joints, what muscles are being used and where and how they produce the power to do the skill, this then becomes more relevant to students. Applied theory taught in this way with a conscious effort to give relevant context also supports students moving onto exam courses in PE in KS4. This theory content is returned to and

interleaved into later years. In the theory content we focus on the different systems, components of fitness, methods of training and health and wellbeing as are overarching themes. This is consciously thought about as they underpin the movements, skills and wellbeing aspects of PE.

Year 7 PE

The Year 7 PE curriculum at Blatchington Mill aims to provide a wide variety of activities for students to participate in. In Year 7, the activities we teach in the first 2 terms are: gymnastics and bouldering, endball, football, dance, orienteering, health related fitness, hockey, tag rugby and netball. In the summer term the activities we teach are: athletics, cricket and rounders.

The aesthetic activities, such as dance and gymnastics, enable students to learn the importance of creativity, body control, refining movements, collaboration, perseverance in mastering skills as well as agility, coordination and flexibility.

Team sports such as endball, football, netball, hockey, tag rugby, rounders and cricket enable students to develop their teamwork skills, communication, cooperation, spatial awareness, leadership roles and apply them to physical performance. Alongside this they will also develop the components of fitness and their understanding of them, such as cardiovascular fitness, eye hand coordination, agility and power. We choose to teach these activities because they provide opportunities to expand tactical awareness and the ability to outwit opponents using attacking and defending skills.

Other activities like health related fitness, orienteering, bouldering and athletics develop similar skills to the team activities, as well as the ability to push and challenge yourself and the ability to outwit opponents using individual attacking and defending skills. These activities also have a higher emphasis on individual decision making, planning and then carrying out that plan to meet an outcome.

In all the activities students learn the key skills required to participate in each activity and how to apply these to games and competitive situations. Students will refine their decision making skills and knowledge in each activity they study. In lessons we aim for students to be as physically active as possible and learn via the physical doing of the activities.

Year 7 PE Theory Content	
<p>Musculoskeletal System</p> <p>Bones - Joints and Joint movements</p> <ul style="list-style-type: none"> - Rotation - Circumduction - Flexion - Extension - Abduction - Adduction <p>Muscles</p> <ul style="list-style-type: none"> - Bicep - Tricep - Hamstring - Quadricep - Gastrocnemius 	<p>Components of Fitness</p> <ul style="list-style-type: none"> - Cardiovascular fitness - Flexibility - Muscular Endurance - Agility <p>Methods of Training</p> <ul style="list-style-type: none"> - Warm up / Cool Down - Continuous
<p>Cardiorespiratory System</p> <p>Basic makeup and function</p> <ul style="list-style-type: none"> - Heart rate - Heart, Blood, Blood Vessels, Lungs - Transportation of O₂ to working muscles 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> - Hydration - Physical - Emotional - Social

Year 8 PE

The Year 8 PE curriculum at Blatchington Mill builds on the activities taught in Year 7 as well as introducing new ones. Over the year, the activities we continue to teach and build on in the first 2 terms are: bouldering, hockey, netball and dance. In year 8 we introduce trampolining to build on our gymnastics skills, badminton and table tennis to develop racket sports skills particularly hand eye coordination and individual challenge, contact rugby to build on from tag rugby and basketball replaces football to give different team sport exposure.

Then in the summer term we continue to build on activities we taught in year 7: athletics and cricket and introduce problem solving instead of orienteering to build and develop problem solving skills in more of a group setting. Students continue to refine their skills, decision making and knowledge in each activity they study and we continue to aim for students to be as physically active as possible in lessons.

Year 8 PE Theory Content	
Musculoskeletal System <ul style="list-style-type: none"> - Bones <ul style="list-style-type: none"> - Humerus - Radius - Ulna - Femur - Tibia - Fibula - Muscles <ul style="list-style-type: none"> - Deltoid - Pectoralis Major - Abdominals - Hip Flexor - Gluteus Maximus - Tibialis Anterior - Slow twitch / fast twitch fibres 	Components of Fitness <ul style="list-style-type: none"> - Muscular Strength - Speed - Coordination
	Methods of Training <ul style="list-style-type: none"> - Interval
Cardiorespiratory System <ul style="list-style-type: none"> - Cardiac Output - Exercise intensities / Training zones 	Health and Wellbeing <ul style="list-style-type: none"> - Nutrition <ul style="list-style-type: none"> - Balance - Calories in and out - Energy - Sedentary Lifestyle <ul style="list-style-type: none"> - What it is - Obesity <ul style="list-style-type: none"> - What it is

Year 9 PE

The Year 9 PE curriculum at Blatchington Mill builds on the activities taught in Year 7 and 8 as well as introducing new ones to expose students to a wider range of activities. This enables them to gain a varied experience of different activities whilst remaining healthy and active.

Activities taught in the first 2 terms are: trampolining, basketball, fitness, bouldering and badminton. In year 9 we introduce handball, korfbal, tchoukball, pop lacrosse to give students exposure to lots of different team sports. This provides new vehicles to continue to build on their teamwork skills, communication, cooperation, spatial awareness, leadership roles, physical performance, cardiovascular fitness, eye hand coordination, agility, power and tactical awareness and the ability to outwit opponents using attacking and defending skills.

Then in the summer term we continue to build on activities we taught in year 7 and 8: athletics and rounders and introduce softball.

Students continue to refine their skills, decision making and knowledge in each activity they study and we continue to aim for students to be as physically active as possible in lessons.

Year 9 PE Theory Content	
Musculoskeletal System <ul style="list-style-type: none"> - Bones <ul style="list-style-type: none"> - Cranium - Clavicle - Sternum - Patella - Scapula - Ribs - Pelvis - Vertebral Column - Muscles <ul style="list-style-type: none"> - External Obliques - Latissimus Dorsi - Trapezius - Soleus 	Components of Fitness <ul style="list-style-type: none"> - Balance - Reaction Time - Power
	Methods of Training <ul style="list-style-type: none"> - Circuit
Cardiorespiratory System <ul style="list-style-type: none"> - Tidal Volume - Vital Capacity - Lung Capacity - Oxygen Debt 	Health and Wellbeing <ul style="list-style-type: none"> - Health, fitness, performance definitions

Extracurricular Activities

We have an extensive extra curricular provision at Blatchington Mill. We enter local, county, regional and national competitions in a range of sports. The ability of the students in each squad determines which competitions we enter each year. We rival our local schools in most sports, but it differs every year as every year group is different and stronger in certain activities. All our extra curricular activities are free to all so our message is to get involved in as much as possible.

Teams at Blatch change according to seasons: Football, Netball, Rugby, Hockey, Basketball, Athletics, Cricket, Rounders

Clubs at Blatch provided at different points in the year: The above teams plus trampolining, dance, tennis, badminton, table tennis

One off competitions we enter if provided in the city: Cross country, badminton, swimming, table tennis, trampolining, plus any others that are available.