



Core PE at County Upper

Key Stage 3



<p>Curriculum Aims</p> <p>Physical – To allow students to develop physically focussing on not only athletic attributes and qualities, but specific skills and techniques.</p> <p>Cognitively – To allow students to develop a range of cognitive skills, from developing an understanding of tactics; to understanding techniques to provide peer assessment.</p> <p>Socially – To allow students to develop social skills that will benefit them in school and after leaving us, including communication, leadership and empathy.</p> <p>Well-Being – To ensure students understand the benefits of sport including physical, social and mental well-being including qualities such as bravery, resilience, fair play and leadership.</p>	<p>What will you see in PE lessons?</p> <p>Students engaging in lessons designed to push them and develop their physical, cognitive and social skills.</p> <p>Independent learning is mixed with group work to develop students in a humanist sense, ensuring they make progress in as many ways possible within the PE curriculum.</p>	<p>What Extra-Curricular opportunities are there for students in PE?</p> <p>County Upper school offers, on average, over 40 Sporting clubs a week in a range of activities from traditional Football and Rugby, to our ever-popular Trampoline club and Golf academy.</p> <p>For those interested in pursuing sport further, County Upper offers Ski Trips, Basketball and Football Tours to Barcelona, Long Haul Netball and Cricket tours to South Africa among others.</p>
<p>Curriculum Content and sequencing</p> <p>Students spend the Autumn and Spring term focussing on traditional Invasion Games and Net/Wall Games, supplemented with other performance activities including Dance and Trampoline. During the summer term students focus on summer sports such as Athletics and Striking and Fielding games.</p> <p>In year 10 and 11 students take ownership over their curriculum and choose between a “competitive” pathway or a “performance pathway”.</p>	<p>What formative assessment will you see in PE?</p> <p>Students are continuously assessed and given feedback against 4 learning objectives within each sport. Students have the opportunity to progress physically, cognitively, socially and develop their well-being through a rich and engaging curriculum designed to make sure all students progress, and that no student leaves a PE lesson feeling they have failed or not succeeded.</p>	<p>What is the faculty currently reading and discussing and why?</p> <p>We are currently reading: Complete PE and YST Material</p> <p>Why? – To continuously develop our understanding of how PE positively impacts individuals on a range of levels.</p>