

Core PE

KS3

What will I learn?

You will to improve your practical, social and creativity skills.

What will I do?

In KS3 students will:

- Take part in nine activity options blocks

Year	1	2	3	4	5	6	7	8
	Autumn - Spring					Summer		
1	Tag rugby	Gym	Fitness	Football	Netball	Athletics	Rounders	Cricket
2	Basketball	Dance	Uni Hock	Fitness	Handball	Athletics	Rounders	Cricket
3	Netball	Gym	Football	Fitness	Tag Rugby	Athletics	Rounders	Cricket
4	OAA	Dance	Basketball	Fitness	Netball	Athletics	Rounders	Cricket
5	Hockey	Handball	Tag	X Country/Gym	X Country/Gym	Athletics	Tennis	Cricket/Rounders
6	Netball	Football	Basketball	X Country/HRE	X Country/HRE	Athletics	Tennis	Cricket/Rounders
7	RugNet/Gym	RugNet/Gym	Hockey/TT	Hockey/TT	OAA/X Country	Athletics	Tennis	Cricket/Rounders
8	Bball/Dance	Bball/Dance	Foot/Rug	Rug/Foot	X Country/HRE	Athletics	Tennis	Cricket/Rounders
9	Gymnastics	Badminton	Rugby/Hockey	Football/Netball	Handball	Tennis	Cricket/Rounders	Athletics
10	OAA	Basketball	HRE/Dance	Volleyball	Invasion	Softball	Frisbie	Athletics
11	Five A side/Handball	Badminton/volley	Rugby/Hockey	Football/Netball	Option			

The activities may not always follow the order that is described above but the aim is to follow this plan for the content of the academic year.

- Be encouraged to take part in competitive sports and activities outside school through community links and PE sports clubs

How will I be assessed?

- Each activity we will measure your effort across the block of lessons
- We will also assess one further assessment area of:
 - Performance
 - Social
 - Creativity
- You will receive a grade out of nine for the area of assessment, which you will track through the year on your tracking card.