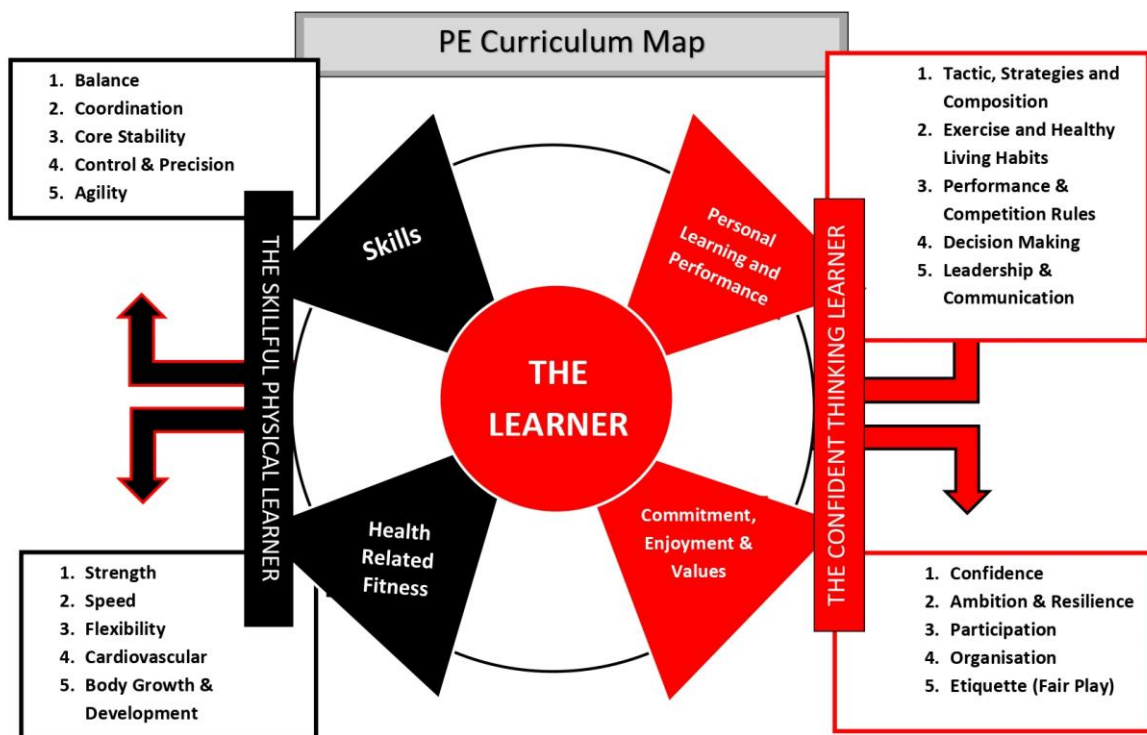


PE Statement of Intent

At BVGS we inspire all students to become skilled, active, thoughtful learners with the deep knowledge and understanding to appreciate sport and exercise. Through regular participation, they will develop fundamental skills that will help to foster a lifelong enthusiasm for sport, increase awareness of the cultural benefits of living active healthy lifestyles and provide the foundation for both their academic and sporting life beyond school.

Intent: 3Ps- Participation, Progression, Performance

Year 7	Year 8	Year 9	KS4/GCSE
<ol style="list-style-type: none"> 1. Select and apply some skills, actions and ideas appropriately. 2. Demonstrate balance, coordination and agility performing very basic skills. 3. Demonstrate a small range of tactical ideas in simple sporting tasks. 4. Describe actions in their own performance and identify something that could make it better. 5. Warm up safely and give reasons and benefits of a warm up. 6. Explain some health benefits of exercise. 7. Perform in activities where health related fitness is required. 	<ol style="list-style-type: none"> 1. Link skills showing control with some accuracy and precision. 2. Perform skills showing good balance, coordination and agility in some activities. 3. Select skills and tactics to have a positive effect on performance. 4. Self and peer evaluate key parts of performance. 5. Explain why regular safe exercise is good for their health and well being. 6. Work collaboratively to lead and on activities for themselves and others. 7. Perform in activities where health related fitness is needed to perform at maximal levels. 	<ol style="list-style-type: none"> 1. Perform and combine skills & techniques accurately and fluently. 2. Consistently perform with good balance, coordination, dexterity and agility when performing in a range of different activities. 3. Use prior knowledge of strategies and tactics to succeed in a variety of competitive challenges. 4. Compare and contrast their own & others performance identifying strengths and areas for improvement. 5. Modify skills whilst performing in response to changing environments. 6. Independently and confidently plan, organise and lead activities safely to promote fitness and well-being. 7. Perform competently where health related and skill related components are required. 	<p>KS3 PE Ethos- 3Ps</p> <p>Students' progress and build on key skills, techniques in a number of different and varied sporting activities that are both competitive and participation focused leading to increased and improved levels of performance</p> <p>Breadth of Study</p> <ul style="list-style-type: none"> • Individual and team sports. • Health Related Fitness • Invasion games • Striking and fielding <p>In addition students will begin to develop their understanding of the 4 concepts in PE and two branches of KS3 Physical Education, the 'Skillful Physical Learner' and 'The Confident Thinking Learner' along with more advanced theoretical concepts leading to KS4 and GCSE PE</p> <p>Curriculum Character (Sporting qualities and attributes)</p> <p>Leadership, Communication, Resilience, Etiquette, Enjoyment.</p> <p>GCSE Content</p> <p>Fitness and Body Systems</p> <p>Health and Performance</p> <p>PEP</p>
<p>Assessment: Students will receive on-going formative assessment based on the KS3 mapping which highlight 20 elements of PE for development and progression. Summative assessments will take place termly in correspondence with KS3 PE curriculum allocation (approximately 10 core PE lessons an academic year).</p>			



PHYSICAL EDUCATION

KS3 Support and intervention

1. **Knowledge organisers**- Accessible resources so students can 'find out more' or get extra support.
2. **Student and PE staff meetings** - Advice and support for students below expected progress Year KS3 and those struggling with engagement in PE
3. **Parental contact**- Advice regarding activities and clubs externally that will help break down barriers to Physical Education and sport.
4. **Differentiation** within lessons.
5. **Promotion of 'Healthy and Active Lives'**- The positive emotional, social and psychological impact that PE can have alongside their studies.
6. **Government and school led initiatives**- Physical Education trips promoting government led schemes and initiative that highlight the importance of PE in school

In addition students are encouraged to use the following resources to support their learning outside of lessons and broaden their knowledge and understanding of sport and participation that will help prompt an active and healthy lifestyle.

Watching sports and documentaries:

- Sky Sports News
- World Cup and international games
- Youtube- Sports documentaries
- Olympics and World Championships

Online research, quizzes and activities:

<https://www.bbc.co.uk/sport>
<https://www.bbc.co.uk/bitesize/subjects/zxf3cdm>
<https://www.si.com/>
<https://theday.co.ukhttps://www.sporcle.com/games/category/sports>

