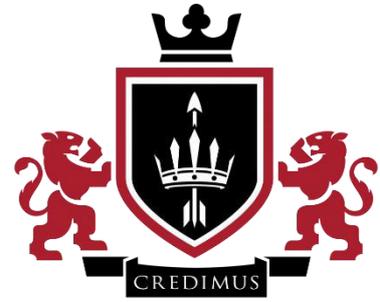


# KS3 KLAB PE Curriculum



KING'S LEADERSHIP  
ACADEMY BOLTON



## Y7 and Y8 PE Curriculum

## **Contents**

1. Introduction to Physical Education	2
2. LC1 – Athletics and Fitness (Covid-19 restrictions in place).	3
3. LC2 – Handball and Netball	5

## **Introduction to Physical Education**

All pupils in Year 7 and 8 will have two hours of PE per week as part of the Creative Arc curriculum. Within the department we have two teaching staff who specialise in a variety of sports including football, netball, rugby, basketball, athletics and handball along with specialised martial arts and fencing instructors. Regardless of ability, every pupil is able to participate in a wide range of sporting activities with the focus being on enjoyment and developing a healthy future for all.

Throughout year 7 and year 8, students will develop their skills, both theoretically and physically, in preparation for their GCSE's. Each student will be educated on the essential terminology, key body systems and how they impact on health, fitness and performance in physical activity and sport.

Transferable skills are developed throughout PE; this includes decision-making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure. Students will develop an understanding of the importance of a healthy active lifestyle and the impact of how important diet and fitness is in everyday life. Each student will leave school with the tools required to apply their knowledge in alternative settings.

### **Courses offered:**

Cambridge National, BTEC Sport First or GCSE Physical Education

Sports Leaders

Bronze, Silver and Gold award in fencing

Belt awards in martial arts

### **Enrichment and trips**

PE enrichment is fundamental to our approach and we provide a wide range of extra-curricular activities that are designed to encourage participation and promote challenge. Enrichment at King's Leadership Academy Bolton allows the students to access martial arts, fencing and extra-curricular clubs. We aim to offer a broad spectrum of sports and physical activities to suit all needs.

Below are just some of the examples of activities and trips that take place throughout the year:

Extra-curricular – Football, Netball, Rugby, Gymnastics, Athletics, Handball and New-age Kurling

Martial Arts Centre

Elite Manchester Fencing Centre

### **Exciting trip opportunities to look forward too:**

Loughborough University

Commonwealth Games Birmingham 2022

Professional sports fixtures

<https://www.kingsbolton.com/wp-content/uploads/2020/03/PE-Info.pdf>

## PE LC1

Physical Education						
<b>Module</b>	Athletics					
<b>Outline and Rationale</b>	<p>'How do you become an elite athlete'</p> <p>Pupils will learn collective skills applying and performing the skills with consistency, accuracy and quality within a competitive environment. A continual development and refinement of the necessary skills will contribute to producing successful performances and outwitting opposition more frequently</p> <p>Specifically, pupils will develop their key skills such as reaction time, speed and endurance. Pupils will also demonstrate their communication skills acting as coaches, performers and umpires.</p>					
<b>Learning Cycle Overview</b>	Week 1	Week 2	Week 3	Week 4	Week 6	Week 7
	<p>Development of the sprint technique. Splitting it into 3 phases. Developing their running technique.</p>	<p>Developing the students running technique in order for them to successfully run the 400m at their highest intensity.</p>	<p>Focusing on their throwing technique for the javelin rather than the distance they are trying to throw the javelin. Students will be using cross curricular links from maths.</p>	<p>Focusing on their throwing technique for the shot putt rather than the distance they are trying to throw the javelin.</p> <p>Students will be using cross curricular links from maths.</p>	<p>Focusing on their throwing technique for the discus rather than the distance they are trying to throw the javelin.</p> <p>Students will be using cross curricular links from maths.</p>	<p>Developing the students jumping techniques. Working on the run up and developing their take off as well as landing technique.</p> <p>Adaptations to take place due to facility.</p>

## Physical Education

<b>Module</b>	Fitness						
<b>Outline and Rationale</b>	<p>'How do you become as fit as an elite athlete?'</p> <p>Year 7 and 8 students will be exposed to all areas of fitness, training methods and will be able to critically analyse how to improve their own and their peers overall fitness. Working in line with the AQA specification, students will have a range of knowledge of the benefits and the impacts of poor fitness affects the human body.</p>						
<b>Learning Cycle Overview</b>	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	Introduction to technique of exercises.	Measuring and investigating heart rate.	Establishing a relationship between pacing and endurance.	The importance of speed in sport	Develop an understanding of circuit training	Establish the difference between muscular strength and muscular endurance	Assessment

## PE LC2

Physical Education							
<b>Module</b>	Handball						
<b>Outline and Rationale</b>	‘How do you become an elite handballer’						
	Pupils will learn to select, combine and perform skills with fluency, consistency, accuracy and quality within pressurised game situations. A continual development and refinement of the necessary skills will contribute to producing a successful performance and outwitting opposition more frequently. Specifically, pupils will develop key skills such as passing and shooting increasing pupils’ ability and confidence to outwit opponents when attacking and defending. Pupils will also demonstrate knowledge of basic defensive and attacking tactics within a game situation while developing their teamwork, communication and cooperation skills. Pupils will gain an insight how formations can be altered depending on the current outcome of the game(s).						
<b>Learning Cycle Overview</b>	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	Introducing the model, understanding the season and developing teamwork	Interpret the usefulness of different types of passes and when to use them	Interpret and discover a variety of movements in order for the attacker to beat the defender and create an opportunity to score.	Develop their understanding for defending in a 1v1 situation, team situation. working on their communication, team skills and understanding.	Creating an overloading situation where the students are able to develop their attacking skills and discover ways to gain an advantage.	understanding the tactical awareness needed to use their advantage to create a scoring opportunity or to stop their opponent from scoring.	Assessment

## Physical Education

<b>Module</b>	Netball					
<b>Outline and Rationale</b>	<p>'How do you become an elite netballer?'</p> <p>Students will learn to choose, combine and perform Netball skills with fluency, consistency, accuracy and quality within a pressurised game situation. A continual development and refinement of the necessary skills will contribute to producing a successful performance and outwitting opposition more frequently. Specifically, pupils will develop and enhance basic passing and footwork skills. Pupils will also demonstrate knowledge of basic defensive and attacking tactics within a game situation while developing their teamwork, communication and cooperation skills.</p>					
<b>Learning Cycle Overview</b>	Week 1	Week 2	Week 3	Week 4	Week 6	Week 7
	Introduction to footwork	Introduction passing	Introduction to defending	Introduction to shooting and attacking play.	Introduction to tactical play	Assessment