

Curriculum on a Page

Key Stage 3 Physical Education (Years 7 and 8 at South Dartmoor Community College)

All students rotate through a balanced curriculum that inspire our students to experience success in challenging physical activities, competitive sports and (**new for 2019**) interhouse. We aim for our students to become competent performers in a broad range of activities, as well as encouraging the embedding of values such as fairness and respect. We are particularly committed to helping our students become physically and mentally confident to enable them to lead healthy, active lives.

Our curriculum aims are delivered and assessed through the following Key Processes:

- Developing skills in physical activity
- Making and applying decisions
- Developing physical and mental capacity
- Evaluating and improving
- Making informed choices about healthy, active lifestyles

Setting and frequency of lessons in Physical Education

Due to the very nature of our subject we set students based on their general physical ability (a combination of all of the above processes) for their PE lessons, but their interhouse squads are mixed ability.

YEAR 7:

- PE: 2 x 60 minute lesson per week.
- Mixed gender groups: 2 top sets, 2 middle sets and 1 lower ability group.
- ***New*** Interhouse: 1 single lesson per fortnight; mixed ability.

YEAR 8 SETS:

- PE: 2 x 60 minute lesson per week.
- 8X: one top set boys, one top set girls, one mixed ability boys, one mixed ability girls.
- 8Y: one top set mixed gender, one mixed ability boys, one mixed ability girls.
- ***New*** Interhouse: 1 single lesson per fortnight; mixed ability.

The Range and Content includes:

Using a range of tactics and strategies to outwit opponents, developing techniques and improving skills, performing dances using advanced dance techniques, performing outdoor and adventurous activities, analysing performance and encouraging students to take part in competitive sport and activities outside of the College.

All PE activities will be delivered in single sessions via 7-8 week blocks of activity. These activities are: rugby, netball, football/hockey, basketball, dance, badminton/table tennis, gymnastics, cricket/rounders and athletics.

All interhouse activities are delivered in single session every fortnight. Students will compete for their House in a range of sports, in mixed ability and mixed gender squads.