



Physical Education in Key Stage 3

- Key stage 3 PE offers a broad curriculum of sporting activities for students, which allows them to develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. Students are given the opportunity to analyse a range of different situations and apply their own decisions. At Beacon, PE allows pupils to work as individuals, in groups and in teams, developing concepts of fair play and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.
- Each activity will be taught for 4 weeks – meaning that each student gets 8 lessons to develop their skills, fitness and understanding of each activity. The only exception is the first 2 weeks in September where students all cover a variety of fitness sessions and tests to provide a baseline for the rest of the academic year.
- The department teaches theory as part of its curriculum at KS3. This content, which is delivered through practical PE lessons, allows students to increase their knowledge and understanding of physical activity concepts from an early age. This breaks down barriers of PE being seen as a purely a practical subject and ultimately better prepares our students for KS4 PE.

YEAR 9

In year 9, students in PE have the option to choose a pathway which best suits their interests and needs. We are working with Sport England and leading on a project across a variety of secondary schools to enhance student engagement and participation in PE.

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Project outcomes:

- Children and young people will experience a greater breadth of sport and physical activity at school
- A reduction in the number of children and young people perceiving to have poor experiences of PE and sport in school
- Teachers will have more focus on helping children and young people feeling capable and confident in their abilities
- An improved confidence and attitude in teachers from schools across the alliance to encourage children and young people to be physically active
- Sustained positive change in the status of physical activity throughout all schools
- Improved mental and physical wellbeing of students

The course pathways are:

1. COMPETITIVE GAMES

- This will be for the sports enthusiasts and those who are likely to be taking GCSE PE. The programme will be dedicated to promoting sporting excellence.

2. AESTHETICS

- The aesthetics route is for students who prefer the aesthetics and performance activities. Students who are likely to do 3 aesthetic sports for GCSE can do this option. (Gymnastics, trampoline, Dance or Netball).

3. LEADERSHIP

- This class will also continue to do a mix of sport, physical activities and aesthetics if they chose. They will also experience a range of inclusive / Paralympic sports. The focus will be on gaining leadership skills and empathy for others. Once a week SEN students from Grove Park will join them for a lesson. Beacon students will play alongside/lead Grove Park students.

4. SPORT FOR FUN

- This is for the promotion of sport and physical activity for fun, enjoyment and part of a healthy lifestyle. Students can have more “choice” over activities that they take part in through discussions with their teachers.

CURRICULUM CHANGES DUE TO COVID-19

Due to the ever changing nature of sport and government guidelines, we have altered slightly the activities currently on offer in our curriculum. All students in years 7, 8 & 9 will cover the following activities between the start of term and the end of November:

- Summer Games (Rounders, Stoolball & Cricket)
- Tennis
- Badminton
- Orienteering
- SAQ (Speed, Agility & Quickness)
- Problem solving
- Gymnastics
- Fitness testing
- Fitness session – circuits, aerobics, HIIT

Students in all year groups will continue to be taught our theory curriculum, just through different sports. From December onwards, it is hoped that we will introduce a games element to the practical curriculum.

Year 7			
Curriculum Concept	Specific Practical Activities	Knowledge Based Curriculum	High Performing Students will:
Health and fitness	Physical Fitness Cross Country Outdoor & Adventurous Activities	Throughout ALL activities delivered in Year 7, the following knowledge will be taught and related to each specific activity: <u>Benefits of Physical Education</u> <ul style="list-style-type: none"> - Physical reasons - Mental reasons - Social reasons 	<ul style="list-style-type: none"> • Attend extra-curricular fitness clubs to enhance both their understanding and physical development - Goldsmiths local leisure centre offer local fitness opportunities: https://www.freedom-leisure.co.uk/centres/crowborough-leisure-centre - Crowborough runners https://crowboroughrunners.org.uk
	Gymnastics or Parkour	<u>Components of fitness</u> <ul style="list-style-type: none"> - Cardiovascular endurance - muscular endurance - muscular strength 	<ul style="list-style-type: none"> • Attend gymnastics for all club • Try out for gymnastics development squad • Compete in local and regional competitions with the gymnastics squad • Join a local gymnastics club to further develop gymnastics skills

		<ul style="list-style-type: none"> - Agility - Speed 	<p>Uckfield Gymnastics club https://www.uckfieldgymnastics.co.uk</p>
Invasion Games	<p>Rugby</p> <p>Football</p> <p>Netball</p> <p>Hockey</p> <p>Handball</p> <p>Basketball</p>	<p><u>Fitness tests for components of fitness above</u></p> <ul style="list-style-type: none"> - 12 minute Cooper test - Sit up / press up test - Dynamometer test - Illinois agility test - 30m sprint test <p><u>Warming up (3 phases)</u></p> <ul style="list-style-type: none"> - Pulse raiser - Static & Dynamic stretching - Activity related skill 	<ul style="list-style-type: none"> • Attend a variety of extra-curricular invasion games clubs on offer to develop skills and games play • Represent the school for a variety of sporting fixtures • Join an external club to further develop skills <ul style="list-style-type: none"> - Crowborough Hockey club http://www.crowboroughhockeyclub.co.uk - Crowborough Netball club http://crowboroughnetball.weebly.com - Crowborough Rugby club http://www.crowboroughrugby.com - Crowborough athletic football club http://www.crowboroughathletic.com - Jarvis brook football club https://www.pitchero.com/clubs/jbjfc
Net & Wall Games	<p>Badminton</p> <p>Tennis / Short Tennis</p>	<p><u>Cooling down (2 phases)</u></p> <ul style="list-style-type: none"> - Low intensity activity - Stretching to cool down 	<ul style="list-style-type: none"> • Attend a variety of extra-curricular net and wall games clubs on offer to develop skills and games play • Represent the school for a variety of sporting fixtures <ul style="list-style-type: none"> - Crowborough Tennis & Squash club http://crowboroughrackets.org.uk
Striking & Fielding Games	<p>Cricket</p> <p>Stoolball</p> <p>Rounders</p>	<p><u>Heart rate</u></p> <ul style="list-style-type: none"> - Definition - What happens when you do exercise? - Heart rate trends dependent on activity intensity 	<ul style="list-style-type: none"> • Attend a variety of extra-curricular striking & fielding games clubs on offer to develop skills and games play • Represent the school for a variety of sporting fixtures <ul style="list-style-type: none"> - Cricket https://crowborough.play-cricket.com - Stoolball https://www.stoolball.org.uk/ground/crowboroug_hleisurecentre
Athletic Events	<p><u>Track:</u></p> <p>Sprint events</p> <p>Middle distance</p> <p>Long distance</p> <p><u>Throws:</u></p>	<p><u>Antagonistic muscles pairs, movement, bones and joints</u></p> <p><u>ARM:</u></p> <p>JOINT TYPE: Hinge</p>	<ul style="list-style-type: none"> • Attend extra-curricular athletics clubs on offer to develop skills and competition • Represent the school for a variety of sporting fixtures <ul style="list-style-type: none"> - Tonbridge Athletics club https://www.tonbridgeac.org.uk

<p>Javelin Shot Putt Discus</p>		<p>MUSCLES: Biceps / Triceps MOVEMENT: Flexion & extension & BONES: Humerus, Ulna, Radius</p>	
<p><u>Jumps:</u> Long Jump Triple Jump High Jump</p>		<p><u>LEG:</u> JOINT TYPE: Hinge MUSCLES: Hamstrings & Quadriceps MOVEMENT: Flexion & extension BONES: Femur, Tibia, Fibula</p>	

Year 8			
Curriculum Concept	Specific Practical Activities	Knowledge Based Curriculum	High Performing Students will:
Health and fitness	Physical Fitness Cross Country Outdoor & Adventurous Activities	<p>Throughout ALL activities delivered in Year 8, the following knowledge will be taught and related to each specific activity:</p> <p>Benefits of Physical Education</p> <ul style="list-style-type: none"> • Physical reasons • Mental reason • Social reasons 	<ul style="list-style-type: none"> • Attend extra-curricular fitness clubs to enhance both their understanding and physical development <ul style="list-style-type: none"> - Goldsmiths local leisure centre offer local fitness opportunities: https://www.freedom-leisure.co.uk/centres/crowborough-leisure-centre - Crowborough runners https://crowboroughrunners.org.uk
	Aesthetics	Gymnastics or Parkour	<p>Components of fitness</p> <ul style="list-style-type: none"> - CV endurance, - muscular endurance, - muscular strength, - Agility, - Speed - Flexibility - Balance - Coordination - Reaction time - Power
Invasion Games	Rugby Football Netball Hockey Handball Basketball	<p>Fitness testing</p> <ul style="list-style-type: none"> - Fitness tests for components of fitness above <p>Joints</p> <ul style="list-style-type: none"> - Ball & Socket 	<ul style="list-style-type: none"> • Attend a variety of extra-curricular invasion games clubs on offer to develop skills and games play • Represent the school for a variety of sporting fixtures • Join an external club to further develop skills <ul style="list-style-type: none"> - Crowborough Hockey club http://www.crowboroughhockeyclub.co.uk - Crowborough Netball club http://crowboroughnetball.weebly.com - Crowborough Rugby club http://www.crowboroughrugby.com - Crowborough Athletic Football Club http://www.crowboroughathletic.com - Jarvis Brook Football Club https://www.pitchero.com/clubs/jbjfc

Net & Wall Games	Badminton Tennis / Short Tennis Table Tennis	- Hinge <u>Muscles</u> - Biceps and Triceps - Hamstrings & Quadriceps - Deltoid - Pectorals - Gastrocnemius - Abdominals - Gluteals	<ul style="list-style-type: none"> • Attend a variety of extra-curricular net and wall games clubs on offer to develop skills and games play • Represent the school for a variety of sporting fixtures <ul style="list-style-type: none"> - Crowborough Tennis & Squash club http://crowboroughrackets.org.uk
Striking & Fielding Games	Cricket Stoolball Rounders Softball	<u>Movement</u> - Flexion & extension - Rotation - Abduction & Adduction	<ul style="list-style-type: none"> • Attend a variety of extra-curricular striking & fielding games clubs on offer to develop skills and games play • Represent the school for a variety of sporting fixtures <ul style="list-style-type: none"> - Cricket https://crowborough.play-cricket.com - Stoolball https://www.stoolball.org.uk/ground/crowboroughleisurecentre
Athletic Events	<u>Track:</u> Sprint events Middle distance Long distance <u>Throws:</u> Javelin Shot Putt Discus <u>Jumps:</u> Long Jump Triple Jump High Jump	<u>Bones & joints</u> - Scapula - Clavicle - Cranium - Sternum - Ribs - Pelvis	<ul style="list-style-type: none"> • Attend extra-curricular athletics clubs on offer to develop skills and competition • Represent the school for a variety of sporting fixtures <ul style="list-style-type: none"> - Tonbridge Athletics Club https://www.tonbridgeac.org.uk

Year 9			
Curriculum Concept	Specific Practical Activities	Knowledge Based Curriculum	High Performing Students will:
Competitive Games	Fitness Gymnastics or Parkour Rugby Football Netball Cross Country & OAA Hockey Basketball Racket Sports (Badminton, Table Tennis, Tennis) Athletics Striking & fielding (Rounders, Stoolball, Cricket, Softball)	<ul style="list-style-type: none"> • Bones – all from year 7 & 8 • Muscles – all from year 7 & 8 • Joints – all from year 7 & 8 • Movement – all from Year 7 & 8 • Components of fitness & testing • Methods of training <ul style="list-style-type: none"> - Continuous training - Circuit training - Interval training - Fartlek training - Weight training - Plyometric training • A balanced Diet <ul style="list-style-type: none"> - Carbohydrates - Fats - Protein - Vitamins - Minerals - Fibre - Water • Aerobic and anaerobic exercise <ul style="list-style-type: none"> - Training zones - Training thresholds 	<ul style="list-style-type: none"> • Attend a variety of extra-curricular net and wall games clubs on offer to develop skills and games play • Represent the school for a variety of sporting fixtures <p>Tonbridge Athletics club https://www.tonbridgeac.org.uk</p> <p>Cricket https://crowborough.play-cricket.com</p> <p>Stoolball https://www.stoolball.org.uk/ground/crowboroughleisurecentre</p> <p>Crowborough Tennis & Squash club http://crowboroughrackets.org.uk</p> <p>Crowborough Hockey club http://www.crowboroughhockeyclub.co.uk</p> <p>Crowborough Netball club http://crowboroughnetball.weebly.com</p> <p>Crowborough Rugby club http://www.crowboroughrugby.com</p> <p>Crowborough athletic football club http://www.crowboroughathletic.com</p> <p>Jarvis brook football club https://www.pitchero.com/clubs/jbjfc</p> <p>Uckfield Gymnastics club https://www.uckfieldgymnastics.co.uk</p>
	Aesthetics	Fitness Netball Cheerleading Cross country Badminton Trampolining Gymnastics	

	Racket Sports Athletics Acro Dance Striking & Fielding (Rounders, Stoolball, Cricket, Softball)		Goldsmiths local leisure centre offer local fitness opportunities: https://www.freedom-leisure.co.uk/centres/crowborough-leisure-centre Crowborough runners https://crowboroughrunners.org.uk
Leadership	Basketball Dodgeball Table Tennis Fitness Invasion games Net & wall games Athletics Tennis Striking & Fielding (Rounders, Stoolball, Cricket, Softball) Pickleball OAA		
Sport for Fun	Fitness Handball Netball Invasion games Football Table tennis Dodgeball / benchball		

	Basketball Short Tennis Pickleball Striking & Fielding (Rounders, Stoolball, Cricket, Softball)		
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