



Whitworth Community High School

Physical Education Department



Teacher in Charge: Mr Cawley
Teacher: Miss Mcvarish
PE Technician: Miss Bowater

Year 7-9 Key Stage 3 Learning Overview

Organisation of the classes:

Physical Education is taught once a week for all years with year 8 receiving a further lesson on PE & Health. Lessons are taught in various facilities including sports hall, fitness suite, tennis courts and outside. Students work for half a term on a single sport and are assessed against the PE assessment frameworks. Lesson time is also dedicated to theoretical lessons where students develop their understanding of the body and how it works. This allows them to make better choices and understand what is expected in a level 2 qualification.

Key Concepts

During the early years we concentrate on developing the basics of sport including running, jumping, throwing, catching and kicking. Students also work on developing their mental capacity through peer and self assessment which also drives their self confidence. Theory is also taught within year 8 and 9 that builds on the knowledge of topics such as: the body, fitness and diet.

What skills do I use in this subject?

- Problem Solving
- Whole body skills
- Fine motor skills
- Tactical and Strategy skills
- Leadership
- Communication

What will you be learning?

- Use a range of tactics and strategies to overcome opponents.
- Develop technique and improve performance.
- Perform dances using advanced dance techniques.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges.
- Analyse performances compared to previous.
- Take part in competitive sports and activities outside school through community links or sports clubs.
- Develop theoretical understanding and apply this within sporting contexts.

How will you be learning?

- Teacher led activities
- Student led activities
- Peer coaching and evaluation
- Theory tasks
- Presentations
- Independent Learning
- Group/ Team/ Individual and Partner work
- Guided Discovery

How will your learning be assessed?

Students will be assessed using the PE assessment framework which takes into consideration the three pillars of progression:

1. Motor Competence - a person's ability to execute a variety of motor actions.
2. Fundamental Movement Skill- a set of basic, learned motor patterns.
3. Healthy Participation- providing knowledge relevant to healthy participation.

Home Learning

Students receive two home learning booklets a year that allows them to build on the knowledge already developed. A big part of home learning is to engage with a club after school within Physical Education. We hope that this allows students to find a new club that they enjoy and will continue to attend in future years.

Equipment needed?

Full Whitworth High School PE Kit as per the diary:
 Boys- top, shorts, socks, trainers, boots for outside and optional ¼ zip jacket.
 Girls- top, shorts or skirt, socks, trainers, boots for outside and optional ¼ zip top.

How can your parents support your learning?

Encourage physical activity at home to improve general fitness and sports specific skills. Students should also be encouraged to attend extra curricular clubs to develop sporting skills and to improve social skills such as communication, teamwork and leadership.

SMSC Links – Focus on Aspirations

Students are able to deal with success and failure in a positive manner. Health and safety is central to the lessons and students take personal responsibility. Students are encouraged to reach higher levels and attempt the difficult sports specific skills. Within lessons students are encouraged to communicate giving constructive feedback to peers. Students will develop recognition of differences in cultural groups and will appreciate these differences.

What extracurricular activities or enrichment opportunities are available?

Please see the Physical Education extra curricular timetable through the PE X (Twitter) page @WCHS_PE. This is updated regularly with information about clubs, competitions and the Duke of Edinburgh award. Students can also find information on the school form powerpoint which form tutors go through every morning.