

# KS3 Physical Education

## Course outline

The KS3 Physical Education course is designed to support students in developing physical competence; making and applying decisions; evaluating and improving; making informed choices about healthy, active lifestyles.

The scheme of learning runs over two years with students studying a range of content including:

- Outwitting opponents.
- Accurate replication of actions, phrases and sequences.
- Exploring and communicating ideas, concepts and emotions.
- Performing at maximum levels in relation to speed, height, distance, strength or accuracy.
- Identifying and solving problems to overcome challenges of an adventurous nature.
- Exercising safely and effectively to improve health and well-being.



## Assessment

Student progress is monitored by peer assessment, self assessment and teacher assessment. For each area of study, students are awarded a teacher assessed National Curriculum Level.



## Top Tips

Bring correct P.E. kit to all lessons

Spend time practicing.

Join extra-curricular clubs to improve understanding.

Be prepared to attempt new and more challenging skills.

## How parents can help

Encourage students to follow a healthy lifestyle.

