

Physical Education at Key Stage 3 at Cottenham Village College exists for the benefit of every student. We provide a safe, friendly, rewarding and challenging environment in which students can focus on what they can learn, understand and do to achieve their potential, through a range of sports and activities.

At Cottenham VC we routinely use a range of strategies to formatively assess and give feedback to students about their progress. In Physical Education these strategies include teacher observational assessment of where a student is at regarding their physical skills during each activity, mid-term and end of year test to ensure students have retained the knowledge imparted on them regarding the sports, knowledge themes and personal outcomes relevant in each year group. Students will also self-assess using a booklet to see where they think they have made progress and set themselves targets to work on in subsequent units of work.

	Autumn Term Rugby, Badminton, Dance, Fitness, Table tennis	Spring Term Netball, Dance, Basketball	Summer Term Athletics, Cricket, Rounders
Key subject knowledge: (This means what content you will cover)	Skill technique and application specific to each sport. Main rules, concepts and strategies of the activity. Building on year 7 and how to warm-up and knowing the major muscles in the body, students will now know the short-term effects of exercise. How to show a positive attitude and resilience in PE will be threaded through all we do to improve personal outcomes. Grouping of the activities into invasion games, net/wall, performance activities and striking & fielding. What makes them similar and what makes them different. How we can transfer skills from sport to sport. What does attack and defend look like in each competitive game?		
Key disciplinary knowledge: (This means the underlying idea/concept or process that supports your content choice.)	<p>Physical Outcomes – Students have been taught the basic skills & techniques in each sport/ activity, they will need to now identify these in each activity and develop them further by practising and following the advice given, whilst also working on improving their fitness levels. This will be done in a variety of ways, including, small-sided games, full games, group activities, isolated skills practice.</p> <p>Knowledge Themes – Understand the short-term effects of exercise. These being increased heart rate, blood flow muscular temperature and breathing rate. Production of lactic acid and redistribution of blood flow.</p> <p>Personal Outcomes – Students will understand and be able to demonstrate a positive attitude and resilience throughout their PE lessons.</p>		
Summative Assessment Strategies How are you assessing at the end of the unit/cumulatively?	<ul style="list-style-type: none"> Teacher assessment of a + = - for the specific activity. Assessment point 1 in their self-assessment booklet. 	<ul style="list-style-type: none"> Teacher assessment of a + = - for the specific activity. Assessment point 2 in their self-assessment booklet. 	<ul style="list-style-type: none"> Teacher assessment of a + = - for the specific activity. Assessment point 3 in their self-assessment booklet.

	<ul style="list-style-type: none"> • ATL whole school assessment grade 	<ul style="list-style-type: none"> • Mid- term knowledge test – online. • ATL whole school assessment grade 	<ul style="list-style-type: none"> • End of term knowledge test – online. • ATL whole school assessment grade
<p>How does this unit prepare students for future study? (Why does this unit go here and not elsewhere in your curriculum)</p>	<ul style="list-style-type: none"> • Extra-curricular opportunities to play recreationally with their peers or competitively against local schools in cluster fixtures and tournaments. • Building and improving skills and understanding is necessary to move up the years and become a more effective performer in every sport. • Knowledge, understanding and physical ability will help students if they are thinking of studying PE or Dance at GCSE or BTEC level. 		