

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 Invasion, Performance & Net/Wall (activity will depend on students' preference and space they are in)	Spring Term Invasion, Performance & Net/Wall (activity will depend on students' preference and space they are in)	Summer Term Performance and Striking & Fielding activities
<b>Key subject knowledge:</b> (This means what content you will cover)	<p>In year 9 students have some choice over which sport they would prefer to do in a particular space. Students will continue to develop the principles of each type of sport (invasion, net/wall, performance &amp; striking &amp; fielding) whilst refining the skills, technique and application. Main rules, concepts and strategies of the activity are key to becoming an effective player and students will have to demonstrate an improving understanding of this.</p> <p>Aligned with this are the developing knowledge of the body and specifically the long-term effects of exercise. With increasing maturity students will also be expected to show more leadership skills and cooperation with their peers.</p>		
<b>Key disciplinary knowledge:</b> (This means the underlying idea/concept or process that supports your content choice.	<p><b>Physical Outcomes</b> – In each sport/ activity they choose to do, students will continue to develop the skills, techniques and fitness requirements that need to be demonstrated in order to be an effective player or performer. Students will need to be able to identify these in each activity and improve them by practising and following the advice given. This will be done in a variety of ways, including, full sided games, group activities, isolated skills practice.</p> <p><b>Knowledge Themes</b> – Students will build on their knowledge from year 7 &amp; 8 and now learn the long-term effects of exercise. Such as increased muscular strength, aerobic capacity, decreased resting heart rate and quicker recovery time.</p> <p><b>Personal Outcomes</b> – Students will be able to take on leadership roles and demonstrate cooperation in PE lessons.</p>		
<b>Summative Assessment Strategies</b> How are you assessing at the end of the unit/cumulatively?	<ul style="list-style-type: none"> <li>Teacher assessment of a + = - for the specific activity.</li> <li>Assessment point 1 in their self-assessment booklet.</li> </ul>	<ul style="list-style-type: none"> <li>Teacher assessment of a + = - for the specific activity.</li> <li>Assessment point 2 in their self-assessment booklet.</li> </ul>	<ul style="list-style-type: none"> <li>Teacher assessment of a + = - for the specific activity.</li> <li>Assessment point 3 in their self-assessment booklet.</li> </ul>

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