

Translating the subject: Core PE Ks 3 and 4

What will you see in Core PE Lessons?

Ks3

A typically PE lesson in key stage 3 will involve a warmup, an activity/drill/conditioned game, which works on fundamental skills, tactics or rules from the sport they are covering, followed by a game to apply the skills/tactics/rules learnt so far with a finally review/discussion about what they have learnt and how they can improve for next time

You may see students working individually or as part of a team. You will see students working hard, being physically active and being encouraged to foster a healthy competitive attitude. You will also see students developing their confidence, teamwork, cooperation, respect and fair play just to mention a few.

Ks4

At key stage 4, in addition to developing what has been seen in key stage 3 you will expect to see students taking on more responsibility in lessons. This could be other roles such as a coach or umpire. We will hope to develop more advanced skills and techniques building from what has been learnt in key stage 3. You may see more complex games-based approaches (games for understanding) to their learning, working on tactics and overcoming problems in sports/activities. You will see students being encouraged to take part and improve their knowledge and performances to the best of their ability,

What will you see when students are performing in a sport/activity?

Ks3

At key stage 3 you will see a full variety of sporting activities taking place over a bespoke pathway throughout the year. Each group will be taking part in different activities at different times of the year, purely for logistical reasons and fair use of facilities. All students will have a full suite of opportunities over the course of the year. These include team sports, individual sports, personal fitness, trampolining and, depending on availability, access to one-off drop-down events from community coaches and clubs. The main focus at KS3 is to ensure all students have a good grounding in a wide range of activities and to address any misconceptions/gaps in knowledge from middle school PE.

They will be working on fundamental skills in each sport and applying these into conditioned games, encouraging students to join extracurricular sports/activities and representing the school.

Ks4

At key stage 4 students follow a similar pathway to that in key stage 3. After ensuring a solid knowledge base in key stage 3 you will see students developing more advanced skills and tactical knowledge. They will focus on outwitting their opponents and how to be successful in sport. You will also see students taking on other roles in sport, not just a performer. They will be seen leading warmups, refereeing/umpiring, scoring, leading a team as a captain and taking small activities in lessons. Key stage 4 is where we hope to encourage the lifelong participation in sport, for some this could be football and other it could be fitness activities. The curriculum is designed to give everyone an opportunity to have a go at a range of sports, with a link to local sports teams and clubs.

What formative assessment will you see in Core PE?

Ks3

Immediate verbal feedback from teacher to students, during all lessons, throughout drills, activities and games.

Pointers and guidance on how to adapt and change existing skills/techniques to improve.

We use a range of resources to provide all students with formative feedback such as, self and peer assessment sheets, assessment conversations with teachers, use of ICT where appropriate eg, ipads in Trampoline and Athletic lessons, assessing skills against professionals.

What is the department currently reading and discussing, and why?

What we are currently reading, watching, listening to?

- Safe Practice: in Physical Education, School Sport and Physical Activity – AFPE,
- www.bbc.sport
- Association for Physical Education @afPE_PE
- School Games @YourSchoolGames
- Youth Sport Trust @YouthSportTrust
- [Sport England @Sport_England](#)
- [The PE Umbrella – podcast](#)
- [Is PE in Crisis? By Lee Sullivan](#)

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Ks4

Feedback given on strengths and weaknesses and how they impact their team. Introducing, where appropriate, individual sport assessment tick sheets used in Sports Studies course for thorough sport by sport feedback highlighting areas to improve. Using a range of assessment resources such as, self and peer assessment sheets, mini white board assessment, use of ICT where appropriate eg, ipads in trampoline and athletic lessons, assessing skills against professionals.

Why?

- The release of Safe practice in PE is always essential reading to ensure practice is up to date and current.
- Up to date and breaking sports coverage online, helping to keep our PE curriculum up to date, current and linking to national sports/competitions.
- It helps us to promote and maintain high standards and safe practice in all aspects in core PE lessons, school sport and physical activity, influencing developments of physical health and emotional well-being.
- It gives us new and exciting ideas to inspire our students to be physically active for life, through positive experiences, different activities and competitions.
- Helping us to choose and plan the best PE lessons/pathways for our students to ensure we have competent students in PE that want to take part in sport and exercise for life.