North Herts

Education Support Centre

Course Title
KS3 PE/ Sport and Well Being
Overview
All KS3 students at NHESC participate in 2 PE Sport and Wellbeing lessons per week. 1 lesson focusing on Health Related Fitness & Well Being (Gym work, training programmes, personal fitness goals and boxing) including a range of mindfulness walks and 1 lesson focusing on Net wall games (Badminton, Table Tennis, Racket Ball, Squash) Invasion games (Football, Basketball and Handball), Gymnastics (Trampolining), Striking and Fielding games (Rounders, Cricket and Softball), Swimming and Athletics.
Outline of the Course
Our main focus and aims of Sport and Well Being Programme at NHESC are below • Maintain and improve fitness levels • Promote a healthy active lifestyle • Promote sport for all • Improve teamwork skills • Raise self confidence • Enjoyment and Fun for all
Assessment details
Students are assessed on their engagement, participation, effort and practical ability.
Staff Roles
Lead Teacher – Mr Clark
Equipment/Health and Safety
Every student is provided with a PE top and all equipment to take part in all areas of the KS3 PE Curriculum. Students need to have suitable trainers on to be able to take part in the lessons. Students are briefed by Mr Clark at the beginning of each lesson as they get on the bus on behaviour expectations of any Health and Safety at Fire procedures at the range of offsite facilities that we use for PE/ Sport & Well Being. (A qualified First Aider is attached to all Practical lessons)
How will it be examined
N/A
Appeals process
N/A

Curriculum Plan	
This table sets out the intended curriculum plan for PE/ Sport and Well Being in Key Stage 3. The plan for each upcoming half term is reviewed in advance based on the progress that has been made, while also taking into account the contrasting needs of individuals within each cohort and the impact of external factors on their learning.	
KS3 Programme of Study	
Autumn 1 **Net Wall** Tennis **HRF/ Well Being Walks** Boxersize & Gym Work *PE Rewards Trip: Bowling*	**Autumn 2** **Net Wall** Racket Ball **HRF/ Well Being Walks** Boxersize & Gym Work *PE Rewards Trip: Ice Skating*
Spring 1 **Net Wall** Badminton **HRF/ Well Being Walks** Boxersize & Gym Work *PE Rewards Trip: Wembley Stadium Tour*	**Spring 2** **Invasion Games** Football **HRF/ Well Being Walks** Boxersize & Gym Work *PE Rewards Trip: Mountain Biking Gratham Water*
Summer 1 **Striking & Fielding** Rounders, Softball Cricket **HRF/ Well Being Walks** Athletics *PE Rewards Trip: Fairlands Water Sports*	**Summer 2** **Striking & Fielding** Rounders, Softball Cricket **HRF/ Well Being Walks** Athletics *PE Rewards Trip: Edge Outdoors Water Sports*