North Herts

Education Support Centre

Course Title
KS3 PE/ Sport and Wellbeing
Overview
All KS3 students at NHESC participate in 2 PE Sport and Wellbeing lessons per week. 1 lesson will focus on health-related fitness & wellbeing (Gym Workouts, Circuit Training, Personal Fitness Training and Boxing). Students will also go on Mindfulness walks. Lesson 2 will focus on Net wall games (Badminton, Table Tennis, Pickleball, Padel), Invasion games (Football, Basketball and Handball), Striking and Fielding games (Rounders, Cricket, Golf and Softball).
Outline of the Course
Our main focus and aims of the Sport and Wellbeing Programme at NHESC are: • Maintain and improve fitness levels • Promote a healthy active lifestyle • Promote sport for all • Improve teamwork and leadership 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. Smith
Equipment/Health and Safety
Every student can be provided with a PE top. Students need to have suitable trainers to be able to take part in the lessons. All sporting equipment will be provided by NHESC. Students are briefed by Mr. Smith at the beginning of each lesson on behaviour expectations. Any health and safety, fire procedures will be covered with students prior to lessons starting. 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 Wellbeing 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 considering 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/ Wellbeing Walks** Boxersize & Gym Workout	**Autumn 2** **Net Wall** Pickle Ball **HRF/ Wellbeing Walks** Boxing & Gym Workout
Spring 1 **Net Wall** Badminton **HRF/ Wellbeing Walks** Circuit training & Gym Workout	**Spring 2** **Invasion Games** Football, Basketball, Handball **HRF/ Wellbeing Walks** Personal fitness goals
Summer 1 **Striking & Fielding** Rounders, Softball Cricket, Golf, Padel **HRF/ Wellbeing Walks** Athletics	**Summer 2** **Striking & Fielding** Rounders, Softball, Cricket, Golf, Padel **HRF/ Wellbeing Walks** Athletics