

### KS3 COURSE OPTIONS – Year 7

Course Title	Core Physical Education						
Course Description	Students will participate in two hours of Physical Education lessons over the course of each week. Through a variety of practical lessons there will be opportunities for students to take on a variety of roles (performer, official, coach) developing leadership skills and their knowledge and understanding of the benefits of exercise.						
Course Content (Term 1,2,3 etc.)	<p>Students will participate in a range of activities across the year following the completion of an initial 3 week baseline assessment. Activities followed include:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Autumn:</th> <th style="width: 33%;">Spring:</th> <th style="width: 33%;">Summer:</th> </tr> </thead> <tbody> <tr> <td>Badminton Basketball Dance Football Gymnastics Hockey Netball Rugby Volleyball</td> <td>Health Related Exercise Outdoor Adventure Activities</td> <td>Athletics Cricket Rounders Softball Tennis/Short Tennis</td> </tr> </tbody> </table>	Autumn:	Spring:	Summer:	Badminton Basketball Dance Football Gymnastics Hockey Netball Rugby Volleyball	Health Related Exercise Outdoor Adventure Activities	Athletics Cricket Rounders Softball Tennis/Short Tennis
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Extra-Curricular Opportunities	<p>The Extra-Curricular opportunities available for students run at lunchtimes and fixtures for school teams after school. The Extra-Curricular time-table can be found on the school web-site.</p> <p>Rugby (Girls and Boys) Football (Girls and Boys) Netball Badminton (Girls and Boys) Hockey Dance Trampolining Cross-Country Fitness Suite Volleyball Rounders Athletics</p>						

	<p>Softball Cricket Tennis Weekly open-house after school club (students choose activities to participate in eg. Basketball)</p>
Useful Websites	<p>Northampton Sport <a href="http://www.northamptonshiresport.org">www.northamptonshiresport.org</a> Sainsburys School Games <a href="http://yourschoolgames.com">http://yourschoolgames.com</a> BBC Sport <a href="http://www.bbc.com/sport">www.bbc.com/sport</a></p>
Important Information	<p>School P.E kit: PE Kit as on SWI website Gum shield (Hockey/Rugby) Shin pads (Football/Hockey) Football boots if Football/Rugby/Cross-Country</p>
Provision For Most Able	<p>Differentiated lessons to challenge and push more able students. This may include taking on greater leadership, coaching or officiating roles or specific ability tasks related to the activity.</p> <p>Initiation to Extra-Curricular clubs and inter-school competitions.</p> <p>Participation in the School Talented and Gifted programme.</p>
Assessment	<p>Assessment of student progress towards individualised pathways will occur in each activity. This will use specific skills set criteria to assess student performance, knowledge and understanding within each activity and prescribed roles (coach, official, performer).</p>