

PE - KS3

Overview

Physical Education is an integral part of the Impact North West Schools Provision Curriculum. The opportunity to perform and take part in Sport and Physical Activity enriches the students' experience and influences the development of spiritual, moral, social, cultural, physical and mental development.

Curriculum

The curriculum is designed to meet the needs of all students at IMPACT. The P.E department believes in a holistic approach to P.E which looks at more than developing the physical needs of the performer. Our bespoke curriculum is designed for no more than 8 students per class. We have applied the “Head, Heart, Hands” assessment model to the curriculum, which looks at how we can develop knowledge, understanding and physical ability/skills of the student as well as developing important life skills that the learner will need when they leave IMPACT. Whilst still meeting the demands of the national curriculum.

Our curriculum is delivered through a conditioned game approach, which focuses on skill developing in an engaging setting. Our aim is to give the students the opportunity to develop life skills, and promote a healthy, active lifestyle that will inspire lifelong participation in sport.

P.E in Key Stage 3

Students are taught a broad range of concepts including:

- Using a range of tactics and strategies to overcome opponents in direct competition [*such as Badminton, Dodgeball, Football, Futsal, Indoor Cricket*]
- Developing their technique and improving performance in other competitive sports [*such as Gymnastics (Parkour) Trampolining*]
- Outdoor and Adventurous activities [*ISP, Orienteering*]
- Analysing performance [*Head, Heart, Hands*] and demonstrating improvement towards personal best [*such as Health and Fitness*]
- *perform dances using advanced dance techniques within a range of dance styles and forms such as contemporary and sport related dance.*

Students are given the opportunity to participate in competitive sports and activities outside of IMPACT through excellent community and sports links. These can all be found on the bottom of our Schemes of Learning.

		Term 1			Term 2				Term 3		
First Lesson		04.09.23 – 20.10.23	30.10.23 – 03.11.23	06.11.23 – 22.12.23	08.01.24 – 26.01.24	29.01.24 – 16.02.24	26.02.24 – 15.03.24	18.03.24 – 28.03.24	15.04.24 – 24.05.24	03.06.24 – 28.06.24	01.07.24 – 23.07.24
Year 7	ESP Intro	Football/ Tag Rugby	Outdoor Education	Dodgeball	Badminton	Table Tennis	Parkour/ Dance	Health Related Fitness	Athletics	Cricket	Outdoor Education
Year 8	ESP Intro	Football/ Tag Rugby	Outdoor Education	Dodgeball	Table Tennis	Trampolining/Dance	Health Related Fitness	Badminton	Athletics	Cricket	Rounders
Year 9	ESP Intro	Football/ Tag Rugby	Outdoor Education	Dodgeball	Health Related Fitness	Badminton	Table Tennis	Trampolining/Dance	Athletics	Cricket	Rounders

Key	
BB Indoor	
BB Outdoor	
The Unit	
B' Bars	
B Park	