



# St Nicholas Catholic High School

## End of Year Statements (KS3)

### Overview of Learning Across KS3

	<b>Year 7 Exploring Physical Literacy</b>	<b>Year 8 Personal Development</b>	<b>Year 9 Character Development</b>
<b>Advent</b>	<p>Understand what it means to be a Physical Education student at St Nicholas Catholic High School. Develop understanding of expectations regarding organisation in terms of kit and equipment, entering/leaving changing rooms and changing room behaviour.</p> <p>Engage in a range of sports and activities to assess students on a physical and cognitive level. These assessments act as a means of allocating students to a class where they will be taught at a speed to meet their needs.</p> <p>Students will develop teamwork, decision making and resilience in a range of Outdoor and Adventurous Activities.</p> <p>Students will learn how to choreograph and perform a range of dance and be able to appreciate and evaluate performances.</p> <p>Students will develop confidence, competence, and motivation in a range of competitive invasion team sports such as football and netball.</p>	<p>Continue to engage in both indoor and outdoor activities that encompass a range of different required skills (including but not limited to; football, rugby, basketball, gymnastics, netball, and fitness).</p> <p>Students will be able to identify and select the appropriate skill needed to outwit an opponent in invasion games such as netball, football, rugby, and hockey.</p> <p>They will be able to explain the tactics and strategies used in invasion games.</p> <p>Students will be able to recall the rules and regulations of games covered so far.</p> <p>Students will showcase their fundamental gymnastic skills and develop fluency of movement in themes such as balance and flight. They will link moves on and off apparatus and demonstrate individual and group performances.</p> <p>Students learn to develop emotional intelligence, self-awareness and understand how to communicate with others in peer assessment.</p>	<p>Students will transfer their gymnastic skills on to a trampoline. They will develop reciprocal learning and giving feedback.</p> <p>Students will improve their interpersonal skills through self-analyse of their own performances using iPad.</p> <p>Students will build a connection with and understand how characters can be developed through sport.</p> <p>Students will look at the importance of sporting values and how they affect games. They will demonstrate respect for the opposition demonstrating sporting etiquette and sportsmanship.</p>

<p style="text-align: center;"><b>Lent</b></p>	<p>Develop those skills formed in primary school Physical Education lessons. Engage in both indoor and outdoor activities that encompass a range of different required skills (including but not limited to; football, rugby, basketball, gymnastics, netball, and fitness).</p> <p>Learn how an effective warm up and/or cool down may help prevent injury when performing. Develop knowledge on the components of a warm-up and practice applying learned knowledge by completing a warm-up in small groups.</p> <p>Students will improve their knowledge and understand of how rules and tactics are important in games such as hockey and rugby.</p> <p>Students will develop an understanding of the importance of Health-Related Fitness and how the body reacts to exercise. Students will challenge themselves and compare their results using different fitness tests such as the Multi-stage Fitness Test.</p>	<p>Students will be able to explain how working in groups develops teamwork and leadership.</p> <p>Students will be able to develop critical thinking skills through tactic cards, styles of play and formations to gain an advantage over an opponent.</p> <p>Students will be able to explain and demonstrate how to prepare the body for exercise. Students will improve their fitness using a range of training methods and be able to explain this effect on their heart rate and components of fitness.</p>	<p>Take on the role(s) of a leader by acting as a coach, official or team captain.</p> <p>Certain sports may also afford the opportunity to gain points or value for performances, where contributions to the team can be rewarded and value can increase.</p> <p>Students will be able to problem solve and work out how to defeat opponents in badminton.</p> <p>Students will evaluate the power of positivity in developing strong mental health.</p> <p>Students will adopt different roles within sport which will help them appreciate how umpires, officials, and organisers impact indoor games such as basketball.</p> <p>Students will discuss and appreciate how lifestyle effects fitness and explore diet, sleep and exercise habits which improve physical health.</p>
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<p style="text-align: center;"><b>Pentecost</b></p>	<p>Engage in activities such as athletics, net games like tennis and striking and fielding games including rounders, softball and cricket and gain a greater appreciation for the technical elements of different Summer sports.</p> <p>Experience Sports Day at a secondary school level. A whole day dedicated to participating in different track and field events as studied in Core Physical Education lessons. Compete against standardised times/distances and against other students to gain points for your form group.</p> <p>Students will experience the technical elements of Net and Striking and Fielding games.</p> <p>Students will perform track and field athletic events and record their personal bests.</p> <p>Students have the opportunity to play in a whole Key Stage competitive World Cup Football Tournament.</p>	<p>Students will be able to demonstrate consistency in batting and bowling and decision making within game situations to score in rounders, softball, and cricket.</p> <p>Students will be able to evaluate their own strengths and areas for improvement.</p> <p>Students will understand how to push for better athletic results and compare their times and distances for bronze, silver and gold standards as outlined by ESAA.</p> <p>Students will demonstrate a desire to improve through self-motivation, and dedication, exploring ways to develop further their physical competencies. Students should have the confidence to experience co-curricular activities.</p>	<p>Having developed knowledge and understanding of the key skills in a range of sports and activities in Year 7 and 8, lessons focus on playing the game and applying the correct rules and regulations of how each game/activity is played.</p> <p>Integrity and self-management are two key themes at this time of year as there may be multiple games being played at any one time. Being able to understand and play by the correct rules and scoring of the game is therefore of paramount importance to a successful game.</p> <p>Students will be able to develop integrity and self-management with increasing independence during practice and game time.</p> <p>Students will further develop athletic technique such as the glide in throwing to further improve the distance.</p> <p>Students will be able to demonstrate honesty and fair play when leading and officiating. They will be able to apply rules and score correctly.</p>
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