



Year 8 - KS3

IB MYP - PHYSICAL & HEALTH EDUCATION

What does this course involve at Key Stage 3?

During KS3 students take part in a wide variety of sports and activities. These are grouped into the following themes, with one theme being covered per module.

Tactics and Strategies: Netball, Football, Hockey, Lacrosse, Rugby, Cross Country, Basketball and many other team sports

Aesthetic Activities: Dance, Fitness, Trampolining and Gymnastics

Problem Solving : Activities involving teamwork along with team and decision making challenges

Developing technique : Any game or individual sport in which a technique is required, the sports selected are often tailored to the group- examples include football, rugby, netball, volleyball, badminton

Participating in competitive activities: Rounder's, Athletics, Softball and Cricket

Analysing performance: Analysing performance through any sport or activity including self and peer assessment

Students take part in one theme per module and cover a range of sports within it. This has proven a lot more beneficial to progress and allows students to compare and link sports together. It also allows for pupils to transfer their skills and knowledge across a range of sports as well as gaining confidence in many activities.

Students are given grades from 1-9. These are broken down further into three categories:

EMERGING 1- 3 The student has grasped some of the content and can describe basic skills and principles.

SECURE 4- 6: The student has a solid knowledge of the content and can apply certain principles and keywords when evaluating their own or others' work.

ADVANCED 7-9: The student is working consistently and is able to demonstrate advanced knowledge and skill. They are able to observe and evaluate others, providing feedback.

What do you need to be successful in this course?

To be successful students need to participate fully in lessons to develop their knowledge and understanding of skills and their application in team and individual sporting situations.