**PE Assessments**

Each activity is taught for a period of 4 weeks. KS3 receive 600 minutes, KS4 receive 200 minutes. In KS3, Assessment of knowledge & skills will take place at the end of each module and a grade will be awarded. Typically, KS3 grades range from 2 to 5.

KS3 and KS4 PE Curriculum Road Map 2021-2022

**Striking & Fielding**

Rounders

Batting, bowling, fielding, team tactics, knowledge of the rules

Cricket

Batting, bowling, fielding, team tactics, knowledge of the rules

Cross

Country

Running, max level performance

 **KS3 Topic Assessment: Cricket**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**KS3 Topic Assessment: Rounders**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

Fitness Training

Execute different methods of training. Developing knoledge of fitness training.

Athletics

Running, jumping, throwing, max level performance & knowledge of the rules

**Athletics Activities**

Dance

Routines, choreography, performance, evaluating

**KS3 Topic Assessment: Fitness Training**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**KS3 Topic Assessment: Dance**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**KS3 Topic Assessment: Athletics**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

Trampoline

Routines, choreography, performance, evaluating

**Aesthetic Activities**

Table Tennis

Serving, attacking shots, defensive shots, tactics, knowledge of rules

 Social ResponsibilityY7

**KS3 Topic Assessment: Handball**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**KS3 Topic Assessment: Football**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**KS3 Topic Assessment: Netball**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

Football

Attacking & defending, shape & space,

Knowledge of rules, passing & receiving

Netball

Attacking & defending, shape & space,

Knowledge of rules, passing & receiving

**KS3 Topic Assessment: Trampolining**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**KS3 Topic Assessment: Table Tennis**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**Net & Court**

**KS3 Topic Assessment: Rugby**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

**KS3 Topic Assessment: Basketball**

Practical assessment of skills. Skills to be assessed by school level systems and sub-levels (D, S & E)

Basketball

Attacking & defending, shape & space,

Knowledge of rules, passing & receiving

Rugby

Attacking & defending, shape & space,

Knowledge of rules, passing & receiving

Handball

Attacking & defending, shape & space,

Knowledge of rules, passing & receiving

**Invasion Games**

The St Bede’s GRITTY Curriculum is deigned, ‘To empower young people for a life of learning that is filled with love for themselves and others, along with a hope for the future that is enriched by knowledge, skills and faith.