



**YORK HIGH  
SCHOOL**

**“Exercise is the chief source of improvement in our faculties.”**

Hugh Blair

# PHYSICAL EDUCATION

## KS3 SUBJECTS ON A PAGE

### OUR AIMS AND INTENTIONS

At YHS we strive to ensure our pupils become physically confident in a way which supports their health and fitness. It provides opportunities to compete in sport and other activities which build character and help to embed values such as fairness and respect.

### CURRICULUM KNOWLEDGE:

Pupils build on and embed the core skills developed in KS1 & 2, and learn how to apply them across different sports and physical activities with increasing complexity. Pupils understand what makes a performance effective and how to apply these principles to their own and others' work.

They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

### SUBJECT SPECIFIC SKILLS:

- Develop their technique and performance in competitive sports by developing their tactics and strategies to overcome opponents in direct competition through team and individual games.
- Perform dances using advanced dance techniques within a range of dance styles and forms.
- Learn how to overcome intellectual and physical challenges developing skills to solve problems, either individually or as a group building on trust.
- Analyse their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.

### IMPLEMENTATION:

- We work closely with the Schools Games Organiser supporting the delivery of the primary schools Sports competition programme

### PE IMPLEMENTATION OF THE WIDER YHS CURRICULUM

RESILIENCE	ASPIRATION	SUCCESS
<ul style="list-style-type: none"> <li>■ Show commitment to physical and mental challenges.</li> <li>■ Identify improvements to own and others work, invite feedback and deal positively with praise and criticism</li> <li>■ Form good working relationships with peers and work towards a common goal.</li> </ul>	<ul style="list-style-type: none"> <li>■ Aiming high, being your best, ATL scores</li> <li>■ Identifying and overcoming barriers. Use of role models.</li> <li>■ Personal best achievements</li> </ul>	<ul style="list-style-type: none"> <li>■ Follow instructions accurately and generate own ideas to address problems.</li> <li>■ Take on different roles within a team developing an appreciation for alternative view points and the ability to compromise.</li> <li>■ Abide by rules showing fair play and respect for others.</li> </ul>

ensuring that Y7 work then builds on this.

- The PE POS is written and regularly reviewed with subject staff to ensure it meets the needs of all learners.
- Lesson by lesson resources are quality assured by subject leader, shared on O Drive and differentiated.
- ATL Grades are given once every half term with individual discussions taking place on how to improve outcomes.

### INTENDED IMPACT:

- The curriculum meets the demands of the KS3 National curriculum.
- The curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities in a way which supports their health and fitness and embeds values such as fairness and respect.
- The uptake of the KS4 Sport Cambridge National remains high.