

### **Key Stage 3 Curriculum and Assessment**

In years 7 and 8, the lessons provided are four, one hour periods per fortnight.  
In year 9 students have two, one hour periods per fortnight.

Throughout the Key Stages Students will study the following units of work;

#### **Boys Curriculum**

Invasion games; Rugby, Football, Volleyball, Basketball; Outdoor Adventurous Activities: Orienteering, Problem Solving and Team Building Activities; Health-Related Fitness; Dance; Gymnastics; Badminton; Tennis; Cricket; Track and Field Athletics.

#### **Girls Curriculum**

Invasion games; Netball, Football, Tag Rugby, Volleyball; Outdoor Adventurous Activities: Orienteering, Problem Solving and Team Building Activities; Health-Related Fitness; Gymnastics; Dance; Badminton; Rounder's; Tennis; Track and Field Athletics.

#### **Key Stage 3 Assessment**

Every half term students are formatively assessed on their practical performance against the assessment Objectives (AO): Developing Skills and Applying Decisions (AO1) and twice a year on their Knowledge and Understanding of Health and Fitness (AO2).