

Our intent – Physical Education

At Northampton School, Physical Education aims to assist the physical, mental and social development of all students through the use of sport and physical activity. Students will develop their skills physically, cognitively and emotionally across a broad and balanced range of activities. Assessment in the subject goes beyond physical skills and students are expected to demonstrate British Values such as teamwork, honesty and respect. The ultimate aim is to facilitate lifelong participation in physical activity leading to a healthy and active lifestyle.

All students follow a traditional seasonal PE curriculum inclusive of team, individual, alternative and international activities.

KS3 –

- Learning new skills through Y7, 8 and 9 through a spiralled curriculum.
- Core fitness
- Application of tactical understanding throughout the key stage as lessons progress.
- An introduction into a knowledge rich curriculum in preparation for KS4 and beyond.
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The PE team, ensure that the students follow a broad and balanced curriculum, in which they will have the opportunity to take part in a wide variety of physical activities/sports. In core PE, students will take part in a variety individual and team sports, with lesson objectives/outcomes that increase in difficulty through a sequenced and curriculum as the key stages progress.

Curriculum Implementation and Impact – Physical Education

The PE team ensures that students follow a broad and balanced curriculum, in which they will have the opportunity to take part in a wide variety of physical activities/sports. In core PE, students will take part in a variety individual and team sports, with lesson objectives/outcomes that increase in difficulty through a sequenced and curriculum as the key stages progress.

All practical PE lessons will have:

- A calm and focused start to each lesson in line with expectations.
- Objectives are explicitly explained to students.
- Modeling - used extensively through demonstrations and visual guidance.
- Activities and practices linked to assessment levels.
- Throughout each unit of work students are made aware of their current attainment levels.
- Any non-doers are involved in the activity through a variety of leadership and support roles
- An active lesson – aimed at increasing heart rate to battle the growing obesity crisis the country is facing.
- Lessons to stretch and challenge students of all abilities. Scaffolding used where necessary.
- Self-assessment and peer assessment develop deeper understanding.
- Summative and formative assessment will be used to assess students' understanding of the L.O's.

At Northampton School we are proud of:

- The engagement and participation of students in lessons and extra-curricular provision.
- The extensive opportunities offered within PE at NS, leading to healthy and active lifestyles.
- The dedication of specialist PE teachers who constantly share good practice and engage in CPD.
- Performance at local, regional and national level of several of our teams.

Pathway	Year 7	Descriptors
9	Exceptional	<ul style="list-style-type: none"> I am able to demonstrate positive interaction with peers and adults. I have developed a self-belief and motivation to support readiness to learn. I demonstrate an ability to understand and apply skills and knowledge fine variety of activities. I am able to sustain vigorous physical activity for a prolonged amount of time and am constantly looking to improve my personal fitness. <p>My target is to continue to demonstrate empathy when working with others and to develop my leadership when working with different people.</p>
8	Advanced +	<ul style="list-style-type: none"> I can demonstrate self-confidence and positive emotional behaviours. I am able to communicate with others showing empathy. I can make informed decisions and adapt my thinking and understanding. I have the ability to perform complex patterns of movement. <p>My target is to further develop my application of skill and continue to build positive relationships with my peers and adults.</p>
7	Advanced	<ul style="list-style-type: none"> I can demonstrate good personal safety and wellbeing. I show resilience to work through personal and group challenges. I am able to set personal goals and evaluate them with a view to improve my skills, attitude and understanding. I can apply tactics, strategies and compositional ideas to different activities. <p>My target is to improve my decision making and communication skills.</p>
6	Extended	<ul style="list-style-type: none"> My personal organisation is very good and I have a positive attitude to all activities. I can work independently, in small groups and in teams. I show empathy when listening to others and am willing to share my own ideas. I have a strong skill set in a variety of activities. <p>My target is to develop my understanding of tactics, strategies and compositional ideas</p>
5	Standard	<ul style="list-style-type: none"> I understand why a healthy and active lifestyle is important. I can demonstrate that I have self-motivation and organisation. I am able to set individual goals. I will often raise my hand to answer questions during the lesson. I show that I have consistency and fluency of movement in a variety of activities. I am able to demonstrate good sportsmanship. <p>My target is to work well in small groups/teams and develop my personal organisation.</p>
4	Foundation +	<ul style="list-style-type: none"> I am actively looking to develop my personal fitness and live a healthy. I am able to work independently and in small groups. I have a developing skill set and work hard to improve my knowledge of different activities. <p>My target is to set personalised goals and work towards them to further develop my active lifestyle.</p>
3	Foundation	<ul style="list-style-type: none"> I have a basic understanding of personal fitness and wellbeing. I am able to answer some questions when prompted. I am sometimes able to apply basic skills and tactics in a variety of activities. <p>My target is to develop my skill set and start to take part in regular physical activity.</p>

Pathway	Year 8	Descriptors
9	Exceptional	<ul style="list-style-type: none"> I am motivated and demonstrate excellent teamwork skills, I can confidently collaborate with others to achieve success. I can independently analyse and comment on their own and others work, including fitness, highlighting the strengths and weaknesses of performance and can describe and plan, how to apply improvements. I can demonstrate very good knowledge of the rules and regulations in a sport of my choice and can officiate with increased confidence. I can demonstrate excellent skills and techniques using control, precision and fluency making a significant contribution to the success of the group or team across a range of activities. <p>My target is to develop my knowledge and understanding of key health and fitness benefits and help me peers to better their performances.</p>
8	Advanced +	<ul style="list-style-type: none"> I am motivated and demonstrate very good teamwork skills, I can cooperatively work with others to achieve success. I can independently analyse and comment on my own and others work using set criteria, and make relevant suggestions on how performance can be improved. I can demonstrate good knowledge of the rules and regulations in a sport of my choice and can officiate accurately. I can demonstrate very good skills and techniques using control, precision and fluency making a significant contribution to the success of the group or team across a range of activities. I can demonstrate good levels of physical fitness, building on my personal best in a physical activity. <p>My target is to continue to demonstrate empathy when working with others and to develop my leadership when working with different people.</p>
7	Advanced	<ul style="list-style-type: none"> I am enthusiastic and demonstrate good teamwork skills, I can cooperatively work with others to achieve success. With support, I can analyse and comment on my own and others work using set criteria, and make relevant suggestions on how performance can be improved. I can demonstrate good knowledge of the rules and regulations in a sport of my choice and can officiate with minor errors. I can demonstrate good skills and techniques using control and precision making an impact to the success of the group or team across a range of activities. I can demonstrate good levels of physical fitness, building on my personal best in a physical activity. <p>My target is to further develop my application of skill and continue to build positive relationships with my peers and adults.</p>
6	Extended	<ul style="list-style-type: none"> I can demonstrate good teamwork skills and can cooperatively work with others to achieve success. I can comment on my own and others work using set criteria, and make suggestions on how performance can be improved. With support, I can analyse and comment on my own and others work using set criteria, and make relevant suggestions on how performance can be improved. I can demonstrate fundamental skills and techniques using some control and precision and contributing to the success of the group or team. I can demonstrate good levels of physical fitness, building on my personal best in a physical activity. <p>My target is to improve my decision making and communication skills.</p>
5	Standard	<ul style="list-style-type: none"> I am enthusiastic and demonstrate good teamwork skills, I can cooperatively work with others to achieve success. I can comment on my own and others work using set criteria. I can demonstrate knowledge of the rules in a sport of my choice. I can demonstrate fundamental skills and techniques using an element of control and precision. I can demonstrate satisfactory levels of physical fitness, building on my personal best in a physical activity. <p>My target is to develop my understanding of tactics, strategies and compositional ideas.</p>
4	Foundation +	<ul style="list-style-type: none"> I am enthusiastic and demonstrate good teamwork skills, I can cooperatively work with others to achieve success. With support, I can identify tactics in a sport of my choice. I can comment on others work using set criteria. I can demonstrate fundamental skills in isolated practices with varying levels of control and accuracy. <p>My target is to work well in small groups/teams and develop my personal organisation.</p>
3	Foundation	<ul style="list-style-type: none"> I can demonstrate teamwork skills and can work with others. I can comment on others work using a set criteria. With support, I can identify how fitness can affect performance. I can demonstrate fundamental skills in isolated practices with limited success. My fitness levels require improvement. <p>My target is to set personalised goals and work towards them to further develop my active lifestyle.</p>