



KAR PE Key Stage 3

Within Core PE lessons all pupils will have 2 x 100 minute lessons across the two week timetable. Lessons will be practicals, with a number of different sports taught, each group will have the opportunity to take part in the majority of the sports which we offer.

Students will predominantly have 4 lessons on each sport in a block, sometimes they may well have two blocks on the same sport at different points in the academic year. The sports which we currently offer during KS3 Core lessons:

Football	Netball	Rugby	Fitness	Athletics
Basketball	Rounders/Softball/Baseball	Alternative Activities	Table Tennis	Benchball

Alongside the practical within PE, we also introduce some of the key knowledge for all pupils to encourage an active lifestyle, so elements of theory knowledge will be taught in a practical context.

Topic
1) Importance of Warm up and Cool Down
2) Fitness Training Methods
3) Muscles in the Body
4) Bones within body
5) Gamesmanship & Sportsmanship
6) Types of Movement & Joints in the body
7) Diet
8) Observation and Analysis
9) Cardiovascular system
10) Aerobic & Anaerobic respiration
11) Respiratory systems

12) Short and long term effects of exercise

13) Fitness Test

14) Skill and Health Related components of fitness

15) Health benefits of sport