

# SPORT IN KS3

## Units taught during KS3

AUTUMN	SPRING	SUMMER
Football	Badminton	Trampolining
Netball	Dance/ Trampolining	Rounders
Rugby	Health Related Fitness	Cricket
Hockey	OAA/Rock Climbing	Athletics - Track
Basketball		Athletics - Field

## During KS3, pupils are taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- Develop their technique and improve their performance in other competitive sports.
- Perform dances using advanced dance techniques within a range of dance styles and forms.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school through community links or sports clubs.

## How parents can help to support their son's/daughter's learning:

- Ensure that your child is always equipped with full PE kit.
- Encourage them to attend extra-curricular clubs.
- Encourage them to watch/ take part in sport in their spare time.
- Encourage them to lead a healthy, active lifestyle.
- Encourage them to complete all homework set.

## The following websites can help your son/daughter's learning:

- <https://www.showmyhomework.co.uk/>
- @bridschoolpe (Twitter)  
(your child will have their own logins)

If you have any queries, please contact Mr T Holt



# SPORT in KS4

## OCR Cambridge National Sport Studies

Unit	Assessment Method
R051 Contemporary issues in sport	Written 1 hour exam – 60 marks. Externally assessed.
R052 Developing sports skills	Individual sport, Team sport, Officiating and Practice Methods in sport. Centre assessed tasks – 60 marks.
R053 Sports leadership	Plan, deliver and reflect upon the quality of their individual sports session. Centre assessed tasks – 60 marks.
R056 Developing knowledge and skills in outdoor activities	Developing knowledge and skills in outdoor activities. Centre assessed tasks – 60 marks.

### During KS4, pupils are taught to:

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.
- Develop their technique and improve their performance in other competitive sports, or other physical activities.
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

### How parents can help to support their son's/daughter's learning:

- Ensure that your child is always equipped with full PE kit.
- Encourage them to attend extra-curricular clubs.
- Encourage them to watch/ take part in sport in their spare time.
- Encourage them to lead a healthy, active lifestyle.
- Encourage them to complete all homework set.

### The following websites can help your son/daughter's learning:

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