



Portchester Community School Learning Journey

Key Stage 3 Physical Education

Successful students
Confident students
Responsible students














Portchester Community School – Unit 1

Sports Performer



Successful students
Confident students
Responsible students

BOYS		GIRLS		MIXED	
	Gymnastics (Gym)		Netball (Courts)		Invasion Games (Field)
	Rugby (Field)		Badminton (Sports Hall)		Gymnastics (Gym)
	Badminton (Sports Hall)		Gymnastics (Gym)		Table Tennis (Gym)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn about the Fundamental Skills needed to be successful in a range of sporting activities</p> <p>You will learn about how the Components of Fitness enable you to perform these skills to a higher standard</p>	<p>You will experience participating in range of activities where you practice and develop your Fundamental Skills</p> <p>You will experience learning about the Components of Fitness in a practical setting and linking them to skill performance</p>	<p>We hope you will be able to talk like an expert about the Fundamental Skills and Components of Fitness used in different activities</p> <p>We hope you will be able to demonstrate effective performance of the skills required in a range of sporting activities</p>



Portchester Community School

Sports Performer



Successful students
Confident students
Responsible students

UNIT 1 ASSESSMENT CRITERIA



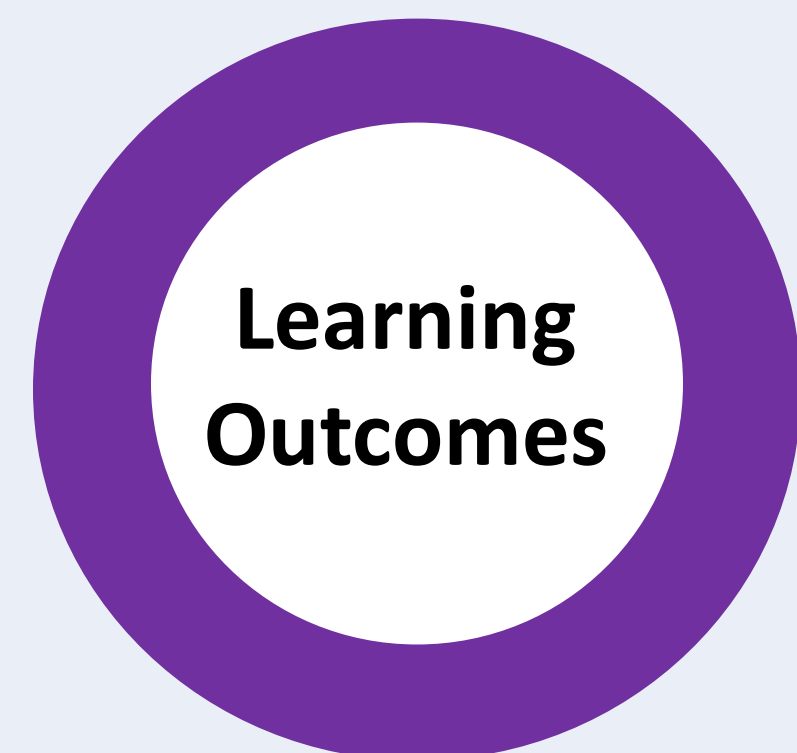
You have demonstrated a **deeper understanding** of the Learning Outcomes



You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



- **Know** and **understand** the **fundamental** skills used in a range of sporting activities
- **Describe** the **components of fitness** required for different sporting movements
- **Demonstrate** high **effort** levels and **resilience** when participating in a variety of activities
- **Display confidence** when performing skills in practice situations
- **Consistently** performing skills with **control** and **precision**
- **Apply** skills into **game situations** at appropriate times





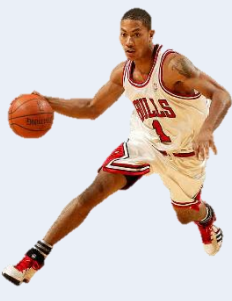
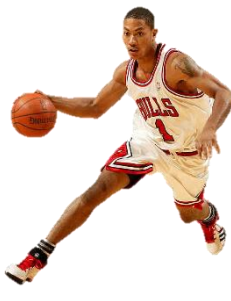







Portchester Community School – Unit 2

Tactician and Strategist



Successful students
Confident students
Responsible students

BOYS		GIRLS		MIXED
 Table Tennis (Hall)		 Netball (Sports Hall)		 Basketball (Gym)
 Basketball (Sports Hall)		 Football (Legacy Pitch)		 Table Tennis (Gym)
 Football (Legacy Pitch)		 Table Tennis (Hall)		 Badminton (Sports Hall)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn about different tactics and strategies that can be used in sport to be successful</p> <p>You will learn why these tactics and strategies are used and how they help you to gain an advantage</p>	<p>You will experience participating in a range of activities and applying various tactics and strategies</p> <p>You will experience different scenarios that will challenge you to adopt the most appropriate tactic or strategy</p>	<p>We hope you will be able to talk with confidence about different tactics and strategies used in sport</p> <p>We hope you will be able to demonstrate the ability to use different tactics and strategies in various sporting activities.</p>



Portchester Community School

Tactician and Strategist



Successful students
Confident students
Responsible students

UNIT 2 ASSESSMENT CRITERIA



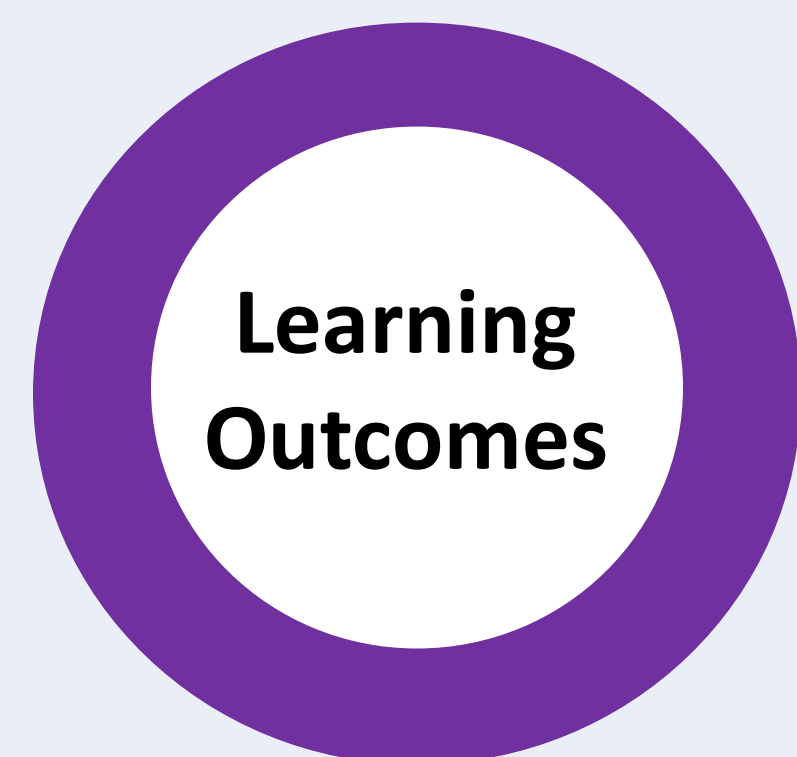
You have demonstrated a **deeper understanding** of the Learning Outcomes



You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



- **Know** and **understand** different tactics and strategies used in a range of activities
- **Analyse** situations and **make decisions** regarding appropriate tactics
- **Communicate** strategies and tactics clearly and with **confidence**
- **Identify** and **implement** a change in tactics through effective **leadership**
- **Demonstrate** the ability to follow appropriate **tactics** and **strategies**
- Use **problem solving** skills to **alter** and **adapt** tactics within a range of activities














Portchester Community School – Unit 3

Sports Official



Successful students
Confident students
Responsible students

BOYS		GIRLS		MIXED	
	Athletics (Field)		Tennis (Courts)		Striking & Fielding (Field)
	Softball (Field)		Athletics (Field)		Tennis (Courts)
	Tennis (Courts)		Rounders (Field)		Athletics (Field)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn about the different rules and regulations that apply in various sporting activities</p> <p>You will learn about the characteristics and skills that are needed to officiate effectively</p>	<p>You will experience officiating other students as they participate in various activities</p> <p>You will experience being officiated by other students in the group and assessing their officiating skills</p>	<p>We hope you will be able to officiate a sporting situation effectively, demonstrating effective leadership skills</p> <p>We hope you will be able to participate respectfully when being officiated by others</p>



Portchester Community School

Sports Official



Successful students
Confident students
Responsible students

UNIT 3 ASSESSMENT CRITERIA



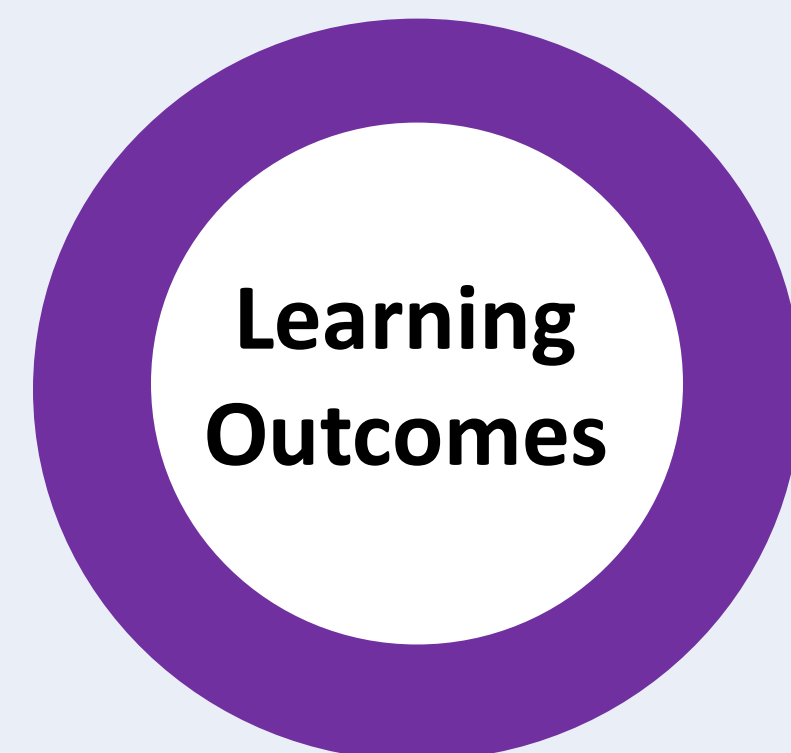
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You are beginning to demonstrate **understanding** of the Learning Outcomes



- Develop **knowledge** of **rules** and regulations used in a range of activities
- Apply rules and regulations appropriately when **making decisions**
- **Confidently communicate** decisions clearly and effectively when officiating
- Show **respect** for officials when decisions have been made to allow fair play
- Participate **competitively** in all lessons to allow for effective officiating
- Use **problem solving** skills to officiate effectively and overcome disputes














Portchester Community School – Unit 4

Enhanced Performer



Successful students
Confident students
Responsible students

BOYS		GIRLS		MIXED	
	Volleyball (Sports Hall)		Dodgeball (Gym)		Invasion Games (Field)
	Dodgeball (Gym)		Netball (Courts)		Badminton (Sports Hall)
	Football (Legacy Pitch)		Badminton (Sports Hall)		Dodgeball (Gym)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn the coaching points for complex skills in a range of activities.</p> <p>You will learn how using complex skills will improve and enhance your performance level in a range of activities</p>	<p>You will experience participating in various activities where you will practice complex skills in conditioned situations</p> <p>You will experience the opportunity to apply complex skills in game situations in a range of activities</p>	<p>We hope you will be able to talk like an expert about complex skills, using the key coaching points when describing each skill</p> <p>We hope you will be able to perform complex skills in a range of activities with accuracy and consistency</p>



Portchester Community School

Enhanced Performer



Successful students
Confident students
Responsible students

UNIT 4 ASSESSMENT CRITERIA



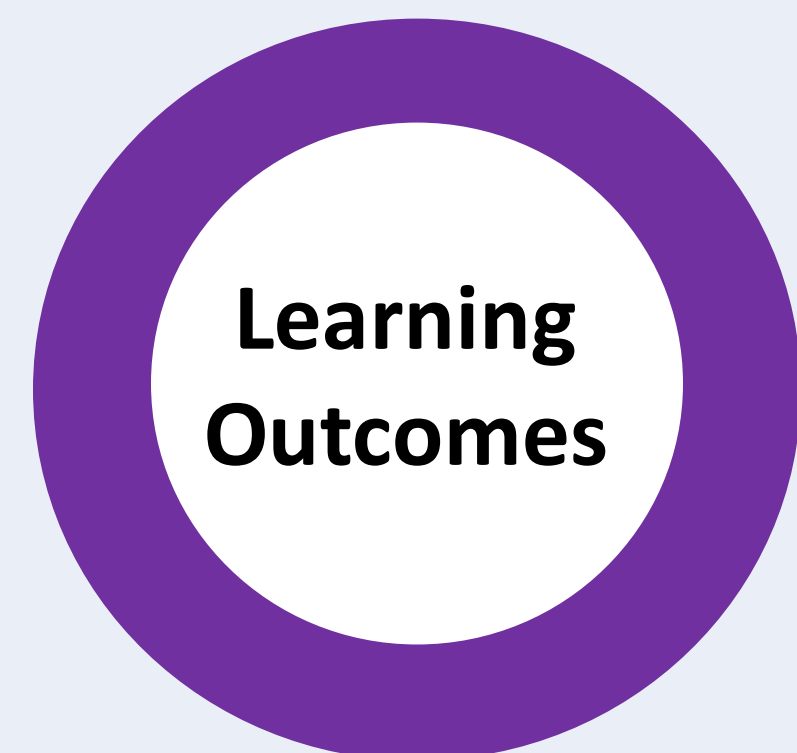
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You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



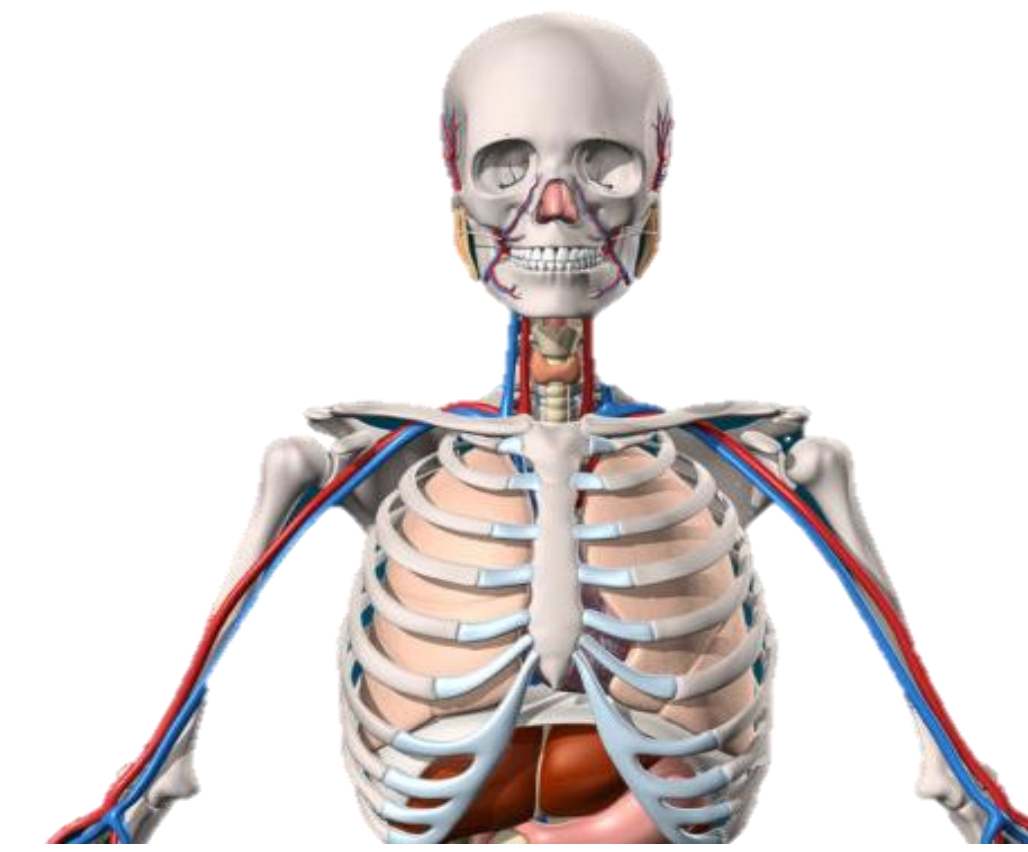
- **Know** and **understand** different **complex** skills used in a range of sporting activities
- **Talk like an Expert** when **describing complex** skills
- **Demonstrate** high **effort** levels and **resilience** when learning new **complex** skills
- **Display confidence** when performing **complex** skills in practice situations
- **Consistently** perform complex skills with **control** and **precision**
- **Apply complex** skills into **game situations** at appropriate times















Portchester Community School – Unit 5

Sport Physiologist



Successful students
Confident students
Responsible students

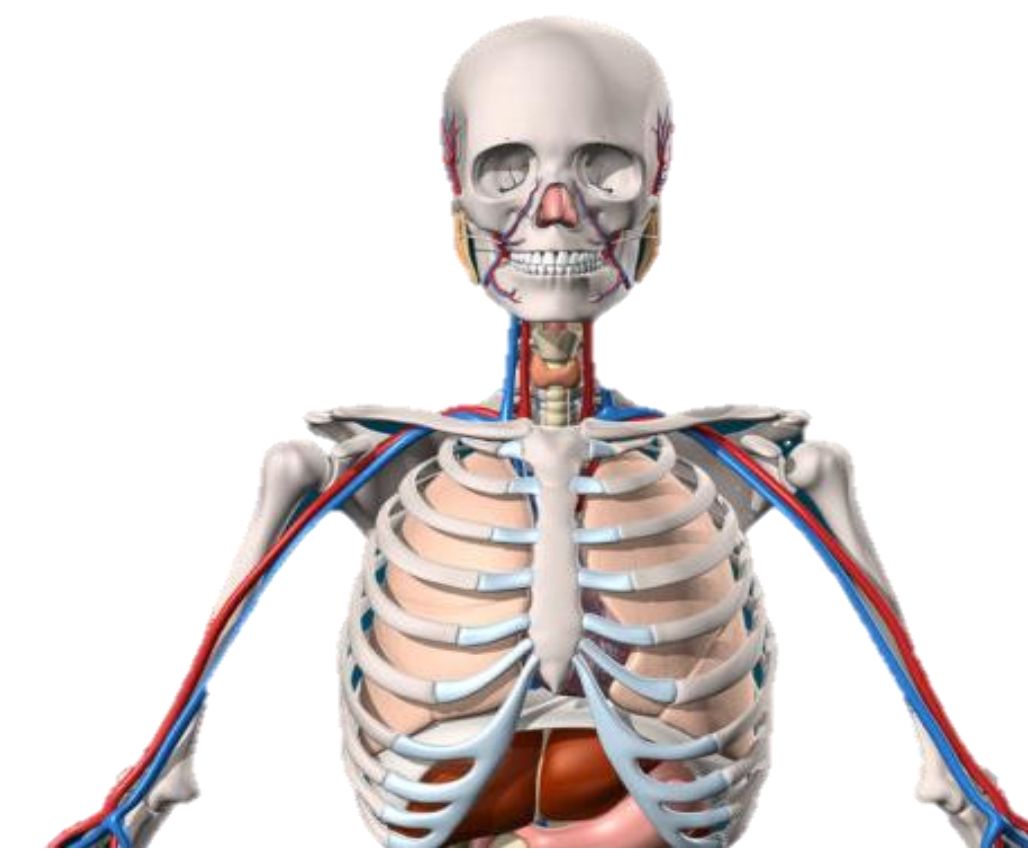
BOYS		GIRLS		MIXED	
	Fitness (Gym)		Netball (Sports Hall)		Table Tennis (Hall)
	Badminton (Sports Hall)		Football (Legacy Pitch)		Fitness (Gym)
	Football (Legacy Pitch)		Fitness (Legacy Pitch)		Basketball (Gym)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn about the different body systems and how these systems work</p> <p>You will learn how you can improve your performance by developing your own body systems</p>	<p>You will experience participating in a range of activities where you learn about the body systems in a practical way</p> <p>You will experience a series of lessons in the Health Suite where you will learn how to improve your body systems</p>	<p>We hope you will be able to talk like an expert about the different body systems and how they impact performance</p> <p>We hope you will be able to understand the importance of maintaining and developing a healthy body</p>



Portchester Community School

Sport Physiologist



Successful students
Confident students
Responsible students

UNIT 5 ASSESSMENT CRITERIA



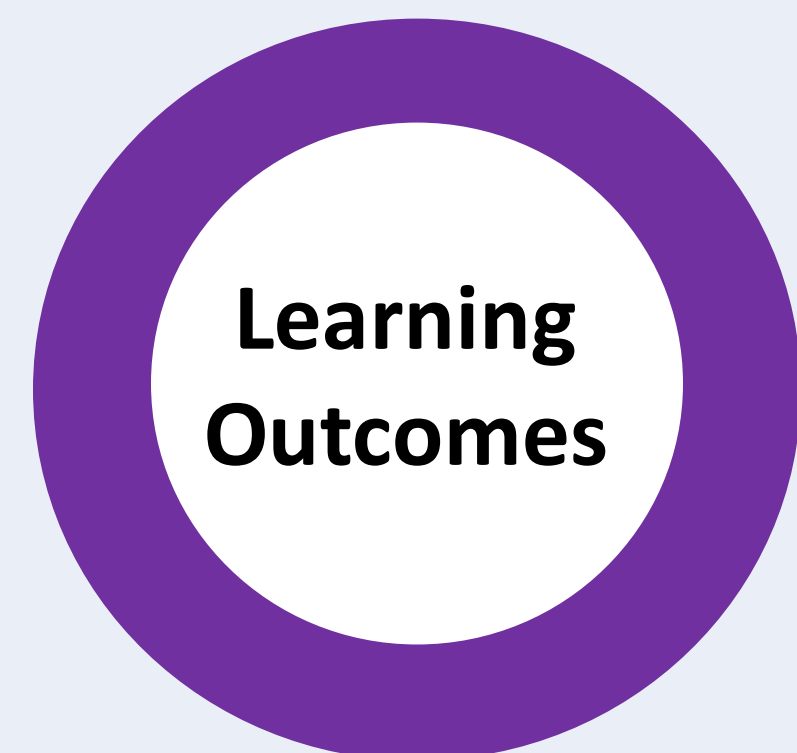
You have demonstrated a **deeper understanding** of the Learning Outcomes



You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



- **Know** and **understand** the key components of each of the **body systems**
- **Apply** your knowledge of the **body systems** to understand different **sporting performances**
- Show **resilience** when learning and applying new subject vocabulary relating to the **body systems**
- **Confidently communicate** using the correct vocabulary to describe different **sporting actions**
- **Demonstrate** effective use of your **own** body systems to be competitive in a range of activities
- **Describe** the **positive effects** that your **body systems** have on your **own performance** levels














Portchester Community School – Unit 6

Self Evaluator



Successful students
Confident students
Responsible students

BOYS		GIRLS		MIXED	
	Athletics (Field)		Tennis (Courts)		Striking & Fielding (Field)
	Softball (Field)		Athletics (Field)		Tennis (Courts)
	Tennis (Courts)		Rounders (Field)		Athletics (Field)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
You will learn about the importance of evaluating your own performance in order to help you improve	You will experience participating in a range of activities where you will evaluate your own sporting performance	We hope you will be able to talk like an expert about how to evaluate performance and why it is important
You will learn about how to evaluate your sporting performance effectively in order to help you improve	You will experience using different methods to evaluate your sporting performance and your effectiveness	We hope you will be able to use your evaluation to identify things to improve in your own performance



Portchester Community School

Self Evaluator



Successful students
Confident students
Responsible students

UNIT 6 ASSESSMENT CRITERIA



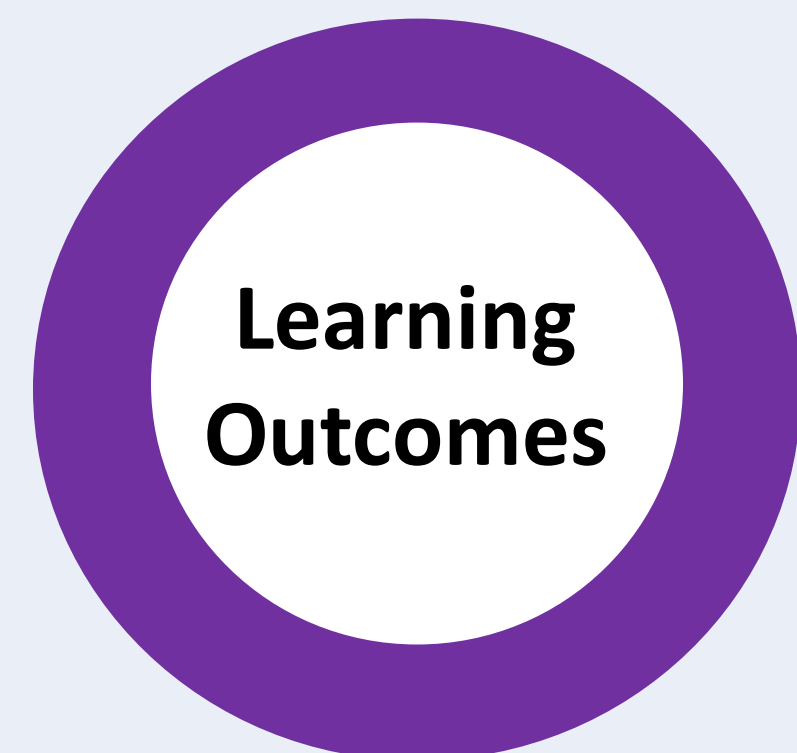
You have demonstrated a **deeper understanding** of the Learning Outcomes



You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



- **Know** and **understand** the **coaching points** that lead to a **successful** performance
- **Evaluate** your own **sporting performance** and identify areas of **strength** and areas to **improve**
- **Display** high levels of **effort** to demonstrate your **best performance**
- **Confidently** describe your own performance with other students using **key vocabulary**
- **Adapt** technique **appropriately** to improve your performance levels
- **Develop** your competitiveness through the **improvement** of skills and techniques





Portchester Community School – Unit 7

Sports Leader



Successful students
Confident students
Responsible students

BOYS	GIRLS	MIXED
Leadership Skills (Legacy Pitch)	Leadership Skills (Gym)	Leadership Skills (Sports Hall)
Sport Ed - Football (Legacy Pitch)	Sport Ed - Netball (Sports Hall)	Sport Ed - Basketball (Gym)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn about the skills and characteristics needed to become an effective leader in both sport and everyday life</p> <p>You will learn about your own leadership skills and your strengths and areas for development</p>	<p>You will experience leading other students in the group in a variety of roles and situations and receiving feedback on your leadership skills</p> <p>You will experience being led by other students in the group and assessing their leadership skills</p>	<p>We hope you will be able to effectively lead other students within the class, displaying effective leadership skills and characteristics</p> <p>We hope you will be able to talk like an expert about what makes an effect leader</p>



Portchester Community School

Sports Leader



Successful students
Confident students
Responsible students

UNIT 7 ASSESSMENT CRITERIA



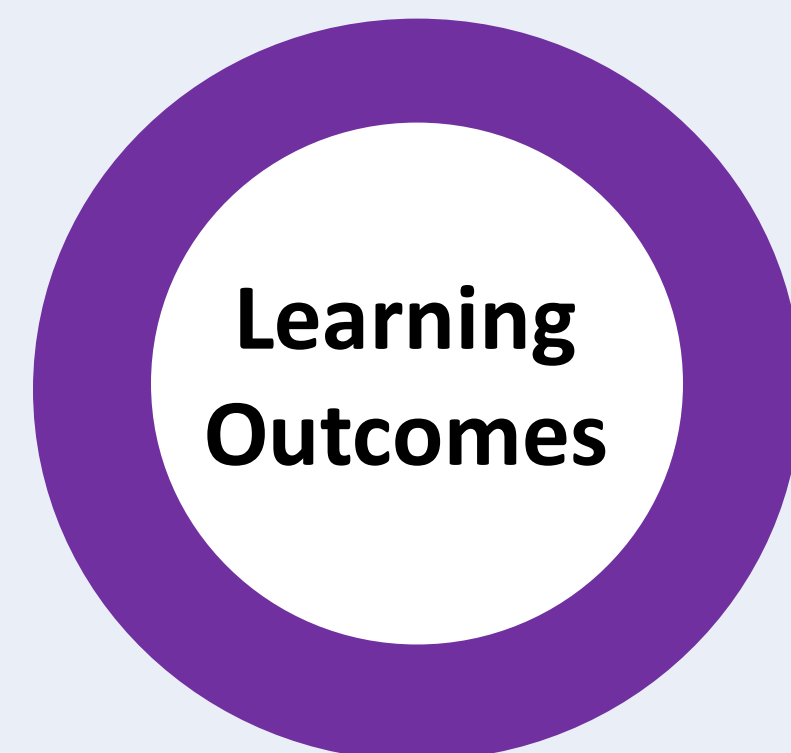
You have demonstrated a **deeper understanding** of the Learning Outcomes



You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



- **Know** and **understand** the characteristics and skills needed for **successful leadership**
- **Demonstrate** the **key characteristics** and **skills** of effective leadership when leading others
- **Communicate** instructions and information clearly and **confidently** when leading others
- **Confidently** use **key terminology** when **evaluating** your own **leadership skills**
- **Display** effective leadership skills by taking on a variety of **different roles**
- **Demonstrate** respect when being led by others in the class






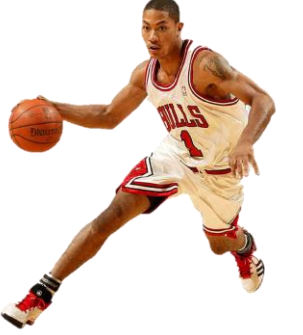





Portchester Community School – Unit 8

Sport Psychology



Successful students
Confident students
Responsible students

BOYS		GIRLS		MIXED	
	Fitness (Gym)		Netball (Sports Hall)		Table Tennis (Hall)
	Basketball (Sports Hall)		Football (Legacy Pitch)		Fitness (Gym)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn about the importance of your mind-set and how this can effect your performance in sport and everyday life</p> <p>You will learn about what motivates you and how you to control your arousal levels to reach your optimal performance</p>	<p>You will experience participating in a range of activities where you will look at motivation and arousal</p> <p>You will experience participating in different scenarios where you will need to consider your mindset and psychological approach</p>	<p>We hope you will be able to talk like an expert about sport psychology and how it can effect performance</p> <p>We hope you will be able to demonstrate the ability to control your own mind-set in order to improve your performance</p>



Portchester Community School

Sport Psychology



Successful students
Confident students
Responsible students

UNIT 8 ASSESSMENT CRITERIA



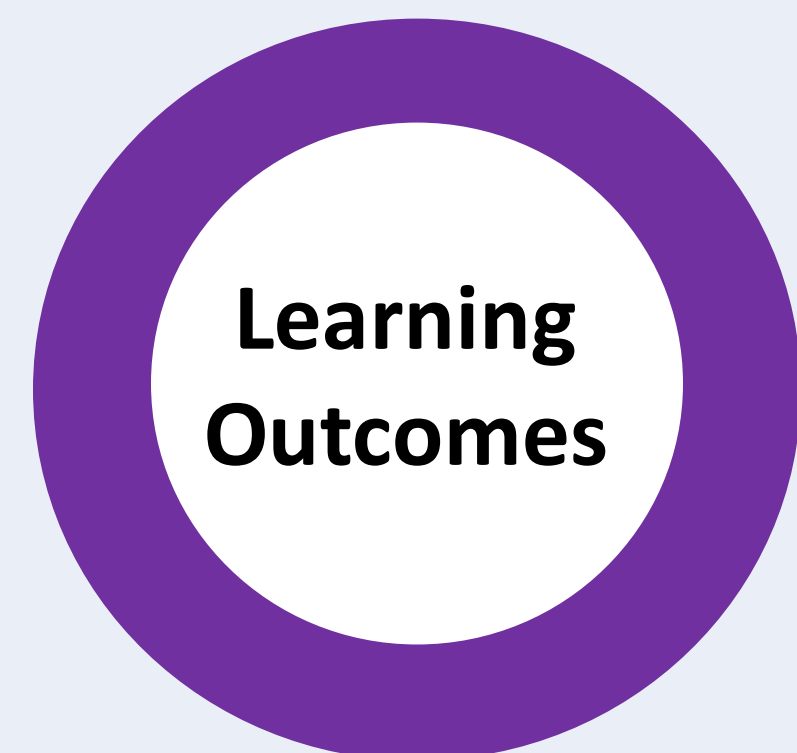
You have demonstrated a **deeper understanding** of the Learning Outcomes



You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



- **Know** and **understand** different psychological factors that **affect performance** in sport and everyday life
- **Evaluate** and **understand** your own **psychological approach** to life and physical activity
- Use **key vocabulary** to **confidently communicate** effective strategies to improve performance
- **Observe** others and **evaluate** their psychological strengths and areas for improvement
- **Demonstrate** the ability to be competitive through maintaining a **good psychological approach**
- **Apply** different strategies to overcome **challenging situations** and **scenarios**














Portchester Community School – Unit 9

Sports Analyst



Successful students
Confident students
Responsible students

BOYS		GIRLS		MIXED	
	Athletics (Field)		Tennis (Courts)		Striking & Fielding (Field)
	Softball (Field)		Athletics (Field)		Tennis (Courts)
	Tennis (Courts)		Rounders (Field)		Athletics (Field)

 INTENT <i>What we want you to learn!</i>	IMPLEMENTATION <i>What you will do in lessons!</i>	IMPACT <i>What we hope you will be able to do!</i>
<p>You will learn the importance of analysing your own and others performances in sport</p> <p>You will learn about different methods used to analyse performance and how to make changes based on your data collected</p>	<p>You will experience participating in a range of activities where you will observe and analyse the performance of others in the group</p> <p>You will experience other members of the group giving you feedback on your performance and how you can improve</p>	<p>We hope you will be able to talk like an expert when analysing performance, using key terms and terminology</p> <p>We hope you will be able to analyse others performances accurately and be confident when giving feedback</p>



Portchester Community School

Sports Analyst



Successful students
Confident students
Responsible students

UNIT 9 ASSESSMENT CRITERIA



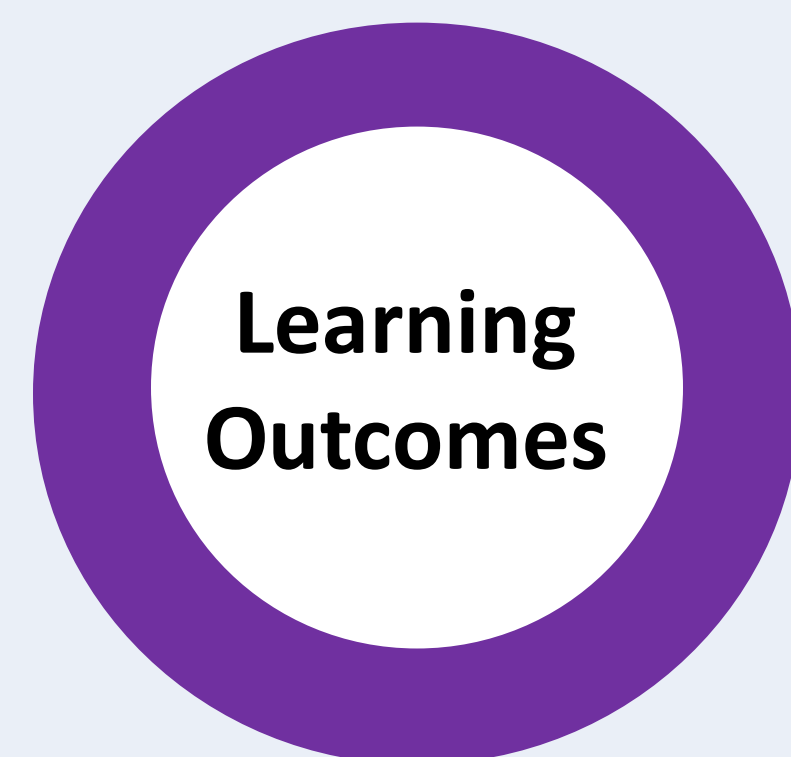
You have demonstrated a **deeper understanding** of the Learning Outcomes



You have demonstrated a **secure understanding** of the Learning Outcomes



You are beginning to demonstrate **understanding** of the Learning Outcomes



- **Analyse** performance **effectively** using a variety of different strategies
- **Talk like an Expert**, using **key terms**, when analysing different performances
- **Confidently** feedback to others about their **strengths** and **areas for improvement**
- **Act** on advice given to you from other **analysts** to improve your performance

