

<b>Overview</b>	<p>PE at WHGS is underpinned by UL PE and Health Curriculum. The aim is to provide a broad and balance curriculum that brings out the best in everyone across performance, leadership and health standards. Our aim is to develop positive lifelong relationships with physical activity and sport. In KS3 for assessment we use key performance indicators (KPIs) to assess the progress of each pupil.</p> <ul style="list-style-type: none"> <li>■ Show imagination when performing more advanced skills with control, accuracy and fluency in a game situation or performance setting.</li> <li>■ Successfully employs advanced decision-making skills in a competitive game situation or to create dynamic routines/sequences.</li> <li>■ Accurately analyses and evaluates the effectiveness of their own and/or others' team/group performances and implements appropriate improvements.</li> <li>■ Confidently undertakes leadership and officiating roles showing a good knowledge and application of appropriate rules/laws and effective communication skills.</li> <li>■ Sensitively adapts activities (using the STEP principle) when leading peers of different abilities and backgrounds so that they are included and supported to succeed.</li> <li>■ Proves to be an effective role model by applying themselves fully in a range of contexts and showing resilience to overcome setbacks.</li> <li>■ Consistently meets the strenuous exercise demands required for specific activities, combining strength, stamina, suppleness and speed to excellent effect.</li> <li>■ Successfully applies a good understanding of the principles of safe and effective training to improve their health and performance.</li> <li>■ Accurately explains the importance of nutrition and hydration for either success in sport or general physical and mental well-being.</li> <li>■ Performs and applies advanced skills and tactics to positively influence a competitive team/group performance and accurately reflects on their contribution.</li> <li>■ Fulfils leadership roles in their own time that support the PE department in improving the provision for other students.</li> <li>■ Uses knowledge of health and fitness to plan, implement and monitor a physical activity programme for themselves and/or others.</li> </ul>
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	<b>Girls</b>	<b>Boys</b>	<b>Assessment</b>
<b>Autumn Term</b>	<ul style="list-style-type: none"> <li>■ Baseline Testing - ABC's (Multi Skills)</li> <li>■ Netball</li> <li>■ House Netball</li> <li>■ Rugby (Tag/Touch)</li> <li>■ House Rugby</li> <li>■ Table Tennis</li> <li>■ House Table Tennis</li> </ul>	<ul style="list-style-type: none"> <li>■ Baseline Testing - ABC's (Multi Skills)</li> <li>■ Football</li> <li>■ House Football</li> <li>■ Basketball</li> <li>■ House Basketball</li> <li>■ Health Related Fitness</li> <li>■ Orienteering</li> </ul>	<ul style="list-style-type: none"> <li>Fit to Lead</li> <li>Fit to Perform</li> <li>Fit for Life</li> </ul>

		<b>Assessment</b>
<b>Spring Term</b>	<ul style="list-style-type: none"> <li>■ Football</li> <li>■ House Football</li> <li>■ Badminton</li> <li>■ House Badminton</li> <li>■ Health Related Fitness</li> <li>■ Orienteering</li> </ul>	<ul style="list-style-type: none"> <li>■ Table Tennis</li> <li>■ House Table Tennis</li> <li>■ Handball</li> <li>■ House Handball</li> <li>■ Rugby</li> <li>■ House Rugby</li> </ul> <ul style="list-style-type: none"> <li>Fit to Lead</li> <li>Fit to Perform</li> <li>Fit for Life</li> </ul>

<b>Summer Term</b>	<ul style="list-style-type: none"> <li>■ Cricket</li> <li>■ House Cricket</li> <li>■ Athletics</li> <li>■ House Athletics (Sports Day)</li> <li>■ Dance (Capoeira)</li> </ul>	<ul style="list-style-type: none"> <li>■ Cricket</li> <li>■ House Cricket</li> <li>■ Athletics</li> <li>■ House Athletics (Sports Day)</li> <li>■ Dance (Capoeira)</li> </ul>	<b>Assessment</b>
			Fit to Lead Fit to Perform Fit for Life

<b>Useful Resources for Supporting Your Child at Home:</b>	<b>Homework:</b>
<ul style="list-style-type: none"> <li>■ Support your child in attending Extra-Curricular sport in school, link to Enrichment clubs on school website:  <a href="#">Enrichment   Secondary   William Hulme's Grammar School (whgs-academy.org)</a></li> <li>■ Support your child in joining a local sports club.</li> <li>■ Look at TeamMCR website for more opportunities for your child - <a href="https://teammcr.co.uk/">https://teammcr.co.uk/</a></li> </ul>	<ul style="list-style-type: none"> <li>■ Bedrock Mapper – Literacy Link</li> <li>■ Teams – Quizzes to check understanding of key skills, rules and subject specific knowledge related to each activity</li> </ul>