

Comberton Village College

KS3 PE Curriculum



The PE curriculum at Comberton Village College is built on 6 strands; **Practical Performance**, **Knowledge & Understanding**, **Coaching**, **Leadership**, **Participation & Attitude** and **Fitness for Life**. We have designed our activity rotations around these six strands to ensure we build upon prior learning to create an all round sports experience showcasing the physical, social, mental and emotional benefits of physical activity.

Practical Performance

Developing skills to be able to perform with balance, strength, speed, and agility in a range of complex situations. To be able to combine skills in high pressure complex scenarios with consistency and accuracy.

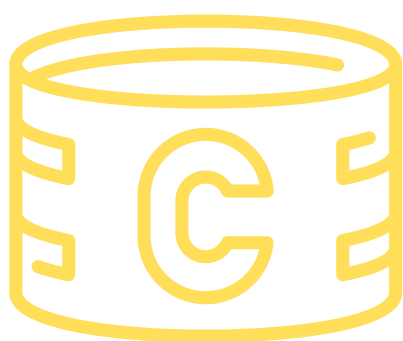


Knowledge & Understanding

To gain knowledge in tactics, strategy and composition and apply these to a range of sports scenarios. To be able to understand the similarities and differences between sports and adapt knowledge to be successful.

Coaching

Critically analyse and evaluate using appropriate terminology in order to aid successful high level performance. Develop the necessary skills to showcase your knowledge such as observation and feedback, as well providing drills and exercises to improve.



Leadership

To develop effective communication, resilience and teamwork. To put to use the skills learnt from **knowledge and understanding** and **Coaching** to be an effective leader. To support the running of school events and to give back to the school community by inspiring others through sport.

Participation & Attitude

To be fully engaged in all aspects of the curriculum, helping yourself and others to learn. Being organised, enthusiastic and inspirational not just in the classroom but also in extra-curricular endeavours.



Fitness for Life

To fully understand the importance of a healthy active lifestyle, and be able to support yourself and others by applying the principles of training to your sports journey and general health.