

## Haslingden High School KS3 Core PE Rationale

### Purpose of study:

Haslingden High School offer a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. The HHS PE curriculum offers opportunities to compete in sport and activities that build character and help to embed values such as fairness and respect.

### The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

YEAR 8	Content	Sports / Skills	Rationale / Link to NC
Autumn Programme  Half Term 1	Net Games  Invasion Games  Gymnastic Activities  Athletics	Badminton  Possession Skills Football Netball Hockey Rugby Handball  Trampolining  Cross Country	Year 8 builds on the key skills developed in Year 7 and allows students the opportunity to refine and enhance these skills to further improve their sporting performance.  Students in year 8 will continue to follow a similar programme but with a greater focus on more complex skills and tactics with greater emphasis on competitive team play and individual excellence.  The Year 8 programme will offer students a physically active, engaging curriculum that covers a broad, balanced range of team and individual sports.
Winter Programme  Half Term 2,3 + 4	Net Games  Invasion Games  Gymnastic Activities  Health and Fitness  Athletic Activities	Volleyball Table Tennis  Football Basketball Unihoc  Trampolining  Circuits Rowing Low impact weights Strength and Conditioning exercises  Indoor Athletics – Sprints / Throws / Jumps	The Year 8 programme should prepare all students to start option PE or Sport should they choose.

Spring and Summer	Striking and Fielding	Rounders Softball Cricket	
Half Term 5 +6	Outdoor Athletics	Track Events (100m, 200m, 300m 400m, 800m, 1500m) Field Events (Shot, Discus, Javelin, Long Jump, High Jump, Triple Jump)	

We would want students during Year 8 to continue their involvement in their favourite sports after school or in the local community. Students will have many opportunities to enjoy competitive fixtures, structured practice and social sports and activities after school. All significant sporting achievements will be rewarded with an invitation to our end of year Sports Awards Evening.