

The Clere School

Physical Education Department

Key Stage 3 Physical Education Knowledge Organiser

Striking and Fielding Games

Striking and fielding games include striking the object to an open space, reducing space on defence, scoring points and retiring players from the game. Examples of striking and fielding games include softball, cricket and rounders.



Invasion Games

An invasion game is the term used for any game where the aim is to attack an opponent's territory and score a goal or point. Usually consisting of teams of equal players these fast paced games focus on teamwork, keeping possession, scoring and defending. Examples include netball, football, rugby and hockey.



Net Games

Net sports refer to any of several sports where a net is a standard part of the game. The term usually applies to sports where the net separates the opponents. The basic goal in these sports is to hit the ball or bird over the net back to the opponent. Players score points whenever the opponent fails to return the ball or bird back over the net.



Athletic Activities

Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking. The results of racing events are decided by finishing position (or time, where measured), while the jumps and throws are won by the athlete that achieves the highest or furthest measurement from a series of attempts.



Assessment in KS3 PE

Assessment in PE in Years 7, 8 and 9 is through a regular review of performance in lessons and representation of the school. The five key aspects of assessment in PE are:

- Performance
- Fitness
- Awareness
- Leadership
- Effort

Outdoor and Adventurous

Outdoor and adventurous activities usually refer to organized learning that takes place in the outdoors in which students participate in a variety of adventurous challenges and outdoor activities such as hiking, climbing, canoeing, ropes courses and group games.



Gymnastic Activities

Gymnastics typically involves women's events of vault, uneven bars, balance beam and floor exercise. Men's events are floor exercise, pommel horse, still rings, vault, parallel bars and horizontal bar.



Swimming/Lifesaving

Swimming is an individual or team sport that uses arms and legs to move the body through water. The sport takes place in pools or open water (e.g. in a sea or lake).



