

	The 'Big Ideas' of the KS3 curriculum.	The characteristics, skills and knowledge that the KS3 curriculum aims to develop	The subject themes, content, topics that provide the backdrop/context for students' learning.	How students' learning and progression is assessed.
Food Preparation and Nutrition	<p>As part of their work with food, pupils will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.</p>	<p>The students will be taught to understand and apply the principles of nutrition and health. They will cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. They will become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]. They will be understand the source, seasonality and characteristics of a broad range of ingredients.</p>	<p>The course at Key stage 3 is broadly integrated into five core topics: Food, nutrition and health Food science Food safety Food choice Food provenance.</p>	<p>Students are assessed in both practical situations (half termly), and through written work, regularly, as the course progresses. They will peer and self assess through an active Learning Journey that shows all skills to be covered, and they are given regular Feedback for Learning, and time to improve both their Cooking skills and their Nutrition and Food provenance knowledge and understanding. The Learning Characteristics that we focus on in the food lessons are Grit, Gratitude and Self control with others.</p>
PE	<p>The big idea is to develop an understanding of the different activities you can participate in. This will create a life long passion for sport and enable students to live healthy and active lifestyles.</p>	<p>Skills development for different activities and transferable skills between activities. Knowledge of a healthy active lifestyle and understanding of the rules and regulations for each activity. Knowledge of the learning characteristics in sport and how this can be relevant.</p>	<p>Students will develop their learning of the following key concepts: Skills, Evaluation, Healthy Active Lifestyles, Teamwork and Respect. This will occur through a rotation of activities: using a range of tactics and strategies to overcome opponents in direct competition e.g. football, rugby, hockey, netball, basketball, cricket, rounders, tennis; develop their technique and improve their performance in other competitive sports e.g. athletics, gymnastics; perform dances using techniques within a range of dance styles and forms</p>	<p>At the end of each activity students will be assessed on their practical progression. The assessment will be based around GCSE criteria.</p>