

KS3 Physical Education

Physical Education lessons aim to provide an enjoyable, learning experience, which inspires all pupils to succeed and excel in sport.

The development of confidence, tolerance and the appreciation of one's own and others strengths and weaknesses are considered to be an important part of the learning process.

Opportunities to compete in sport, build character and help embed values of fairness and respect.

Aims

The PE curriculum 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

All pupils at KS3 spend 1hr 40 minutes per week on the core Physical Education Programme. They are generally taught in same sex groups, but work together at the end of each term, participating in team building activities.

Activities taught include the following sports.

- Athletics
- Badminton
- Basketball
- Cricket
- Dance
- Fitness
- Football
- Netball
- Rounders/Softball
- Rugby

Coaches and sports specialists are used throughout the year when appropriate and available.

A wide range of activities are on offer outside the Physical Education Programme (at lunch and after School) depending upon the time of year. This gives the pupils the opportunity to specialise in or pursue their chosen sport.