

## **Physical Education Curriculum Plans for Key stage 3**

The aims of the curriculum are to ensure all students:

- 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.

To allow all students to achieve this, we cover the following in Physical Education lessons:

- a range of tactics and strategies to overcome opponents in direct competition through team and individual games
- technique and improve performance in other competitive sports
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and encourage students to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- encourage students to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- ensure students take part in competitive sports and activities outside school through community links or sports clubs.

The students will take part in the following activities throughout the academic year:

### **Compulsory:**

Dance

Outdoor Adventure Activities

### **Other:**

Football

Rugby

Basketball

Gymnastics

Athletics

Rounders

Softball

Handball

Dodgeball

Hockey

Badminton

Badminton

Cricket

Short Tennis

Table Tennis

Netball

Volleyball

Trampolining