

KS3 Physical Education

All pupils have at least 2 hours of physical activity per week in Key Stage 3. They also have opportunities to join in with after school activities throughout the year. Pupils are baseline assessed through a number of generic sporting skills delivered through a range of activities at the beginning of Year 7. They are then introduced to a variety of sporting activities including invasion games, racket sports, athletics, general activities and problem-solving activities. The skills from these sports and activities are further developed as the pupil progresses through the Key Stage and are related to a healthy lifestyle and also highlighted through our unit of work on 'Exercise and Fitness'.

We aim to promote communication skills, the application of number, working with others and problem solving as well as offering pupils the chance to develop skills to improve learning and performance, assessing their own and others' work as part of this process.