



## Physical Education Curriculum Key Stage 3

### Intent:

To develop our students' understanding of the importance of living a healthy active lifestyle by engaging in a broad and balanced curriculum that enables them to make informed choices about activities they enjoy which therefore prepares them for the world outside of college.

All students will be given opportunities to not only develop their physical skills in a variety of sports but to also understand the importance that Sport can play in maintaining their mind, body and soul.

On the Isle of Wight there is a major Obesity crisis amongst Year 6 pupils, we are also noticing at Christ the King that more students are arriving to us disengaged with PE and Sport. Therefore it is at the forefront of our curriculum here to ensure that we are promoting healthy active lifestyles throughout both Key Stage 3 and 4 Core PE. We also still offer opportunities for students to excel in specific areas such as Football and Netball however even in these lessons we are encouraging them to take up these activities outside of College to ensure that they are leading healthy active lifestyles. Another key focus is that students are aware of fair play and sportspersonship, once students are aware of how to play by the rules and what makes respectful sports performers they can take these skills in the wider setting and embed it in the colleges Christian ethos.

### Curriculum Outline Key Stage 3

#### Year 7

- Football
- Rugby ( tag or contact)
- Dance
- Orienteering and team building
- Netball
- Multi games
- Gymnastics
- Athletics
- Rounders
- Cricket
- Softball

#### Year 8

- Rugby ( tag or contact)
- Football
- Dance
- Netball
- Table Tennis
- Orienteering and team building
- Gymnastics
- Athletics
- Rounders

- Cricket
- Softball

### **Year 9**

- Football
- Fitness
- Netball
- Trampolining
- Dance
- Athletics
- Rounders
- Cricket
- Softball
- Table tennis
- Multi games