



**Key Stage 3 PE Curriculum Plan**

**Main Aims:**

Our PE curriculum aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved. We focus on developing the following principles in Key Stage 3 PE:

- Physical Literacy
- Engagement & enjoyment
- Improved fitness
- Improved knowledge and understanding
- Improved resilience

Children are encouraged to critically analyse and evaluate physical performance and apply their experience of practical activities in developing their knowledge and understanding of this subject. Within a practical setting learners are able to refine, apply and evaluate increasing complex and challenging sport specific skills across a range of activities. We aim to develop children’s leadership skills as well as educating them on the need for a healthy lifestyle, guiding them on how to develop their physical fitness as well as their understanding of a healthy diet.

**Year 7**

**Autumn 1**

- Invasion Games - Football, Netball, Basketball, Rugby

**Autumn 2**

- Net/Wall - Badminton
- Health Related Fitness - HRF



## Whytrig Middle School

<b>Spring 1</b>	<b>Spring 2</b>
<ul style="list-style-type: none"><li>• Creative- Trampolining/Dance</li><li>• Invasion- Rugby</li></ul>	<ul style="list-style-type: none"><li>• Alternative Sports- Handball/Tchouckball/Roundnet</li><li>• Invasion Games - Handball</li></ul>
<b>Summer 1</b>	<b>Summer 2</b>
<ul style="list-style-type: none"><li>• Athletics</li></ul>	<ul style="list-style-type: none"><li>• Strike/Field - Cricket/Rounders</li></ul>
<b>Year 8</b>	
<b>Autumn 1</b>	<b>Autumn 2</b>
<ul style="list-style-type: none"><li>• Invasion Games - Football, Netball, Basketball, Rugby</li><li>• Leadership</li></ul>	<ul style="list-style-type: none"><li>• Net/Wall - Badminton</li><li>• Table Tennis</li></ul>
<b>Spring 1</b>	<b>Spring 2</b>
<ul style="list-style-type: none"><li>• Invasion-Rugby</li><li>• OAA - Outdoor Adventurous Activities-Problem Solving</li></ul>	<ul style="list-style-type: none"><li>• OAA - Outdoor Adventurous Activities-Problem Solving</li><li>• Creative - Dance</li></ul>
<b>Summer 1</b>	<b>Summer 2</b>
<ul style="list-style-type: none"><li>• Athletics</li></ul>	<ul style="list-style-type: none"><li>• Strike/Field - Cricket/Rounders</li></ul>