

## KS3 PE

In Year 7 and 8, students will participate in PE lessons for 1 hour 40 minutes per week and a 50 minute lesson every fortnight. The lessons are taught in mixed groups and the following activities are studied:

Gymnastics, dance, a variety of indoor and outdoor games, athletics and health-related exercise.

Each activity is studied for approximately 6 weeks and will include skill acquisition, being able to select and apply tactical play, have knowledge of the rules of the game and be able to observe performances then evaluate strengths and weaknesses.

In Year 9, lessons are taught as single sex groups as we feel that the groups work better this way at this particular age. Students will study for 1 hour 40 minutes per week and participate in the following activities:

Girls - trampolining, dance, netball, rounders, tennis, athletics

Boys - trampolining, basketball, softball, football, tennis, athletics