



**St Wilfrid's**  
Church of England Academy

## Key Stage 3 Curriculum

**Learning Area:**

**PHYSICAL EDUCATION**

**Learning Area  
Coordinator:**

**MR J. STAMFORD**

**What will I study?**

All students build a foundation of skills and understanding through a wide variety of physical activities.

Sport forms an essential part of life of the whole school community and we pride ourselves in the rich variety of activities that is covered during any school year. These include a variety of team games, racket sports, athletics, gymnastics, dance, and fitness activities. Problem solving is also taught to some students.

Students enjoy one double period of PE each week and will be placed in sets according to their ability.

A typical timetable is shown below but the actual timetable for students is personalised to make best use of facilities and meet students' needs.

### SUBJECT – YEAR 7

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
BOYS	RUGBY	X COUNTRY	BASKETBALL FOOTBALL	GYMNASTICS DANCE	ATHLETICS	CRICKET
GIRLS	INVASION GAMES BASKETBALL	GYMNASTICS	DANCE	HEALTH RELATED FITNESS BADMINTON	ATHLETICS	ROUNDERS

### SUBJECT – YEAR 8

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
BOYS	RUGBY	BASKETBALL, BADMINTON or TABLE TENNIS	FOOTBALL FITNESS	GYMNASTICS DANCE	ATHLETICS	CRICKET
GIRLS	GYMNASTICS	BASKETBALL	RACKET SPORTS INVASION GAMES	FITNESS/ DANCE	ATHLETICS	ROUNDERS

## **What opportunities lie beyond lessons?**

Throughout the school, sport is open to all who enjoy it and we are proud to boast of representative honours at town, county and national levels. Within school the thriving House system creates a regular framework for intra school sport and annual displays of dance and gymnastics provide a welcome stage for our talented performers. There are school clubs/ teams for netball, football (boys and girls), rugby, basketball (boys and girls), table tennis, badminton gymnastics, dance, athletics, rounders, cricket, softball. We also compete in cross-country and swimming events.