Physical education and the Key Stage 3 curriculum



The Challenge

Accessibility: vocabulary (narrow vocab) presentation learning skills & attributes

Challenge: builds on KS2 appropriate for all students rigour

Engagement: growth mindset/can do success celebrated stimulating content and tasks

Transferable learning skills

A **RICH** curriculum

Resilient: learning from mistakes; thriving on challenge; attending with determination

Industrious: maximising all learning opportunities; giving your all in

lessons and beyond

CURIOUS: demonstrating a thirst for knowledge; involving yourself in all activities; learning independently

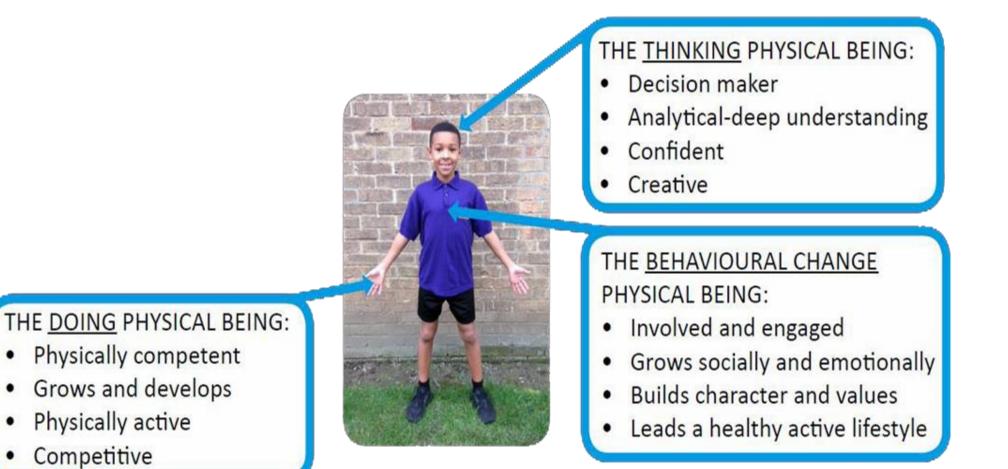
HONOURABLE: showing respect and consideration for others; doing the right thing

Physical Education and RICH

- HEAD (thinking)
- HANDS (doing)
- HEART (behavioural change)

Physical Education, Physical Activity and Sport are the perfect vehicles through which to develop the crucial skills and attributes required for the modern world. Effective delivery of these will ensure that children develop into thinking physical beings and doing physical beings which impact on the behavioural change to equip them for lifelong participation.

Physical Education and RICH



Resilient:

learning from mistakes

thriving on challenge

attending with determination

commitment and desire to improve

thinking and decision making

self esteem & belief

confidence & self respect

never give up



Industrious:

maximising all learning opportunities giving your all in lessons and beyond participation and competitiveness physical, emotional and social well being



Curious:

participation and competitiveness

independent learners

demonstrating a thirst for knowledge

involving yourself in all activities

exploring and developing skills and ideas

taking calculated risks



Honourable:

showing respect and consideration for others

doing the right thing

enjoyment

British core values

smsc development

living a healthy lifestyle

teamwork / cooperation





	Activity	Time
learning from mistakes	Base line testing	Ongoing
thriving on challenge	Ball skills unit of work	HT 1
attending with determination	Games	HT 2
commitment and desire to improve	Fitness	
thinking and decision making		
self esteem & belief		
confidence & self respect		
never give up		

Industrious:

	Activity	Time
maximising all learning	Base line testing	Ongoing
opportunities	Ball skills unit of work	HT 1
giving your all in lessons and		
beyond - determination	Games	HT 2
participation and	Fitness	Summer term
competitiveness		
Self respect	Athletics	
physical, emotional and social well being		



	Activity	Time
participation and	Base line testing	Ongoing
competitiveness	Ball skills unit of work	HT 1
independent learners		
	Outdoor and adventurous activities	HT 2
demonstrating a thirst for knowledge	Athletics	HT 4
involving yourself in all activities		Summer term
exploring and developing skills and ideas		
taking calculated risks		

Honourable:

	Activity	Time
showing respect and consideration for others	Base line testing	Ongoing
self discipline	Dance and Gymnastics	
	Como	HT 2
doing the right thing	Games	HT 3
enjoyment	Net/Wall	
		Summer term
British core values	Athletics (school sports records)	
smsc development		
living a healthy lifestyle		
teamwork / cooperation		