

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

THE DOING PHYSICAL BEING:

- Physically competent
- Grows and develops
- Physically active
- Competitive



THE THINKING PHYSICAL BEING:

- Decision maker
- Analytical-deep understanding
- Confident
- Creative

THE BEHAVIOURAL CHANGE PHYSICAL BEING:

- Involved and engaged
- Grows socially and emotionally
- Builds character and values
- Leads a healthy active lifestyle

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

smc development

living a healthy lifestyle

teamwork / cooperation



Resilient:

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

Curious:

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

Honourable:

	Activity	Time
showing respect and consideration for others	Base line testing	Ongoing
self discipline	Dance and Gymnastics	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		