



## Key Stage 3

Students in Key Stage 3 receive two hours of high-quality PE each week and follow the LIFE Programme, designed to personally develop individual strands that run throughout all Physical Education activities within a carefully designed Physical Education programme of study. The LIFE Programme has 4 distinct themes that underpin and run throughout the Physical Education curriculum. These themes form the basis of all PE lessons at The Wilnecote School and our learning objectives that are planned, delivered and assessed accordingly. Although following the same format, the LIFE programme has a different focus for each year group within the key stage and is then linked to the KS4 Core PE programme of study.

### The LIFE Programme

#### Lifestyles

Developing the understanding and practice of healthy lifestyle choices to develop and maintain physical and mental health and well-being. Including; Hydration, amount and quality of sleep, physical activity levels and benefits of exercise, diet and nutrition.

#### Individual

Personal life skill development; Organisation, following departmental procedures and protocols

Social Development; Communication, collaboration, leadership, peer assessment and feedback, working co-operatively and competitively, ability to listen, teamwork in achieving a desired outcome and sportsmanship.

Cognitive Understanding; Analysing performance levels and understanding/applying respective rules and regulations to PE activities, suggesting ways to improve in terms of formulating judgments with respect to areas of strength and developmental areas of a respective performance, application/umpiring/refereeing of rules and regulations.

#### Fitness (Physical Health and Skill Related Fitness Components)

Opportunities to develop and apply physical health components of fitness including cardiovascular endurance, muscular endurance and strength, flexibility and body composition

Nurturing the fundamental skill related fitness components such as co-ordination, balance, timing, reaction time, speed and agility that underpin the technical skills in respective Physical Education activities and to competently perform them in a broad spectrum of individual and team sporting activities respectively.

#### Emotions

The awareness, development and control of emotions that can facilitate physical performance levels and overall progress and attainment within Physical Education other academic subjects and respective social settings accordingly e.g. resilience, collaboration, motivation, effort, determination

### Rotation of Lessons

To accommodate all PE groups in our facilities, there is a rotation of activities to ensure all students access all parts of the curriculum throughout the academic year.