



What skills will I acquire in PE during KS3 at Stowupland High school?

Pupils will build on and embed physical development and skills learned in key stages 1 and 2; become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Performance effectiveness and how to apply these principles to their own and others' work will also be developed. Developing the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity is a key component of PE at KS3.

What will I study in PE during KS3 at Stowupland High school?

Pupils are taught to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. For example, badminton, basketball, cricket, football, netball, rounders and rugby. They are also taught to develop technique and improve their performance in other competitive sports. For example in, athletics and gymnastics. Perform dances using advanced dance techniques with a range of dance styles and forms. Take part in competitive sports and activities outside school via community links or sports clubs.

How will KS3 PE prepare me for BTEC Sport at Stowupland High School?

This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, practical sports performance and sports leadership. It enables you to develop and apply your knowledge from KS3 PE, while also developing a range of relevant practical, communication and technical skills.