

## PE - Year 7

In our current society health and obesity levels remain a key priority. The PE department aims to promote lifelong participation in physical activity alongside leading creative and healthy active lifestyles. Understanding how your body works, working with others and being physically active are a crucial part of leading a healthy happy life. At Blatchington Mill we are committed to giving all students the opportunity to experience a wide variety of activities and roles in sports, be active, expand their physical literacy to enable it to flourish and develop a deeper understanding of how their body works. Our aim is for students to choose to continue an active and healthy lifestyle into adulthood and an awareness of the careers linked to this.

### **What does the KS3 Physical Education curriculum look like?**

The KS3 curriculum builds on and develops physical literacy, student confidence, communication skills, teamwork, creativity and leadership skills from KS2 in primary school. All students participate in PE in KS3, with year 7s and 8s having 3 double lessons over 2 weeks and year 9 having 1 double lesson every week. We pride ourselves on being inclusive and having a curriculum where all students study the same activities and have the same curriculum offer. Students are predominantly taught in single sex groups in years 7 and 8 and then the introduction of pathways in year 9 changes this.

### **Year 7 PE**

The Year 7 PE curriculum at Blatchington Mill aims to provide a wide variety of activities for students to participate in. Over the year, in year 7, students participate in 11 activities. The activities we teach in the first 2 terms are: gymnastics, trampolining, dance, orienteering, health related fitness, hockey, rugby and netball. Then in the summer term the activities we teach are: athletics, cricket and tennis. Students learn the key skills required to participate in that activity and then how to apply these to game situations. Students also refine their skills, decision making and knowledge in each activity they study. In lessons we aim for students to be as physically active as possible.