

KS3/KS4 PHYSICAL EDUCATION CURRICULUM

CURRICULUM INTENT

When pupils join NWSSSS, PE is often cited as the subject they engaged with most at mainstream. We aim to cultivate an inclusive atmosphere that encourages students to explore diverse physical activities, ensuring that each individual feels empowered to participate at their own level. Our engaging curriculum promotes enjoyment, physical health, and a lifelong appreciation for active living, inspiring students to embrace fitness beyond school.

INTEGRITY
In PE we acknowledge that physical activity and sport are fundamental to a healthy existence

RESPECT
In PE we respect the differences people have in terms of our bodies and skills accepting and celebrating these are what make us individuals

RESILIENCE
In PE we recognise that we are not always experts but we show the resilience to persevere and try new activities and skills

Students across both curriculum levels have access to engage in offsite physical activities visiting outdoor learning centres and gym facilities to supplement the PE curriculum

Student choice

Tennis/pickleball
Footwork/Court coverage
Offensive strategies
Volley shots

Touch rugby
Passing
Kicking
Communication

Basketball
Shooting
Dribbling
Teamwork

Boxing
Stance
Basic combinations
Defensive strategies

Table tennis
Serving
Forehand/backhand
Shot variety

