

SPORT

Units taught during KS3

AUTUMN	SPRING	SUMMER
Football	Badminton	Trampolining
Netball	Dance/ Trampolining	Rounders
Rugby	Fitness	Cricket
Hockey	Rugby	Athletics - Track
	Athletics - Track	Badminton
		Athletics - Field

During KS3, pupils are taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- Develop their technique and improve their performance in other competitive sports.
- Perform dances using advanced dance techniques within a range of dance styles and forms.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school through community links or sports clubs.

How parents can help to support their son's/daughter's learning:

- Ensure that your child is always equipped with full PE kit.
- Encourage them to attend extra-curricular clubs.
- Encourage them to watch/ take part in sport in their spare time.
- Encourage them to lead a healthy, active lifestyle.
- Encourage them to complete all homework set.

The following websites can help your son/daughter's learning:

- <https://www.showmyhomework.co.uk/>
- [@bridschoolpe \(Twitter\)](#)
(your child will have their own logins)

If you have any queries, please contact Mr D Wilbor

