

## KS3 PE Curriculum

Our KS3 PE curriculum is based on developing technique, performance and understanding of a range of tactics through team games.

In addition to this- PE at Michaela is focused on developing the **S.T.O.I.C.S** values:

**Sportsmanship**- Developing a measured, kind and fair approach to all competition.

**Teamwork**- Cooperating and collaborating to achieve a common-goal. Encouraging peers.

**Organisation**- Both the planning and execution of personal and team organisation (tactics).

**Integrity**- Developing a spirit of fair-play and a sense of responsibility during competition.

**Control (Self)** - Keeping control of reactions and respecting referees' decisions.

**Stamina**- Developing and improving ability to perform at a high level over time.

### Year 7:

Area	Sport	Focus value
Invasion Games	Football	Sportsmanship, teamwork
	Handball	Stamina, Organisation
	Dodgeball	Self-Control, Integrity

### Year 8:

Area	Sport	Focus value
Invasion Games	Football	Stamina, teamwork
Fielding/Striking	Cricket	Sportsmanship
	Rounders	Organisation
	Softball	Self-Control, Integrity

### Year 9:

Area	Sport	Focus value
Invasion Games	Football	Stamina, teamwork
Fielding/Striking	Cricket	Sportsmanship
	Rounders	Organisation
	Softball	Self-Control, Integrity
Fitness/Aerobic	Circuit training	Stamina