

Physical Education

What is our KS3 Vision?

PE at Chelsea Academy will give all students the ability and drive to be lifelong participants in physical activity.

- Development and promotion of physical activity through sport and individual activities.
- Freedom of expression through creative and physical movement.
- Equipping students with communication skills and opportunities to experience new and exciting activities.

What is our USP (Unique Selling Point)?

- PE offers a rich variety of activities allowing all students to explore and develop life skills through sport; specifically personal, social, cognitive and creative skills.
- Opportunities to participate in individual and team games for enjoyment from recreation to performance.
- Extra-curricular clubs available to all Key Stages with well establish community club links for further skill and competition development.
- Variety of role play within collaborative teams to suit learners strengths and areas for development; umpire, manager, statistician, skills coach, motivational speaker.

What is studied in Key Stage 3?

	Year 7	Year 8
HT1	Baseline fitness - Multi Sports games	Football / Basketball / Fitness training
HT2	Gymnastics / Circuit Training	Creative movement / Dance / Rugby
HT3	Football / Benchball	Badminton / Volleyball
HT4	Basketball / Handball	Hockey / Table tennis
HT5	Indoor & Outdoor Athletics	Indoor & Outdoor Athletics
HT6	Rounders / Cricket	Striking & Fielding Games / Softball