



South Wilts Grammar School Physical Education

Fit 4 Life from Key Stage 3 to Key Stage 5

Striking games throughout the Key Stages

Your lessons will look at applying tactics and rules in cricket and rounders, improving teamwork and building confidence whilst challenging your speed, agility and power in particular.



Racket sports throughout the Key Stages

Your lessons will improve your speed and agility through quick footwork around the courts and coordination, reaction time and power in reaching and returning shots. This will help you play competitive and enjoyable games in lessons.

Dance throughout the Key Stages

Your lessons will allow creativity through solo and group dances to a variety of musical stimuli. You will show your ability to use fitness components such as flexibility, agility, power and coordination in your performances. Performing in front of peers will boost your confidence and feedback will allow you to develop areas of weakness.



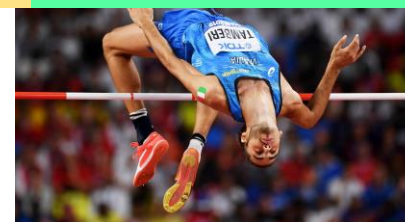
Athletics throughout the Key Stages

Your lessons will look at developing technique and various components of fitness such as speed, cardiovascular endurance, strength and power to perform across all events. This will incorporate building your confidence to compete in Sports Days.



Fitness in KS4 and KS5

Your lessons will give you opportunities to improve your fitness and understanding of different types of training such as yoga, X-fit, Fitball, running, walking, disco spin and This Student Can programmes. These are also available in the wider leisure community so this encourages you to maintain fitness outside of school hours and into adulthood and encourages you to make good lifestyle choices.



Invasion Games throughout the Key Stages

Your lessons will introduce and then embed the skills, rules and tactics of games such as netball, football, lacrosse, and handball as well as developing your agility, speed, power and balance. These are key fitness components which are transferable to other activities in the curriculum. Officiating and coaching roles will boost your confidence.



Fitness in KS3

Your lessons will enable you to identify all components of fitness, measure your own fitness and learn different methods to improve your fitness such as Fartlek training and continuous training.



Gymnastics in KS3

Your lessons will look to improve your flexibility, balance and strength through floorwork skills, partner work and use of apparatus. Partner feedback will enable you to develop your strengths and weaknesses when creating sequences.

Knowledge and Understanding

Confident

Opportunities

Enjoy

Your Physical Education Journey starts here ...



