

Road Map: Wellbeing Active (PE) Key Stage 3



Students will develop their ability to;

Link skills, techniques and ideas, and apply them with precision, control and fluency. This will often be when facing an opponent. Outwit opponents by applying strategies and tactics, and understand how these can be varied to ensure an effective outcome. They show an ability to problem solve and overcome challenges.

Analyse their own and others' work, drawing on what they know about strategies and tactics.

Understand how the different components of fitness affect performance, and explain how different types of exercise contribute to their fitness and health.

Demonstrate the values of respect, courage, resilience and determination, the skills of teamwork, communication and problem solving.

Respect the rules of the game, officials, and each other.



Year











Students will develop their ability to;

Show a range of skills and techniques that can be applied in direct competitions.

Outwit opponents by varying their responses in different situations.

Understand what makes a performance effective and how to apply these principles to their own and others' work.

Understand the importance of warming up prior to exercise and the long-term health benefits of physical activity.

Demonstrate the values of respect, courage, resilience and determination, the skills of teamwork, communication and problem solving skills

Respect the rules of the game, officials, and each other.



Ways to be involved...join an extra curricular club.

See your future in Sports...



The World's top racquet sport, tennis, began at Edgbaston in the 1850s.









