



**KEY STAGE 5**

By maintaining involvement via either leisure or performance pathways, you'll now be taking things from PE and sport that suit you. For some, this will be competitive sport, for some this will be with eyes on a sporting career and for some, this will be engagement for health and well-being.

**KEY STAGE 4**

Whether studying GCSE PE or not, the idea is that you continue to develop your love of physical activity as well as your competence and confidence. At this stage, many of you will be specialising, understanding your strengths and weaknesses and looking towards how physical activity will play a role in your life beyond RPS.

**Performance related groups** (with some GCSE PE students): Driving quality of performance in order to compete, achieve pleasing levels and move on to the next stage of your sporting development.

**Sport for life related groups**: improving skills to raise confidence, improve engagement and enjoy sport and exercise, which will carry through into life long leisure time.

**KEY STAGE 3**

Introductions are given to the activities which make up the bulk of the curriculum. Almost all activities link to extra-curricular clubs and almost all tie in with local opportunities. Key stage 3 is about falling in love with the things that you will engage with over time in order to be healthy, happy and successful. From year 7 through to year 9, sporting activities are introduced, build on KS2 work, move towards more advanced skills and prepare students for KS4, whether that will be GCSE PE study or CORE Physical Education and activity for life.

7) **Introduction to the sport**: Rugby (boys), Table tennis, Basketball, Cricket . **Building from primary - Core skills solidified**: Football, Netball, Dance, Gym, Athletics, Rounders, Tennis **Fitness theory**: HRF (introduction to fitness theory)

8) **Introduction to the sport**: Badminton, Rugby (girls), **Developing more advanced skills and understanding**: Rugby (boys), Football, Table tennis, Basketball, Netball, Cricket, Dance, Athletics, Rounders, Tennis. **Fitness theory**: HRF (training principles and methods).

9) **Introduction to the sport**: Trampolining (girls), **Developing more advanced skills and understanding**: Badminton, Rugby (girls), **Preparing to perform**: Football, Rugby (boys), Table tennis, Basketball, Netball, Cricket, Dance, Athletics, Rounders, Tennis. **Fitness theory**: HRF (testing the components of fitness).



**ACTIVITIES DELIVERED THROUGH THE CURRICULUM**

Netball, Rugby, Football, Basketball, Health Related Fitness, Dance, Gym, Table Tennis, Badminton, Athletics, Cricket, Tennis, Rounders, Trampolining, Volleyball, Swimming (off site in year 11).