

Health, Fitness, Wellbeing (HFWB) - PE – KS3

Key Stage 3 (Y7-9)

The vision for the department is to provide a balanced and informed curriculum across all key stages in the school. We aim to create an enjoyable and productive working environment for both staff and pupils, where together we strive to actively engage to learn and improve. We ensure that participation and achievement is measured, monitored and celebrated.

As a department, we aim to provide a challenging, disciplined and safe environment for high quality learning and teaching. Pupils will experience a balance of activities which has the necessary coherence and breadth to develop the Curriculum. Progression should be evident as the student passes through key stage 3 to 5 with an extended choice of activities that ensure the student is offered a stimulating and relevant Curriculum offer in Health, Fitness and Wellbeing (HFWB). By the end of their HFWB education at Meadowhead, students should have developed a personal commitment to, and genuine passion for, maintaining their health and well-being into adult life.

All students will take part in a variety of activities throughout the year. They will have two PE lessons per week and take part in an activity for 7-8 weeks at a time.

Year 7	Year 8	Year 9
Badminton	Rugby	Trampolining
Rugby	Trampolining	Rugby
Hockey	Badminton	Basketball
Football	Hockey	Badminton
Cricket	Athletics	Fitness suite
Fitness Suite	Football	Athletics
Trampolining	Gymnastics	Leadership
Athletics	Fitness suite	Handball
Table Tennis	Rounders	Trampolining
Gymnastics	Netball	Netball
Netball	Dance	Dance
Rounders	Table Tennis	Rounders
Dance	Cricket	Table tennis
		Cricket

Assessment – Head, Hearts and Hand (Grade 1-9)

You will receive 3 grades after each activity.

Year 7

Year 8

Year 9

Head- How tactically you have been, applying your knowledge to the sport, using rules and regulations correctly

Heart- Teamwork, spirit and cooperation throughout the activity

Hands- Your physical ability within the sport

Useful websites

- www.edexcelpe.co.uk
- www.edexcelbtcsport.co.uk

Extra-curricular / enrichment

Extra Curricular is a very important part of HFWB and we encourage every student to join at least one after-school club. There are different clubs on every evening after school, ranging from Dance to 5-side football. There is also the opportunity to represent the school in a wide variety of different activities.