

Key Stage 3

P.E at Upper Shirley High develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. Through the high quality P.E curriculum on offer, we enable all students to enjoy and succeed in many kinds of physical activity. Students develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve them.

As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.

Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity. P.E helps students to develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles, including leadership, coaching and officiating. Through the range of experiences that P.E offers, students learn how to be effective in competitive, creative and challenging situations.