

### Course Outline for KS3

In Key Stage 3 students will be supported in developing a number of fundamental movement components; such as coordination, reaction time, agility and balance. All of these elements of fitness will be applied to a range of sports and physical activity performance environments.

Throughout the two years, students will be given an opportunity to participate in football, basketball, rugby, badminton, tennis, table tennis and swimming lessons. Their practical work will be backed up by a developing understanding of the GCSE PE theory specification and technical performance information which will aim to encourage students to participate in extra-curricular sport and transition onto the KS4 GCSE PE or Cambridge National Sports Studies courses.

Students will have regular opportunities to work individually and as part of a team in practical performance settings, helping them to develop a broad range of skills such as confidence, teamwork, independence and self expression.

### GCSE topics we will cover:

- Components of Fitness
- The Musculoskeletal System
- Diet and Nutrition
- The Cardiovascular System
- The Respiratory System

### How this is to be delivered:

Students receive 2 hours per week of PE lessons, delivered across a range of sport and exercise related facilities both on The City of Leicester College site and the Evington Leisure Centre complex.

Alongside this, students have the opportunity to get involved with our many extra curricular teams, such as football, netball, table tennis and volleyball.

### How parents / carers can help students achieve:

- Check your son/daughters planner to ensure homework is completed
- Encourage your son/daughter to take part in our extra curricular programme

### Who can I contact for further advice / help:

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