

Physical Education KS3 Learning Journey



Subject Overview?

Development of the whole person is one of the key aims at Cardinal Langley, and all students are encouraged to take part in regular physical activity as part of a healthy lifestyle.

Core PE aims to maximise student development through participation in a range of physical activities. The course aims to develop physical competence, promote physical development, and reflect the value of participation both at school and throughout life. It aims to develop technical understanding and help establish self esteem through the development of physical confidence. It also helps students cope with both success and failure in competitive and co-operative physical activities.



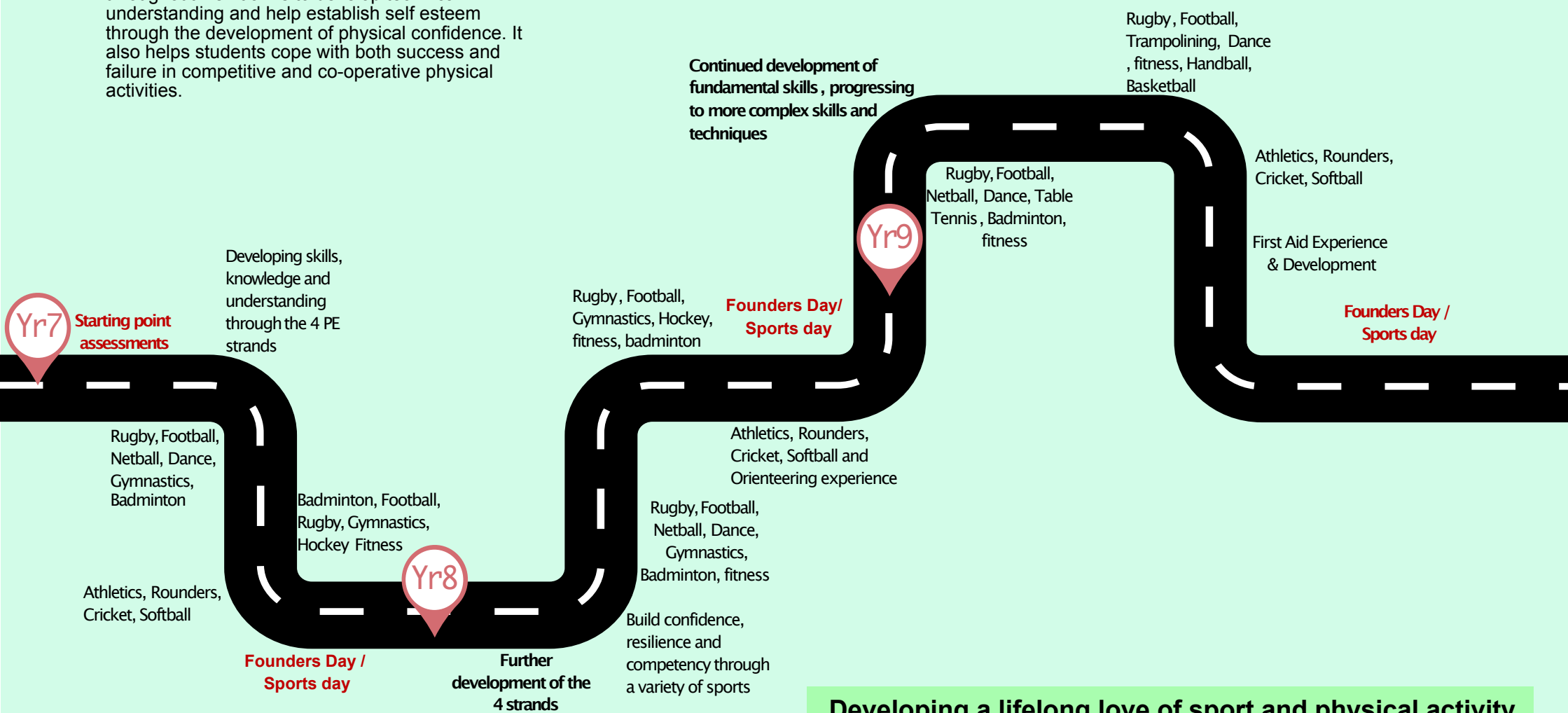
Key Stage 3

Students throughout Years 7 to 9 have two hours of core Physical Education per week, with those in Years 10 and 11 receiving one and a half hours per week. This is complemented by an extensive extra-curricular programme. The activities offered are designed to stretch students at all levels and are geared towards students remaining involved in sport and physical activity for the rest of their lives.



Electronic Links

[Teams](#)



Developing a lifelong love of sport and physical activity