



PHYSICAL EDUCATION

Key Stage 3

The Mary Immaculate PE department aims to provide activities in a safe and enjoyable environment. Every student, regardless of ability, is fully challenged through well planned and differentiated learning objectives. At KS3 students follow the National Curriculum for PE and will experience all four activity areas including Health, fitness and well-being, Creative activities, Adventurous activities and Competitive activities. Through experiencing a range of activity areas, students will develop a knowledge and understanding of each.

As a department we deliver all four areas through a range of sports and activities including the following, of which students will experience almost all during their time in KS3;

- **Health, fitness and well-being** – Circuit training, Cross-fit, use of the Fitness Suite and Aerobics
- **Creative Activities** – Gymnastics, Trampolining, Dance and Cheerleading
- **Adventurous Activities** – Orienteering and off-site activities
- **Competitive Activities** – Football, Rugby, Basketball, Netball, Hockey, Baseball, Handball, Badminton, Gaelic Football and Tennis

As a department we also actively encourage and plan for the development of skills including literacy, numeracy, communication, thinking skills, ICT, collaborative skills and problem-solving skills.

Extra-Curricular Programme

At Mary Immaculate we also run a comprehensive extra-curricular programme which is aimed at increasing participation levels of all students as well as offering opportunities for students to make progress. Activities on offer as part of our extra-curricular programme include netball, hockey, rugby, football, basketball, baseball, athletics, dance, gymnastics, trampolining, fitness, badminton, table tennis and cheerleading.

We also have a vast number of sports teams that participate in competition with other schools across the county and country. We have experienced success in a number of sports including the following;

Cardiff Games Secondary School Champions 2015; Cardiff Schools rugby 7s Plate winners 2010, 2011, 2013, 2014, 2015, 2016; Cardiff Schools rugby Plate Finalists 2014, 2015, 2016; Cardiff and Vale Basketball Champions 2015; Sport Cardiff Basketball Champions 2014, 2015; Sport Cardiff Badminton Champions 2014; Cardiff Schools Baseball Champions 2013; Welsh Basketball 3v3 Champions 2013, 2014; Cardiff and Vale Schools football 5-a-side Plate winners 2017