

Sport, including football, boxing and table tennis – Key Stage 3

Intent:

Sporting activities are a vibrant and energetic feature of the student and staff experience at Southway. All schools present opportunities to their students to participate in sport and health and fitness activities. The benefits that physical exercise, framed in the context of healthy competition, presents for physical, mental, and emotional well-being are well understood. At Southway, there is an added dimension to this enrichment and KS3 is highly representative of this. We believe that playfulness is a powerful therapeutic endeavour, one that some of our students don't regularly experience for themselves or from others.

Sport and fitness activities at Southway not only provide the obvious physical benefits, the steadily improved coordination, the honing of skills. Unlike many school settings, the adults at Southway participate in the timetabled activities almost as much as (and always as competitively as), our students. And we don't just make-up-the-numbers: Our curriculum for sport and fitness is not just a framework for becoming a better version of yourself, it's an opportunity for 'play' to happen, for playfulness to breakthrough, for fun and respect and celebration. Not silly, but playful. We believe that children and young people, and adults as well, benefit from this in a way that can't be measured by a score line or on a stopwatch.