

PE Key Stage 3 Programme of Study



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Autumn sports (1)	Autumn sports (2)	Winter sports (1)	Winter sports (2)	Summer sports (1)	Summer sports (2)
	<p>Netball: Students will gain an understanding of the different positions in netball and refine several skills including passing, dodging, intercepting and shooting</p> <p>Cross-country: Students will understand the benefits of physical activity and appreciate the importance of improving their fitness in order to be able to maintain physical activity for a longer period of time.</p>	<p>Orienteering: Students will learn how to read a map, and how to plot co-ordinates on a map</p> <p>Football: Students will learn and/or refine their skills in football, including passing, tackling and shooting</p> <p>At the end of this term all students will complete the first self-assessment section in their booklets, commenting on their performance in all activities covered to date</p>	<p>Gymnastics: Students will learn how to perform basic gymnastics actions including different rolls, shoulder stands and head/hand stands. They will employ these skills to create and perform sequences</p> <p>Hockey: Students will acquire the basic skills of dribbling, passing and tackling, they will practice these in 7 a-side conditioned games</p>	<p>Tag rugby: Students will develop an understanding of the basic fundamentals of non-contact rugby</p> <p>HRE: Students will gain an understanding of warm-ups and learn about the different components of fitness, including testing and improvements.</p> <p>Students will complete a second self-assessment of their performance in all activities covered since Christmas.</p>	<p>Rounders: Students develop understanding of the game of rounders, with a focus on refining their skills of catching, batting, bowling and ground fielding</p> <p>Short tennis: Students will learn how to perform the basic forehand and backhand technique, underarm serving and volleying. They will use these skills in conditioned games</p>	<p>Cricket: Students will develop their understanding of the skills required in cricket: bowling, batting and fielding. They will study rules and game situations.</p> <p>Athletics: Students will develop techniques for a variety of events in athletics. Students will complete the final self-assessment of their performance in the summer term activities.</p>
ICT		Football project – research/presentation				Dartfish
Year 8	Autumn sports (1)	Autumn sports (1)	Winter sports (1)	Winter sports (2)	Summer sports (1)	Summer sports (2)
	<p>Netball: Students will revisit the basic skills acquired in year 7, including attacking and defensive strategies backline and centre passes.</p> <p>Football: Students will use their skills in game situations. They will learn how to volley and gain a better understanding of formations and tactics.</p> <p>Tag rugby</p> <p>Students will recap passing and dodging. They will develop kicking skills, decision-making and game play.</p>	<p>Fitness/cross country: Students will gain a better understanding of how to improve stamina for cross country.</p> <p>Basketball: Students will further develop their skills. They will learn different shooting styles, gain an understanding of the requirements of different players.</p>	<p>HRE: Different components of fitness and types of fitness training, including circuits, agility, flexibility, and strength. Students will compare pre and post exercise results and use this to explain differences.</p> <p>Gymnastics (Sports Acro) Paired and group balances. They will begin to use music to complement their performances.</p> <p>Hockey: Students refine basic skills whilst learning more complex techniques of passing, dribbling and tackling, applying isolated skills in game situations.</p>	<p>Cheerleading: Students will learn basic cheer moves, and apply alongside travelling movement ideas developed through gymnastics to create group cheer sequences.</p> <p>Badminton: They will develop their skills of serving, overhead and underarm clears, the smash shot and net play.</p> <p>Lacrosse: Students will learn the basics, including throwing, catching, cradling and shooting. They will develop knowledge of the game and rules.</p>	<p>Rounders: Students will refine fielding and batting, whilst gaining a better understanding of tactics in a game context.</p> <p>Tennis: Students will apply the basic skills they learnt in short tennis in year 7. They will learn the volleying and serving. They will develop understanding of rules and scoring by adopting a referee role.</p> <p>Ultimate Frisbee: Students will learn forehand and backhand passing, and defending. They will learn invading space for territory.</p>	<p>Athletics: Students will develop their technique for a range of events, including triple jump and hurdles technique.</p> <p>Cricket: Students will improve distance and accuracy of their batting, and further develop bowling technique. They will develop their understanding of rules and scoring.</p>
ICT				Presentation – reflection on skills and content using Dartfish		
Year 9	Autumn sports (1)	Autumn sports (1)	Winter sports (1)	Winter sports (2)	Summer sports (1)	Summer sports (2)
	<p>Netball: Students will refine understanding of the rules, using this to adopt roles like refereeing/coaching.</p> <p>Fitness</p> <p>Students will experience recreational fitness: aerobics, skipping and step.</p> <p>Basketball</p> <p>Students will apply learned skills. How to adapt performance for different positions. They will develop team work skills and use of strategy/tactics in a game in order to outwit opponents</p>	<p>Cross country: Students will build on their stamina in order to be able to complete a longer circuit. They will develop knowledge of the psychological factors of distance running.</p> <p>HRE: Students will utilise what they know already to create and lead circuits or exercises for the rest of the class to participate in, including the warm-up and cool-down, the benefits of exercise and safety principles.</p>	<p>Hockey: Students will further develop their skills and techniques with full-pitch 11 vs 11. They will increase grasp of formation and the requirements of different positions</p> <p>Gymnastics (rhythmic)</p> <p>Students will explore the use of equipment including gym balls, ribbons and hoops. They will employ previously learnt skills/techniques such as unison, cannon, travelling and rolling to create group rhythmic sequences.</p> <p>Tag rugby</p> <p>Students will focus on employing strategies and working as a team. They will develop their fitness.</p>	<p>Badminton/table tennis</p> <p>Students will play small modified games to practise the basics of forehand/backhand shots and develop the overhead clear and drop shot. Students will learn the basics of table tennis: rules and points</p> <p>Football: Students will learn more complex skills such as turning to get past opponents, heading and volleying in a game situation. They will develop knowledge of formations and tactics used in a game.</p> <p>Cheerleading: Students will use their basic cheer moves to create more complex, larger group sequences</p>	<p>Rounders: Students will develop their ability to field and bat with speed, distance and accuracy. They will look at backstopping, and be able to feedback on overall performance.</p> <p>Tennis: Students will learn more complex techniques such as the smash, and experience doubles games.</p> <p>Cricket: Students will extend their knowledge and practice of the essential skills and how to use tactics to outwit opponents.</p>	<p>Athletics: Students will peer assess and use the knowledge they have learned to refine skills in athletics events. They will study rules, regulations and scoring systems.</p> <p>Volleyball: Students will learn and practise the necessary skills of the game.</p> <p>Ultimate frisbee</p> <p>Students will develop their knowledge of the game, learning how to work tactically together as a team</p>
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