

Physical Education Key Stage 3 Programme of Study



		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Girls	<p>Baseline Assessment</p> <p>Students will complete a baseline assessment – they will participate in a range of team and individual activities, assessing skill and performance to give an accurate starting point to monitor progress across the key stage.</p>	<p>Fundamental movement skills</p> <p>Students will develop and refine their fundamental movement skills (running, jumping, throwing, catching, striking and kicking) with lessons incorporating multi-sports.</p>	<p>Accurate replication</p> <p>Students will develop their basic gymnastic actions (individual balances, traveling movements) and incorporate into floor routines. Students will develop basic flight skills over apparatus.</p>	<p>Outdoor invasion</p> <p>Students will develop their transferable core skills in team games such as netball, football, handball. Students will also develop their team work, communication and leadership skills.</p>		<p>Athletics</p> <p>Students will develop their ability to perform a variety of track and field events, learning the correct technique through demonstration and conditioned practices. Students will begin to learn the basic rules and scoring methods for events.</p>
	Boys	As above	As above	<p>Outdoor invasion</p> <p>Students will develop their transferable core skills in team games such as rugby, football, handball. Students will further refine their team work, communication and leadership skills.</p>	<p>Accurate replication</p> <p>Students will develop their basic gymnastic actions (individual balances, traveling movements) and incorporate into floor routines. Students will develop basic flight skills over apparatus.</p>	<p>Swimming</p> <p>Students will develop their basic stroke technique in front crawl, backstroke and breast stroke. Students will also develop some personal survival skills .</p> <p>Short tennis</p> <p>Students will develop their ability to serve, rally and score in mini tennis (smaller courts, shorter rackets and softer balls).</p>	As above
	Health and Fitness	<p>Students will participate in a series of cross-country lessons to develop their cardiovascular. For the remained of year 7 and 8 in health and fitness lessons, students will learn theory knowledge and understanding through practical means.</p>	<p>Students will explore the importance of warming up/cooling down and the short and long term effects of exercise on the body</p> <p>Students will complete their first H+F written assessment.</p>	<p>Students will be introduced to the components of fitness and will learn/perform appropriate tests to measure individual fitness, using results for goal setting.</p>	<p>Students will explore components of fitness in more detail, including the impact on sporting performance.</p>	<p>Students will continue to explore components of fitness in more detail, including the impact on sporting performance.</p>	<p>Students will learn about the importance of a balanced diet; including energy use, maintaining water balance and the role of the main food groups. Students will complete a second H+F assessment.</p>
Year 8	Girls	<p>Outdoor Invasion</p> <p>Students will develop their technique for some of the main core skills in the top 2 team games for girls: Netball and Football.</p>	<p>Accurate replication – sports acro</p> <p>Students will develop their ability to create paired and group sequences, including an introduction to rhythmic gymnastics, incorporating apparatus (hoops, ball and ribbons) into group sequences. Students will</p>	<p>Sport Education</p> <p>Students will participate in Sport education (a model that provides a particular focus on participation in a wide range of sporting activities rather than skill acquisition, therefore providing opportunities for pupils of all abilities to</p>	<p>Outdoor and Adventurous activities</p> <p>Students will develop their cooperation, communication, leadership and thinking skills through activities such as team building tasks and orienteering activities.</p>	<p>Athletics</p> <p>Students will refine their technique in a variety of track and field events. Students will develop their officiating capacity and also explore the use of technology to aid self and peer assessment.</p>	<p>Rounders</p> <p>Students will develop their striking and fielding skills including throwing/catching, bowling, batting and fielding in conditioned games</p> <p>Tennis</p>

			further explore the concept of flight using apparatus.	achieve in a variety of roles associated with competitive and non-competitive sports). Students will develop their sportsmanship/etiquette to ensure a positive learning environment.	Badminton Students will be introduced to the basic skills in badminton including serving and forehand/backhand shots. Students will learn the rules and scoring system		Students will transition from mini tennis to full court tennis, further developing their ability to serve, rally and outwit opponents.
	Boys	Sport Education Students will participate in Sport education (a model which provides a particular focus on participation in a wide range of sporting activities rather than skill acquisition, therefore providing opportunities for pupils of all abilities to achieve in a variety of roles associated with competitive and non-competitive sports). Students will develop their sportsmanship/etiquette to ensure a positive learning environment.	Accurate replication – parkour Students will further explore the concept of flight using apparatus.	Outdoor Invasion Students will develop their technique for some of the main core skills in the top 2 team games for boys: Football and Rugby (contact or touch).	As above	As above	Tennis Students will transition from mini tennis to full court tennis, further developing their ability to serve, rally and outwit opponents. Cricket Students will develop their striking and fielding skills including throwing/catching, bowling, batting and fielding in conditioned games.
	Health and Fitness	Students will begin by re-testing their fitness levels and use the data to set appropriate targets.	Students will learn about the different types of training methods: continuous, interval, fartlek and circuit training. Students will complete a third H+F assessment.	Students will apply their understanding of principles of training to plan and carry out an individual circuit training programme.	Students will finish exploring different training methods (term 2).	Students will learn about diet – specifically the types of energy that different food groups provide. Students will be introduced to some basic anatomy and physiology including how the muscular system creates movement. Students will complete their 4 th H+F assessment.	
Year 9	Girls	Netball Students will build on their basic technique for the 5 core skills to develop more advanced technique through the use of set drills, conditioned games and full versions of the game. Students will develop their knowledge and understanding of rules, tactics and strategies.	Cross country Students will perform a series of cross country routes/challenges including pacing exercises and hill runs Badminton/Table Tennis Students will further develop their badminton core skills and transfer these actions to table tennis. Students will develop methods of outwitting opponents.	Basketball Students will build on their basic technique for the 5 core skills to develop more advanced technique through the use of set drills, conditioned games and full versions of the game. Students will develop their knowledge and understanding of rules, tactics and strategies.	Outdoor invasion games	Striking and fielding Students will develop their skills in a range of striking and fielding activities including rounders, softball and cricket.	Athletics Students will further develop a more advanced technique in a variety of track and field events. Students will continue to develop their officiating capacity and their coaching ability. Tennis Students will complete the transition to full court tennis, using the skills and techniques, they have developed to successfully outwit opponents in both singles and doubles play.

	Boys	Basketball Students will build on their basic technique for the 5 core skills to develop more advanced technique through the use of set drills, conditioned games and full versions of the game. Students will develop their knowledge and understanding of rules, tactics and strategies.	As above	Football Students will build on their basic technique for the 5 core skills to develop more advanced technique through the use of set drills, conditioned games and full versions of the game. Students will develop their knowledge and understanding of rules, tactics and strategies.	Indoor invasion games	Cricket Students will refine the core skills in cricket, developing their ability to outwit the opposition.	As above
Students will not have dedicated health and fitness levels in year 9. However, all students will participate in a series of GCSE taster lessons in which they will be introduced to some of the more complex anatomy and physiology content – exploring the body systems (circulatory, respiratory and musculoskeletal system) and their impact on performance. All students will complete a final health and fitness assessment at the end of Term 2							