

Key Stage 3 Curriculum Overview for PE

| Year | Half Term 1+2 GIRLS | Half Term 1+2 BOYS | Half Term 3+4 GIRLS | Half Term 3+4 BOYS | Half Term 5+6 GIRLS | Half Term 5+6 BOYS |
|----------|---|--|---|---|--|--|
| 7 | Effective use of warm up and cool down ABC's (Multi Skills) Team Tactics Netball Gymnastics House Netball Fitness | Effective use of warm up and cool down Team Tactics ABC's (Multi Skills) Football House Football Basketball Table Tennis House Basketball | Muscles and Bones Rugby (Tag/ Touch) Orienteering Football Table Tennis House Rugby House Dodgeball | Muscles and Bones Health Related Fitness House Dodgeball Orienteering Handball House Handball Tag Rugby Gymnastics | Components of fitness Basketball Athletics Tennis Rounders House Rounders Skateboarding | Components of fitness Athletics Tennis Cricket House Cricket Softball House Softball Golf |
| | Assessments: Baseline test trough multi skills and then team tactics. Student are assessed using UL KPI's using teacher assessment and self-assessment. | | | | | Assessments: Practical Assessments as well as online knowledge tests (HW) |
| 8 | The structure and functions of the cardio-respiratory system Team Tactics Gymnastics Netball House Netball Fitness Football | The structure and functions of the cardio-respiratory system Team Tactics Football House Football Badminton Table Tennis Handball | Short- & long-term effects of exercise Rugby (Tag/ Touch) Orienteering – Sports Lead Football House Tag Rugby House Dodgeball | Short- & long-term effects of exercise Inclusion Sports Health Related Fitness House Dodgeball Handball House Handball Tag Rugby | Anaerobic and aerobic exercise Basketball Athletics (HRF Link) Tennis Rounders House Rounders Skateboarding | Anaerobic and aerobic exercise Athletics Orienteering Tennis Cricket House Cricket Softball Golf |
| | Assessments: Baseline test trough multi skills and then team tactics. Student are assessed using UL KPI's using teacher assessment and self-assessment. | | | | | Assessments: Practical Assessments as well as online knowledge tests (HW) |

| Year | Half Term 1+2 GIRLS | Half Term 1+2 BOYS | Half Term 3+4 GIRLS | Half Term 3+4 BOYS | Half Term 5+6 GIRLS | Half Term 5+6 BOYS |
|------|--|--|--|---|---|---|
| 9 | Principles of training Team Tactics Badminton Netball House Badminton House Netball Fitness | Principles of training Team Tactics Football House Football Table Tennis Rugby Leadership - Tag House Table Tennis | Types of training Orienteering – Sports leadership Handball House Handball Table Tennis House Dodgeball | Types of training Badminton Health Related Fitness House Dodgeball Orienteering – sports leadership Handball | Athletics Basketball Tennis Rounders House Rounders Skateboarding | Athletics Tennis Cricket House Cricket Softball House Softball Golf |
| | Assessments: Baseline test through multi skills and then team tactics. Student are assessed using UL KPI's using teacher assessment and self-assessment. | | | | Assessments: Practical Assessments as well as online knowledge tests (HW) | |