



PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

KS3 Girls' Physical Education

Topic	KNOWLEDGE ACQUISITION	DURATION (Approximate Lessons)	Term 1a												Term 1b												Term 2a												Term 2b												Term 3a												Term 3b																																																																																			
<b>Year 7</b>																																																																																																																																																		
1	Football	Dribbling and turning, passing and control, shooting, attacking and outwitting opponent.	6	[Blue]																																																																																																																																														
2	Dance	T.B.C	6	[Black]																																																																																																																																														
3	Rugby	Passing & receiving, Passing & outwitting an opponent, Tagging (Touch Tackling), Attacking & outwitting opponents, Game Play & rules, Competitive Play	6													[Pink]																																																																																																																																		
4	Netball	Movement and footwork, ball handling, passing & receiving, attacking play & movement, defending play - marking, Competitive play	6													[Red]																																																																																																																																		
5	Orienteering	Map symbols, cone orienteering, map walk, star exercise, anagrams	6																									[Orange]																																																																																																																						
6	Health Related Fitness	Cardiovascular fitness, muscular endurance, aerobic training zone, heart rate, muscles of the body, testing	6																									[Yellow]																																																																																																																						
7	Hockey	Safety, grip, dribbling and handling, Passing and receiving, Attacking – outwitting opponents, use of space, Defending principles - tackling, Shooting, Competitive Play	6																																					[Green]																																																																																																										
8	Badminton	Hand eye coordination activities, underarm action, overhead action, combining underarm and overhead actions, games Play – basic rules, low serve, games play – basic tactics	6																																					[Light Green]																																																																																																										
9	Athletics	Sprinting, long distance, throwing, jumping and relay	6																																																	[Cyan]																																																																																														
10	Tennis	Racket and ball familiarisation, Forehand, Backhand, Attacking – outwitting an opponent, Basic serves, Competitive play	6																																																	[Blue]																																																																																														
11	Rounders	Ball handling, catching, Fielding – underarm, and bowling, Fielding – overarm & catching, Fielding – long barriers, Batting, Competitive play	6																																																													[Purple]																																																																																		
12	Cricket	Fielding – Target throwing, Fielding - Retrieving ball and throwing to partner, Long barrier, Throwing and catching games, Throwing and catching games, Kwik cricket, 2-4-6 game	6																																																													[Yellow]																																																																																		
<b>Year 8</b>																																																																																																																																																		
1	Football	Passing, dribbling, shooting, outwitting an opponent, defensive tactics.	6	[Blue]																																																																																																																																														
2	Gymnastics	Locomotion, Transfer of weight, Balance – individual, Balance – Individual / Partner , Balance – development of routines, Final Routine - linking movements	6	[Purple]																																																																																																																																														
3	Rugby	Passing & receiving , Passing & outwitting an opponent, Tagging , Attacking & outwitting opponents, Game Play & rules, Competitive Play	6													[Pink]																																																																																																																																		
4	Netball	Recap passing skills & fundamental rules, Timing of pass / support play, Attacking play, Shooting, Marking / defending, Competitive Play	6													[Red]																																																																																																																																		
5	Orienteering	Map walk, star exercise, cross country time trial, team anagrams	6																									[Orange]																																																																																																																						
6	Health Related Fitness	Recap CV and ME. Power, speed, plyometrics, interval training resilience, motivation.	6																									[Yellow]																																																																																																																						
7	Hockey	Dribbling & movement with the ball, Passing and reverse stop, Attacking – outwitting opponents, use of space, Defending principles - tackling, Shooting, Competitive Play	6																																					[Green]																																																																																																										
8	Badminton	Hand eye coordination activities, underarm action, overhead action, combining underarm and overhead actions, games Play – basic rules, low serve, games play – basic tactics	6																																					[Light Green]																																																																																																										
9	Athletics	Sprinting, long distance, throwing, jumping and relay	6																																																	[Cyan]																																																																																														
10	Tennis	Racket and ball familiarisation, forehand / background, volley, ground stroke to volley, conditioned games, competitive play	6																																																	[Blue]																																																																																														
11	Rounders	Fielding Skills, bowling development, batting development, positional roles, tactics to outwit opponents, competitive play	6																																																													[Purple]																																																																																		
12	Cricket	Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket	6																																																													[Yellow]																																																																																		
<b>Year 9</b>																																																																																																																																																		
1	Football	Passing, control, turning, shooting, outwitting an opponent, defensive tactics	6	[Blue]																																																																																																																																														
2	Gymnastics	Rotation, balance, jumps, vaulting, linking routines	6	[Purple]																																																																																																																																														

