



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

KS3 Boys Physical Education

Topic	KNOWLEDGE ACQUISITION	DURATION (Approximate Lessons)	Term 1a												Term 1b												Term 2a												Term 2b												Term 3a												Term 3b												
			Term 1a												Term 1b												Term 2a												Term 2b												Term 3a												Term 3b												
<b>Year 7</b>																																																																											
1	Rugby	Ball familiarisation, Intro passing & receiving/ 2v1, 3v1, 3v2, 3v3, Passing/Use of width, Attacking/outwitting an opponent, Competitive games – touch rugby	6	█																																																																							
2	Badminton	Grip, ready position, forehand low serve,, Low serve and high serve, Introduce the clear shot, Develop the clear shot, Outwitting opponents in a competitive game, Outwitting opponents in a competitive game	6	█																																																																							
3	Football	Movement with the ball – Dribbling Receiving & Turning, Passing and movement off the ball, Passing variations, Shooting, Attacking/outwitting an opponent, Attacking/outwitting an opponent	6													█																																																											
4	Dance	T.B.C	6													█																																																											
5	Orienteering	Map symbols running game, Cone orienteering, Map walk, Star exercise North or South, Star exercise North or South, Team anagrams	6																									█																																															
6	Basketball	Ball familiarisation + passing, Dribbling and pivoting, Passing and movement off the ball, Shooting – set shot, Shooting – lay-up, Outwitting opponents in a competitive game	6																									█																																															
7	Hockey	Grip, dribbling and handling, Passing and receiving, Outwitting opponents, use of space, 2v1, Shooting, Defending, block tackle, Attack, outwitting an opponent, 2v1, 3v2, 4v3	6																																					█																																			
8	Health Related	Fitness suite induction – safety focus, 10 minute baseline cv test, Fitness challenges RHR, Fitness challenges WHR, Fitness challenges RHR, Re-test 10 minute cv test	6																																					█																																			
9	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																																																	█																							
10	Athletics	6 lessons – weather and facility dependent: Sprinting, Long distance, Throwing, Jumping, Relay	6																																																	█																							
11	Tennis	Racket & ball familiarisation, Forehand, Outwitting opponents, Backhand, Basic serves, Outwitting opponent in competitive games	6																																																													█											
12	Striking and fielding	Fielding skills and basic rules, Tactics when hitting, Game play development, Tactics in game play, Tournament, Tournament	6																																																													█											
<b>Year 8</b>																																																																											
1	Rugby	Recap passing and refine handling skills, Introduce front tackle, Tackling development, Ball presentation in tackle, Pass from breakdown, Competitive games	6	█																																																																							
2	Badminton	Grip, ready position, forehand low serve,, Low serve and high serve, Introduce the clear shot, Develop the clear shot, Outwitting opponents in a competitive game, Outwitting opponents in a competitive game	6	█																																																																							
3	Football	Developing core skills – passing, Dribbling, turns and outwitting a defender, Development of shooting, Developing an attack, Outwitting an opponent, teamwork, Defensive strategies, tactics	6													█																																																											
4	Gymnastics	Basic gymnastic skills introduction, Basic gymnastic skills development, Balance – Individual/Partner work, Balance – Partner linked balances, Performance – Group work, Final routine performance	6													█																																																											
5	Orienteering	Map walk, Star exercise North or South, Star exercise North or South, Cross country competitions, Team anagrams, Team anagrams	6																									█																																															
6	Basketball	Develop passing, pivoting and dribbling, the triple threat, Attacking and outwitting opponent, Defending skills, Shooting – set shot, lay-up, Develop shooting – jump shot, Outwitting opponents in competitive games	6																									█																																															
7	Hockey	Dribbling and movement with the ball, Passing and reverse stop, Creation of space, attacking principles, Defending, jab tackle, Shooting, Outwitting an opponent, teamwork	6																																					█																																			
8	Health Related	Fitness suite safety induction reminder, Test 10 min cv, Fitness challenges Resting HR/Working HR recap, Fitness challenges Max Heart Rate, Fitness challenges Training zones, Re-test	6																																					█																																			
9	Cricket	Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket	6																																																	█																							
10	Athletics	6 lessons – weather and facility dependent: Sprinting, Long distance, Throwing, Jumping, Relay	6																																																	█																							
11	Tennis	Groundstrokes, Singles rallying, Competitive singles, Around the world, Serving technique, King of the court	6																																																													█											
12	Striking and fielding	Fielding skills and basic rules, Tactics when hitting, Game play development, Tactics in game play, Tournament, Tournament	6																																																													█											
<b>Year 9</b>																																																																											
1	Rugby	Recap tackling, Ball presentation, Introduce ruck, Ruck development , Ruck refinement, Competitive games	6	█																																																																							
2	Badminton	Recap service, ready position, Develop the clear, Introduce the smash, Net play, Competitive games – singles, Competitive games – doubles	6	█																																																																							
3	Football	Passing, control and turning, Heading, Shooting, Attack, beating an opponent, Defensive tactics, Set plays	6													█																																																											
4	Gymnastics	Recap rotation and jumps, introduction to high front springboard, low level apparatus vaults on mat, high level vaults on mat and through, through, straddle vaults Refine vaults and rolls on box	6													█																																																											
5	Orienteering	Map walk, Star exercise North and South, Head-to-head sprint, Finding factors, Team anagrams, Score competition	6																									█																																															
6	Volleyball	Introduce volleyball, Throw catch game, Introduce set technique, Underarm serving, Develop set shot, Scoring, outwitting and tactics	6																									█																																															

