

Key Stage 3 Physical Education – Teaching schedule

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Football <ul style="list-style-type: none"> • Passing • Dribbling • Pass and move • Shooting • Attacking play • Defensive play • Games assessment 	Netball <ul style="list-style-type: none"> • Passing • Receiving / Spacing • Landing 	Rugby <ul style="list-style-type: none"> • Passing and receiving • Tagging and evading 	Gymnastics <ul style="list-style-type: none"> • Select and apply actions, skills and abilities on the floor and using apparatus • Demonstrate body control and technical correctness • Link sequences • Identify and work on strength and suppleness required for performance 	Striking and fielding <ul style="list-style-type: none"> • Batting • Bowling • Fielding 	Athletics <ul style="list-style-type: none"> • Introduction to events and familiarisation of the rules • Core skills and techniques • Track: Starts / Finishes • Throws: Grip, stance and throw • Jumps: Run-up / Take-off / Flight / Landing / Exit
Year 8	Netball <ul style="list-style-type: none"> • Passing • Receiving • Landing • Pivoting • Position and zone of play 	Football <ul style="list-style-type: none"> • Passing • Dribbling • Pass and move • Shooting • Attacking play • Defensive play • Tactic/strategy • Games assessment 	Gymnastics <ul style="list-style-type: none"> • Select and apply actions, skills and abilities on the floor and using apparatus • Demonstrate body control / technical correctness • Link sequences: select and apply actions, skills and abilities both on the floor and using apparatus 	Rugby <ul style="list-style-type: none"> • Passing and receiving • Tagging and evading • Rolling ball between legs to re-set play and accurate passes in congested areas 	Striking and fielding <ul style="list-style-type: none"> • Batting • Bowling • Fielding 	Athletics <ul style="list-style-type: none"> • Track: Developing drive phase - incorporate full speed • Throws: Increased weight of event throw • Jumps: Run-up / Take-off / Flight / Landing / Exit

Year 9

Basketball

- Passing:
Use a variation of passes
- Receiving
- Dribbling
- Tactics and Strategies

Football

- Passing and controlling the ball
- Dribbling:
Introduction of turns and using the sole of the foot to perform these

Heart rate and Fitness

- Develop fitness activities and accurate replication of the required techniques
- Develop the skills of sustained running and jumping

Volleyball

- Learn the positions in volleyball: 2 aside/3 aside etc.
- Learn where to stand; court allowances for each position
- Learn the rules of volleyball and apply these to a game situation and umpiring

Striking and fielding Batting

- Ready position
- Batting technique:
Incorporating power and placement
- Bowling:
Ability to add disguise and power into bowling action
- Batting:
Developing strategic concepts when batting.
- Bowling:
Ability to add disguise and power into bowling action

Athletics

- Track:
Progressive training to zone thresholds when performing different phases of the race
- Throws:
Increased weight of event throw; improved approach and build-up to throw with limited spacing
- Jumps:
Phased approach from longer-range