

## Curriculum Overview - KS3 Physical Education

Year 7		
Term 1	Term 2	Term 3
<b>Topics:</b> Badminton, tag rugby, hockey, fitness, and cross country.	<b>Topics:</b> Football, netball, and indoor games.	<b>Topics:</b> Athletics, rounders and cricket.
<b>Assessment:</b> Understanding and working with others. Developing communication, active listening, and responsibility for yourself.	<b>Assessment:</b> Learning physical skills. The learning and application of fundamental movement skills and basic transferable skills.	<b>Assessment:</b> Learn the importance of taking part in physical activity. Learning the basic principles of a healthy lifestyle and the part physical activity plays.
<b>Equipment:</b> Stanchester PE kit, shin pads, gum shields and football boots (optional).	<b>Equipment:</b> Stanchester PE kit, shin pads, football boots (optional).	<b>Equipment:</b> Stanchester PE kit.
<b>Extra-curricular opportunities:</b> Badminton club, rugby club/fixtures and cross-country events. *Cup football matches (boys/girls) may begin.	<b>Extra-curricular opportunities:</b> Football club, netball club including fixtures.	<b>Extra-curricular opportunities:</b> Athletics meets, rounders club/fixture and cricket clubs.

Year 8		
Term 1	Term 2	Term 3
<b>Topics:</b> Badminton, tag rugby, hockey, fitness, and cross country.	<b>Topics:</b> Football, netball, handball, dance and indoor games.	<b>Topics:</b> Athletics, rounders and cricket.
<b>Assessment:</b> Understanding and working with others, developing <u>empathy, motivation, and resilience.</u>	<b>Assessment:</b> Developing physical skills which can be applied and transferred across and range of sports and situations.	<b>Assessment:</b> Develop understanding of how the body changes during exercise, identify any barriers to participation and how to overcome them to lead a healthy active lifestyle.
<b>Equipment:</b> Stanchester PE kit, shin pads, gum shields and football boots (optional).	<b>Equipment:</b> Stanchester PE kit, shin pads, football boots (optional).	<b>Equipment:</b> Stanchester PE kit.

<b>Extra-curricular opportunities:</b> Badminton club, rugby club/fixtures and cross-country events. *Cup football matches (boys/girls) may begin.	<b>Extra-curricular opportunities:</b> Football club, netball club including fixtures.	<b>Extra-curricular opportunities:</b> Athletics meets, rounders club/fixture and cricket clubs.
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Year 9		
Term 1	Term 2	Term 3
<b>Topics:</b> Badminton, tag rugby, hockey, fitness, and cross country.	<b>Topics:</b> Football, netball, handball, dance and indoor games.	<b>Topics:</b> Athletics, rounders and cricket.
<b>Assessment:</b> Understanding and working with others, refining <u>communication skills through speaking and leadership</u> .	<b>Assessment:</b> Refining physical skills and exploring tactics which can be applied to a range of situations.	<b>Assessment:</b> Learn how the body moves during exercise including major muscle groups, bones, and joints. Understand the long-term effects of exercise on the body.
<b>Equipment:</b> Stanchester PE kit, shin pads, gum shields and football boots (optional).	<b>Equipment:</b> Stanchester PE kit, shin pads, football boots (optional).	<b>Equipment:</b> Stanchester PE kit.
<b>Extra-curricular opportunities:</b> Badminton club, rugby club/fixtures and cross-country events. *Cup football matches (boys/girls) may begin.	<b>Extra-curricular opportunities:</b> Football club, netball club including fixtures.	<b>Extra-curricular opportunities:</b> Athletics meets, rounders club/fixture and cricket clubs.