



KS3 Curriculum Overview: Physical Education

	Year 7	Year 8	Year 9
Autumn Term	<p>Term 1.1: Invasion Games Direct Instruction</p> <ul style="list-style-type: none"> • Rugby • Handball • Basketball • Hockey <p>Assessment Focus: Physical + Social ME's</p> <p>Term 1.2: Health Based Fitness</p> <ul style="list-style-type: none"> • Gymnastics • Fitness Testing • Gym – Heart Rate <p>Assessment Focus: Physical + Personal ME's</p>	<p>Term 1.1: Invasion Games Direct Instruction</p> <ul style="list-style-type: none"> • Rugby • Handball • Basketball • Hockey <p>Assessment Focus: Physical + Social ME's</p> <p>Term 1.2: Health Based Fitness</p> <ul style="list-style-type: none"> • Gymnastics • Fitness Testing • Gym – Skeletal System <p>Assessment Focus: Physical + Personal ME's</p>	<p>Term 1.1: Invasion Games Sport Education Model</p> <ul style="list-style-type: none"> • Netball • Football • Rugby • Basketball <p>Assessment Focus: Physical + Social ME's</p> <p>Term 1.2: Health Based Fitness</p> <ul style="list-style-type: none"> • Gymnastics • Fitness Testing • Gym – Weight based training <p>Assessment Focus: Physical + Personal ME's</p>
Spring Term	<p>Term 2: Net and Invasion Games Teaching games for understanding</p> <ul style="list-style-type: none"> • Badminton • Tennis • Netball • Football <p>Assessment Focus: Physical + Thinking ME's</p>	<p>Term 1.2: Health Based Fitness Teaching games for understanding</p> <ul style="list-style-type: none"> • Badminton • Tennis • Netball • Football <p>Assessment Focus: Physical + Thinking ME's</p>	<p>Term 1.2: Health Based Fitness Leadership Through Sports</p> <ul style="list-style-type: none"> • Badminton • Tennis • Lacrosse • Hockey <p>Assessment Focus: Physical + Thinking ME's</p>
Summer Term	<p>Term 3: Striking and Fielding / Track and Field Direct Instruction</p> <ul style="list-style-type: none"> • Rounders 	<p>Term 3: Striking and Fielding / Track and Field Direct Instruction</p> <ul style="list-style-type: none"> • Rounders 	<p>Term 3: Striking and Fielding / Track and Field Leadership Through Sports</p> <ul style="list-style-type: none"> • Rounders



	<ul style="list-style-type: none">• Cricket• Athletics <p>Assessment Focus: Physical + Thinking ME</p>	<ul style="list-style-type: none">• Cricket• Athletics <p>Assessment Focus: Physical + Thinking ME</p>	<ul style="list-style-type: none">• Cricket• Athletics <p>Assessment Focus: Physical + Thinking ME</p>
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