



CURRICULUM OVERVIEW FOR PHYSICAL EDUCATION

KS3 ACTIVITIES

YEAR 7

Invasion Games:
Skill development.
Basic tactics to outwit opponents.

Outdoor & Adventurous Activities:
Teamwork, fitness and movement skills.

Net & Wall Games:
Skill development.
Maintain and win a rally.

Gymnastics:
Body control & paired sequences .

Striking & Fielding Games:
Bowl, bat, field, with accuracy.

Athletics:
Run, jump, throw and officiate.

Health & Wellbeing:
Health related fitness

Fundamental Movement Skills:

YEAR 8

Invasion Games:
Conditioned practices.
Tactics & strategies to outwit opponents.

Outdoor & Adventurous Activities:
Physical & intellectual challenges

Net & Wall Games:
Technical proficiency & problem solving

Gymnastics:
Technical fluency and analysis

Striking & Fielding Games:
Competition & analysis

Athletics:
Train and perform.
My personal best.

Health & Wellbeing:
Long term benefits of physical activity

Fundamental Movement Skills:

YEAR 9

Invasion Games:
Games - adapt tactics & strategies

Health & Wellbeing:
Training Programmes

Net & Wall Games:
Overcome opponents

Striking & Fielding Games:
Officiating small sided games

Athletics:
Fitness development
My personal best.

Inclusive Sports:
Communication & awareness of others

THREADS
Groups of units across the curriculum that build a common body of knowledge.

HEAD = (KNOW)
Rules, Tactics, & Strategies
Decision Making & Problem Solving
Evaluate & Analysis
Healthy Active Living

HEART = (GROW)
Teamwork & Leadership
Engagement & Enjoyment
Cultural Awareness

HANDS = (SHOW)
Motor Competence / Tactics & Strategies
Performance & Competition
Physical Fitness