



KS3 Physical Education



PE	Content
Year 7 HT 1	<p>Over this term students will be introduced to or develop their fundamental skills in a variety of sports including - Tag Rugby, Netball, Football, Basketball, Dance and fitness.</p> <p>These skills will be developed in isolation and pressured situations over the unit's completion. The activities will be carried out in 4 week blocks. The students will also learn about the rules and regulations required to be able to play the sports in basic competitive situations.</p> <p>Students will also learn about the use of warm ups and cool downs, which will be assessed using an online google multiple choice quiz at the end of the term.</p>
Year 7 HT 2	
Year 7 HT 3	<p>Over this term students will be introduced to or develop their fundamental skills in a variety of sports including - Tag Rugby, Netball, Football, Basketball, Handball, Dance and fitness.</p> <p>These skills will be developed in isolation and pressured situations over the unit's completion. The activities will be carried out in 4 week blocks. The students will also learn about the rules and regulations required to be able to play the sports in basic competitive situations.</p> <p>Students will also learn about what are the muscles of the body and movements, which will be assessed using an online google multiple choice at the end of the term.</p>
Year 7 HT 4	<p>Over this term students will be introduced to or develop their fundamental skills in a variety of sports including - Tag Rugby, Netball, Football, Basketball, Handball, Dance and fitness.</p> <p>These skills will be developed in isolation and pressured situations over the unit's completion. The activities will be carried out in 4 week blocks. The students will also learn about the rules and regulations required to be able to play the sports in basic competitive situations.</p> <p>Students will also learn about what are the muscles of the body and movements, which will be assessed using an online google multiple choice at the end of the term.</p>
Year 7 HT 5	<p>Over this term students will be introduced to or develop their fundamental skills in a variety of summer sports including -Athletics, Rounders and cricket.</p> <p>These skills will be developed in isolation and pressured situations over the unit's completion. The activities will be carried out in 4 week blocks. The students will also learn about the rules and regulations required to be able to play the sports in basic competitive situations.</p> <p>Danbury Camp will be held at the start of this half term. Students will learn about the fitness components and be assessed on this knowledge through a short google quiz at the end of the term</p>
Year 7 HT 6	
Year 8 HT 1	<p>Students will be in groups that are streamed. Over the first term students will continue to develop their fundamental skills in a variety of sports including - Rugby, Netball, Football, Basketball, Trampolining and fitness. The activities will be carried out in 4 week blocks. They will explore how to apply these within more competitive situations. Students will look to use their skills within competitive situations and become an effective member of a team. They will learn about teamwork and sportsmanship within different sports.</p> <p>Students will also learn about the use of warm ups and cool downs which will be assessed using an online google multiple choice quiz at the end of the term.</p>
Year 8 HT 2	
Year 8 HT 3	<p>Students will be in groups that are streamed. Over the first term students will continue to develop their fundamental skills in a variety of sports including - Rugby, Netball, Football, Basketball, Handball, Trampolining and fitness. The activities will be carried out in 4 week blocks. They will explore how to apply these within more competitive situations. Students will look to use their skills within competitive situations and become an effective member of a team. They will learn about teamwork and sportsmanship within different sports.</p> <p>Students will also learn about the muscles and muscle actions of the body which will be assessed using an online google multiple choice quiz at the end of the term.</p>
Year 8 HT 4	
Year 8 HT 5	<p>Students will continue to develop their fundamental skills in a variety of summer sports including-Athletics track and field, Rounders and cricket. The activities will be carried out in 4 week blocks. They will explore how to apply these skills within more competitive situations. Students will look to use their skills within competitive situations and become an effective member of a team. They will learn about teamwork and sportsmanship within the different sports. They will learn about the theory of fitness components and be quizzed on this at the end of the term.</p>
Year 8 HT 6	



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PE	Content
Year 9 HT 1	Over the first term students will continue to develop their skill base of a variety of sports. Students will look to develop their understanding and implementation of the tactics aspects within each activity covered. The activities will be carried out in 4 week blocks. They will use their knowledge and understanding of the sports to be able to outwit opponents within a competitive environment. Students will cover a variety of sports over the term including Rugby, Basketball, fitness and football for the boys and Netball, trampolining, fitness and dance for the girls. Once a fortnight students will have a class based lesson looking at the theoretical aspects of the body systems, components of fitness and diet and nutrition. This will give students an understanding of the requirements of Exam PE. This will be assessed through a google forms quiz at the end of the term.
Year 9 HT 2	
Year 9 HT 3	Students will continue to develop their skill base of a variety of sports. Students will look to develop their understanding and implementation of the tactics aspects within each activity covered. The activities will be carried out in 4 week blocks. They will use their knowledge and understanding of the sports to be able to outwit opponents within a competitive environment. Students will cover a variety of sports over the term including fitness, table tennis, handball and basketball for the boys and football, trampolining, fitness, basketball and handball for the girls.
Year 9 HT 4	
Year 9 HT 5	Students will continue to develop their skill base for a variety of summer sports. Students will look to develop their understanding and implementation of the tactics aspects within each activity covered. The activities will be carried out in 4 week blocks. They will use their knowledge and understanding of the sports to be able to outwit opponents within a competitive environment. Students will cover a variety of summer sports over the term including Athletics - track and field, Rounders and cricket.
Year 9 HT 6	