

KS3 PE Curriculum Overview

Key Stage 3

In Key Stage 3, Students are taught to:

- Further develop basic sport specific technical skills in a wider range of sports and physical activities, developing consistency, accuracy and competency.
- Develop cognitive understanding of which basic skills should be used to outwit opponents and achieve success, in a wide range of competitive situations and games.
- Develop cognitive understanding of technical skills to be able to analyse a performance and make improvements to achieve personal bests.
- Develop cognitive understanding of a range of concepts for attacking and defensive strategies, applied through direct competitive situations and games.
- Take part in outdoor and adventurous activities which challenge students physically, cognitively, and socially, providing intellectual and physical challenges as both an individual and part of a team.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Football Table Tennis Netball	Trampolining Badminton Netball	Trampolining Badminton Handball	Handball Table Tennis Football	Cricket Athletics	Rounders Athletics
8	Badminton Rugby	Badminton Football OAA/Climbing	Basketball Trampolining	Table Tennis Trampolining	Cricket Rounders Athletics	Cricket Rounders Athletics

9	Handball Netball Health Related Fitness	Handball Netball Health Related Fitness	Table Tennis Trampolining Rugby	Table Tennis Trampolining Rugby	Cricket Rounders Athletics	Cricket Rounders Athletics
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