

Physical Education – Key Stage 3

Term	Year 7			Year 8			Year 9		
	Topic	Knowledge	Skills/Assessment	Topic	Knowledge	Skills/Assessment	Topic	Knowledge	Skills/Assessment
Term 1	Practical: Football	In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for football. They work on improving the quality of their skills using various techniques to. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Skills that are covered: introduction to passing using the side foot, introduction to dribbling, control and turning, passing and movement off the ball, introduction to shooting, attacking/outwitting an opponent and defensive/tackling techniques. Assessment: Q&A, formative and summative assessment. Students' self-assessment.	Practical: Football	Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points.	Skills that are covered: Develop passing, dribbling, turns and outwitting a defender, develop attack, develop shooting, headlining, defensive strategies/tactics. Assessment: Q&A, formative and summative assessment. Students' self-assessment.	Practical: Football	Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations in a football game. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points.	Skills that are covered: Understanding when and where to pass, using different body parts to control and turn, attack/beating an opponent, shooting with a variety of techniques, defensive tactics, set plays and formations. Assessment: Q&A, formative and summative assessment. Students' self-assessment.
	Practical: Rugby	In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for rugby. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In all	Skills that are covered: Ball familiarisation, introduction to passing and receiving, passing with use of width, tackling technique and attacking/outwitting an opponent. Assessment: Q&A, formative and summative assessment.	Practical: Rugby	Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the	Skills that are covered: Recap passing and refine handling skills, developing passing into 4 vs 2, develop tackling technique, kicking, tactical play/outwitting opponents.	Practical: Rugby	Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing	Skills that are covered: Passing and use of space, outwitting opponents (5 vs 3), tackling and rucking, restarting play-line outs, scrum development.

	games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Students' self-assessment.		intention of outwitting their opponents. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Assessment: Q&A, formative and summative assessment. Students' self-assessment.		and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition.	Assessment: Q&A, formative and summative assessment. Students' self-assessment.
Practical: Netball	In this unit pupils focus on how to use basic principles of attack and defence to plan strategies and tactics for netball. Pupils will work on improving the quality of their skills with the intention of outwitting opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	<p>Skills that are covered:</p> <p>Passing and foot work rule, creating space/outwitting opponents, attacking play/dodging, shooting, defending/positional awareness.</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	Practical: Netball	Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with intent to outwit the opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	<p>Skills that are covered are:</p> <p>Recap passing and fundamental rules, timing of pass and support play, attacking/outwitting opponents, shooting, marking/defending.</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	Practical: Netball	<p>Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Skills that are covered:</p> <p>Recap netball fundamentals, use of pace/court, attacking principles, defending principles, tactics (centre pass/within the shooting circle)</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>

Term 2

<p>Practical: Dance</p>	<p>In this unit, pupils will explore movement both individually and in groups, developing their ability to create, refine, and perform short dance sequences. They will focus on control, precision, and expression, using their bodies to communicate ideas and emotions. Pupils will experiment with choreographic devices and begin to understand how dynamics, space, and relationships can be manipulated to enhance performance. They will also work collaboratively, developing confidence when performing and supporting others, while showing creativity and originality in their choreography. Pupils will evaluate their own work and that of their peers to improve the quality of sequences.</p>	<p>Skills that are covered: Creating and performing motifs, using choreographic devices, exploring dynamics, levels, and spatial awareness</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Practical: Gymnastics</p>	<p>In this unit, pupils build on the creativity, expression, and sequencing developed in Year 7 Dance by applying these skills to Gymnastics. They will demonstrate a range of skills and agilities both individually and in combination, focusing on balance, strength, and fluency of movement. Pupils will create and perform sequences that show control, precision, and aesthetic quality, linking actions smoothly to enhance performance. They will also evaluate their own and others' work to refine and improve sequences.</p>	<p>Skills that are covered: Rotation and jumps, recap balance, intro to basic vaulting, vaulting on low level apparatus.</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Practical: Trampolining</p>	<p>In this unit, pupils build on the control, sequencing, and aesthetic qualities developed in Year 8 Gymnastics by transferring these skills onto the trampoline. They will demonstrate a range of flight skills, shapes, and rotations both individually and in combination, focusing on height, control, and safe landings. Pupils will create and perform short routines that show precision, fluency, and creativity, linking movements smoothly to enhance performance. They will also evaluate their own and others' routines to refine technique and improve overall quality.</p>	<p>Skills that are covered: Front landings, back landings, combinations moves, front flips and back flips</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>
-----------------------------	--	---	----------------------------------	--	---	------------------------------------	---	--

<p>Practical: Badminton</p>	<p>In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for badminton. They work on improving the quality of their skills using various shots such as backhand/forehand serves, overhead clear, drop shots and smash. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Skills that are covered: Racket familiarisation, Backhand and forehand serving, introduction to overhead clear and drop shot, introduction to forearm smash, game play tactics and outwitting opponents in singles play.</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Badminton</p>	<p>Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents.</p>	<p>Skills that are covered: Recap serving, development of overhead clear and drop shot, introduction to backhand smash shot, looking at when to play shots (tactics)</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Badminton</p>	<p>Pupils will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it.</p>	<p>Skills that are covered: Recap stance and serving, look at shot selection drop shot and overhead clear. Introduce doubles play, develop forearm smash.</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>
<p>Practical: Tchoukball</p>	<p>In this unit students will incorporate passing and catching skills from other sports to develop attacking strategies to outwit opponents. They will also look at a different style of defending in this non-contact game.</p>	<p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Practical: Basketball</p>	<p>Pupils will build on the skills introduced in Tchoukball in Y7. This includes throwing, catching and shooting, as well as developing their attacking tactics. Students will then be introduced to defending technique and tactics within</p>	<p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Practical: Handball</p>	<p>Pupils will build on their invasion game techniques and game knowledge refining their throwing, catching, shooting, defending and team play. Pupils will focus on developing and implementing attacking and defending</p>	<p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>

Term 3

					handball. Students will then develop attacking and defending strategies implementing them into game scenarios.			strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit their opponents.	
Practical: Striking and Fielding	In this unit pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should begin to accurately score games.	Skills that are covered: Ball familiarisation/catching, fielding, bowling, batting, fielding tactics. Assessment: Q&A, formative and summative assessment. Students' self-assessment.	Practical: Striking and Fielding	In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will further work on the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should accurately score games &	Skills that are covered: Fielding skills, bowling development, batting development, positional roles, tactics to outwit opponents. Assessment: Q&A, formative and summative assessment. Students' self-assessment.	Practical: Striking and Fielding	In this unit pupils will demonstrate timing and fluency in the replication of techniques for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils should be able to accurately score & officiate games.	Skills that are covered: Throwing, catching, fielding, bowling development, batting development, fielding roles, evaluation of tactics. Assessment: Q&A, formative and summative assessment. Students' self-assessment.	

				understand rules.				
Practical: OAA	In this unit, pupils will develop problem-solving, communication, and teamwork skills through a variety of outdoor and adventurous challenges. They will learn to plan and work effectively in groups, showing resilience and leadership when faced with tasks that require cooperation and trust. Pupils will also reflect on strategies used and evaluate how to improve their performance as a team. These skills provide a foundation for Health Related Exercise in later units, where pupils consider how physical and mental resilience contribute to overall fitness and wellbeing.	Skills that are covered: Teamwork and communication, problem-solving and decision-making, leadership and resilience, cooperation Assessment: Q&A, formative and summative assessment. Students' self-assessment.	Practical: Health Related Exercise	In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles. Pupils will gain an understanding of warm ups, cool downs and health importance through physical tasks. To reflect on the benefits that fitness events give to an individual and implications for future life.	Fitness testing, basic circuit, CV circuits, yoga, fitness challenge. Assessment: Q&A, formative and summative assessment. Students' self-assessment.	Practical: Health Related Exercise	In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities, building upon their knowledge from the Year 8 Scheme of Work. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles; giving pupils an insight into GCSE PE content. Pupils will develop their understanding of the importance of health through physical activity. To reflect on the benefits that fitness events give to an individual and implications for future life.	Skills that are covered: Fitness tests, components of fitness, yoga, basic circuit, fitness challenge Assessment: Q&A, formative and summative assessment. Students' self-assessment.

	<p>Practical: Athletics</p>	<p>In this unit pupils will accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. They will carry out investigations into aspects of technique and use the information to become more technically proficient. In all athletic activity, pupils will engage in performing and improving their skills and personal bests in relation to speed, height and distances.</p>	<p>Skills that are covered: Introduce sprint technique, introduce pace running, long jump, shot putt, javelin, relay</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Practical: Athletics</p>	<p>In this unit, pupils begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance. In athletic activities, pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy.</p>	<p>Skills that are covered: sprint running technique, long distance running, shot putt, javelin, high jump, relay</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>	<p>Practical: Athletics</p>	<p>In this unit, pupils will further enhance replication and performance across all disciplines. Pupils to gain a further understanding of fitness and its relationship to performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions organised by themselves and others. In athletic activities, pupils will engage in performing skills and personal and collective bests in relation to speed, height and distance.</p>	<p>Skills that are covered: sprint running technique, long distance running, triple jump, shot putt, javelin, high jump</p> <p>Assessment: Q&A, formative and summative assessment. Students' self-assessment.</p>
--	-----------------------------	---	---	-----------------------------	---	--	-----------------------------	---	--