

Year 7 and 8

KS3 pupils take part in 3 x 60 minute lessons every 2 weeks.

Students also take part in dance as a separate subject, which contributes to their physical education

In core PE students learn through the three pillars:

Head; thinking, decision making and knowledge in PE

Heart and health; behavioural characteristics of a good sports person and their health and fitness

Hands; physical competence and skill development in individual and team sport settings.

Although the schemes of work are written through a sport, performance in the sport itself is not the overall aim. This is a way to split the teaching of the content of the curriculum since our lessons are somewhat dependent on the equipment, facilities, and the rooms available.

Year 7 and 8 Curriculum and Programme of Study

Year 7 Fundamentals of Physical Education

Half Term 1		HT2	HT3		HT4	HT5	HT6
TESTING	Gymnastics	Gymnastics	Cross-country, Alternative activities and Sports Hall Athletics	Gymnastics	Gymnastics	Athletics	Rounders & Cricket
	Netball & Basketball	Netball & Basketball		Netball & Basketball	Netball & Basketball		
	Football & Rugby	Football & Rugby		Football & Rugby	Football & Rugby		
	Badminton	Badminton		Badminton	Badminton		

Year 8 Applying the Fundamentals

HT1	HT2		HT3		HT4	HT5	HT6	Apply the knowledge and skills to new sports and activities as well as developing knowledge and skills from year 7
Gymnastics	Gymnastics	Orienteering and Team building	Options at KS4	Gymnastics	Gymnastics	Athletics	Cricket & Softball	
Netball & Basketball	Netball & Basketball			Netball & Basketball	Netball & Basketball			
Football	Football			Football	Football			
Volleyball	Volleyball			Volleyball	Volleyball			