



Key Stage 3 Curriculum Overview- PE

Progression from Key Stage 2 and Progression through Key Stage 3:

	Focus	Autumn Term	Spring Term	Summer Term
Year 6	<p>Students at the end of Key Stage 2 will be able to:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations. <p>Pupils will have access to a range of sports and activities including:</p> <ul style="list-style-type: none"> • Motor skills • Team building games • Gymnastics/dance • Fitness aspects • Invasion games (tag rugby) • Striking and fielding • Athletics 			
Year 7	Development of Skills	<ul style="list-style-type: none"> • A365 (Ability Setting) • Gymnastics • Fitness (HAL) • Netball • Hockey 	<ul style="list-style-type: none"> • Basketball • Football • Tag Rugby • Handball • Trampolining 	<ul style="list-style-type: none"> • Rounders / Softball • Cricket • Tennis • Athletics • Orienteering

Year 8	Skill Refinement	<ul style="list-style-type: none"> • Gymnastics • Fitness (HAL) • Netball • Hockey 	<ul style="list-style-type: none"> • Basketball • Football • Tag Rugby • Handball • Trampolining 	<ul style="list-style-type: none"> • Rounders / Softball • Cricket • Tennis • Athletics • Orienteering
Year 9	Rules, Tactics and Strategies	<ul style="list-style-type: none"> • Gymnastics • Fitness (HAL) • Netball • Hockey 	<ul style="list-style-type: none"> • Basketball • Football • Tag Rugby • Handball • Trampolining 	<ul style="list-style-type: none"> • Rounders / Softball • Cricket • Tennis • Athletics • Orienteering

By the end of Key Stage 3 a student should be able to:

- To be able to apply a range of skills in a broad variety of sporting contexts.
- Show an understanding of key performance techniques required to be successful in a broad range of sports and activities
- To demonstrate knowledge of basic rules, tactics and strategies whilst performing in a variety of sporting activities
- To understand the impact of physical activity on social, physical and mental health