

KS3	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring term 2	Summer Term 1	Summer Term 2
Year 7	Basketball <ul style="list-style-type: none"> Learning three types of pass (chest, bounce, overhead) How do we move with the ball in Basketball? Can you shoot at the hoop? Basic attack/defence 	Gymnastics <ul style="list-style-type: none"> Learning how to do different types of rolls Individual/pair/group balances Safety in gymnastics Basic shapes Linking moves together 	Indoor Hockey <ul style="list-style-type: none"> Learning how to pass and receive the ball Shooting at different sized targets How to be safe with the stick 	Dodgeball <ul style="list-style-type: none"> Replicating core skills (throwing and catching) How to read the flight of the ball Moving into space Dodging 	Athletics <ul style="list-style-type: none"> 75m Sprint starts Long jump progressions Endurance (6minutes) Relay change Discus Performing and recording personal bests in relation to speed, height and distances. 	Tennis <ul style="list-style-type: none"> Replicate shots with control and fluency Basic serves Racket and ball familiarisation Ball placement to win points Identify different areas of the court
	Core skills Fundamental Skills in: <ul style="list-style-type: none"> Changing direction when running Balance Hand-eye Coordination Hopping Skipping Jumping 	Boccia <ul style="list-style-type: none"> Aiming towards a target Developing ability to adjust power Rolling a ball along the floor 	Fitness <ul style="list-style-type: none"> Knowledge of Heart Rate Large muscle group names Why we warm up and cool down Resilience Gym safety 	Dance/Zumba <ul style="list-style-type: none"> Performing dance movements with control Creative movement Developing coordination 	Cricket <ul style="list-style-type: none"> How do you catch a high/low ball? Learn how to bowl the ball Practising how to use a cricket bat to hit the ball. 	OAA <ul style="list-style-type: none"> Getting to know the school grounds Learning map symbols Gaining trust in each other
Year 8	Indoor Hockey <ul style="list-style-type: none"> Participating in small games Do you know the rules well enough to be the umpire? Developing knowledge of positions and rules Begin to analyse performances Adapting elements to improve 	Dodgeball <ul style="list-style-type: none"> Replicate shots with control and fluency Begin to accurately follow the rules Officiate games 	Basketball <ul style="list-style-type: none"> Remembering how to dribble with the ball Learning knew rules about footwork How do you keep the ball away from the other team? 	OAA <ul style="list-style-type: none"> Blindfold work / trust games Photo Orienteering Gaining confidence in others working together as a group 	Athletics Techniques and safety in: <ul style="list-style-type: none"> 100m sprint Shot Javelin Discus Measurement and personal bests Accurately replicating techniques to achieve an outcome. 	Golf <ul style="list-style-type: none"> How to grip a golf club Putting Using an Iron club
	Football <ul style="list-style-type: none"> Passing and movement off the ball Receiving and turning Dribbling around various obstacles Shooting at different targets Tackling others Tactical awareness 	Gymnastics <ul style="list-style-type: none"> Flight Apparatus Setup Accurately replicating core skills and movements Focussing on control and aesthetics 	Fitness <ul style="list-style-type: none"> Develop ability to evaluate and assess movements and techniques to produce refined outcomes Using the machines safely Recording results from machines Developing an understanding of Calories 	Tennis <ul style="list-style-type: none"> Replicate shots with control and fluency Basic serves Racket and ball familiarisation Ball placement to win points Identify different areas of the court 	Cricket <ul style="list-style-type: none"> Practising the overarm bowling technique Remembering how to throw and catch a cricket ball How do we field in Cricket? 	Moving on wheels <ul style="list-style-type: none"> Checking equipment is safe Learning signals and hand gestures Riding as a group

Year 9	Fitness <ul style="list-style-type: none"> • Muscle groups and associated exercises • Forms of exercise • Endurance/Stamina • Team challenges 	Gymnastics <ul style="list-style-type: none"> • Link individual skills together as part of a sequence • Practising takeoff and landing technique • Clear body shape whilst airborne • Incorporate control, creativity and aesthetics into flight based sequences <p>Use key skills such as:</p> <ul style="list-style-type: none"> • Shapes • Balances • Rotations • Flight 	Table Tennis <ul style="list-style-type: none"> • How can you hold the bat? • Exploring different ways you can hit the ball over the net. • Service laws • Learning the rules of playing a game by yourself or as a team. 	OAA <ul style="list-style-type: none"> • Map orienteering • Team challenges • Extend and improve communication and teamwork skills • Develop their ability to respond effectively to problems and physical challenges • Google maps work 	Athletics <ul style="list-style-type: none"> • Sprint running technique (100, 200) • Throwing - shot putt - rotation • Javelin - Run up • Middle distance running - 800m • Personal improvement in each discipline • Comparison and results 	Tennis <ul style="list-style-type: none"> • Overarm serving • What does a volley look like in tennis? • Can you aim the ball at different areas of the court? • Playing as a pair (doubles) • Developing tactics • Umpiring a game
	Football <ul style="list-style-type: none"> • Passing in different directions • Tackling opposition • Working together as a team • Using tactics to get past opponent • Game play • 	Trampolining <ul style="list-style-type: none"> • Health and safety rules • How to get on and off a trampoline • Basic bouncing • How to stop on a trampoline • Basic shapes; star, tuck, straddle, pike. 	Basketball <ul style="list-style-type: none"> • Developing chest, bounce and overhead passing technique and quality using variations in height and distance • Replicate fundamental skills consistently and with improving confidence • developing tactics when playing a game. How can you get past a defender? 	Frisbee <ul style="list-style-type: none"> • How to effectively catch a frisbee • Throwing a backhand • Throwing a forehand • Pivoting • Attacking a defensive play in a game 	Cricket <ul style="list-style-type: none"> • Develop understanding of how to outwit opponents • Improving strategies and tactics during game play • Bowling run up • Batting drive shot 	Moving on wheels <ul style="list-style-type: none"> • Riding sensibly • Road safety • Riding as a group on the road