

### Curriculum Subject: Physical Education KS3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>YEAR 7</b>	<b>Fundamentals of sport</b>	<b>Fundamentals of sport</b>	<b>Fundamentals of sport</b>	<b>Fundamentals of sport</b>	<b>Fundamentals of sport</b>	<b>Fundamentals of sport</b>
	Cross Country – Running Rugby – Passing, Tackling, Rucking, Laws of the game. Netball – Passing, Receiving, Footwork, Laws of the game.	Movement Literacy – Push, Pull, Squat, Brace, Rotate, Single leg movement. Football – Pass, Control, Jockeying, Beating an Opponent. Short Tennis – Forehand, Backhand, Serve. Gymnastics – Rolls, Balances, Vaulting.	Rugby – Passing, Tackling, Laws of the Game. Gymnastics – Rolls, Balances, Vaulting Table Tennis – Forehand push, Backhand push, Serve.	Movement Literacy – Push, pull, squat, brace, rotate, single leg. Football – Pass, control, jockey, Beating an opponent. Basketball – Dribble, Passing, Shooting, Blocking.	Athletics – Track, Field, and Throwing Events. Tennis - Forehand, Backhand, Serve.	Cricket – Forward Drive, Defence Block, Bowling, Fielding. Rounders – Batting, Bowling, Fielding , Running around posts.
<b>YEAR 8</b>	<b>Application to performance</b>	<b>Application to performance</b>	<b>Application to performance</b>	<b>Application to performance</b>	<b>Application to performance</b>	<b>Application to performance</b>
	Cross Country – Pace Judgement. Rugby – Timing of pass, understanding space, counter rucking. Netball – Range of passing,	Table Tennis – Forehand Topspin, Backhand Topspin, Chop. Trampolining – Straight, studdle, pike, tuck, twist, seat drop, front drop Ways to exercise – Advanced movements increasing body strength Football – Creating space, Range of passing	Basketball – Man to Man/Zonal marking, Fast breaks. Ways to exercise – Advanced movements increasing body strength Table Tennis – Forehand Topspin, Backhand Topspin, Chop.	Trampolining – Straight, Staddle, Pike, Tuck, Twist, Seat drop, Front drop. Rugby – Timing of pass, understanding space, counter rucking. Football – Creating space, range of passing, Beating an opponent.	Athletics – Pace judgement, Sprint starts. Tennis – Shot selection, Advanced skills.	Cricket – Fielding postions, Shot selection. Rounders – Shot selection, Advanced skills, Fielding positions.
<b>YEAR 9</b>	<b>Competitive strategy</b>	<b>Competitive strategy</b>	<b>Competitive strategy</b>	<b>Competitive strategy</b>	<b>Competitive strategy</b>	<b>Competitive strategy</b>
	Rugby – Principles of play, intro of kicking game. Netball – Applying principles of attack and defend. Football – Outwitting the opponent, switching play, Keeping possession.	Table Tennis – Shot selctions, Moving opponent around court, Reading of game. Trampolining – Swivel Hips, Combinations, Somersaults. Badminton - Shot selctions, Moving opponent around court, Reading of game.	Table Tennis – Shot selections, Moving opponent around court, Reading of game. Badminton - Shot selections, Moving opponent around court, Reading of game.	Football – Outwitting the opponent, switching play, Keeping possession. Hockey – Push pass, Slap Pass, Dribble, Hit, Tackle. Rugby – Principles of play, intro of kicking game	Athletics – Specialising in an event Tennis – Game play	Cricket – Game play, Tactical awareness. Rounders – Game Play, Tactical awareness.

**St Bede's Curriculum Design Principles**

Within subjects: depth, relevance, sequencing, spacing

Between subjects: breadth, cultural capital, coherence, progression, interlinking