

P.E. – KS3

Students will be taught the following via a range of physical activities.

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
- Develop their technique and improve their performance in other competitive sports
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Encouraged to take part in competitive sports and activities outside school through community links or sports clubs.

Half-Term	Year 7		Year 8		Year 9	
	Boys	Girls	Boys	Girls	Boys	Girls
1 - 4	Football	Netball	Football	Netball	Football	Netball
	Rugby	Football	Rugby	Orienteering	Rugby	Trampolineing
	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball
	Fitness	Fitness	Fitness	Fitness	Fitness suite	Fitness suite
	Orienteering	Dance	Table tennis	Dance	Table tennis	Dance
	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey
	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
	Badminton	Badminton	Badminton	Badminton	Badminton	Badminton
5 & 6	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket
	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
	Rounders	Rounders	Rounders	Rounders	Rounders	Rounders