



PE Department Curriculum Plan 2020/2021

Key Stage 3 Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Athletics- Development of track and field disciplines. Running, jumping and throwing techniques.</p> <p>Cricket- batting and fielding techniques. Application of rules and gameplay.</p>	<p>Badminton - racket control and technique, rallies, shot selection and singles and doubles game play.</p> <p>Netball - passing receiving, attacking and defending skills, positioning in small and full sided game play.</p>	<p>Basketball - Attacking and defending skills and game play.</p> <p>Football - passing receiving, attacking and defending skills, positioning in small and full sided game play.</p>	<p>Rugby- passing receiving, attacking and defending skills. basics in tackling techniques.</p> <p>Hockey - passing receiving, attacking and defending skills, positioning in small and full sided game play.</p>	<p>Athletics- Development of track and field disciplines. Running, jumping and throwing techniques.</p> <p>Ball skills- attacking and defensive techniques. Application of rules and gameplay. Looking at tactics, leadership and team skills</p>	<p>Tennis Stroke development to include spin. Serving and receiving serve. Singles gameplay.</p> <p>Lacrosse- Developing individual fitness, types of training, sustained running</p>
Year 8	<p>Athletics- Refinement of all track and field disciplines. Running, jumping and throwing techniques.</p> <p>Lesson 1 - Track</p> <p>Lesson 2 - Field</p>	<p>Basketball - Attacking and defending skills and game play.</p> <p>Hockey - passing receiving, attacking and defending skills, positioning in small and full sided game play.</p>	<p>Netball -passing receiving, attacking and defending skills, tactical application in small and full sided game play. Designing set plays.</p> <p>Football - passing receiving, attacking and defending skills, positioning in small and full sided game play.</p>	<p>Rugby - Attacking and defending skills, positioning in small sided game play</p> <p>Badminton- racket control and technique, rallies, shot selection and singles and doubles game play. Set plays and tactical application</p>	<p>Athletics- Refinement of all track and field disciplines. Running, jumping and throwing techniques.</p> <p>Ball skills- attacking and defensive techniques. Application of rules and gameplay. Looking at tactics, leadership and team skills</p>	<p>Tennis - Stroke development to include spin. Serving and receiving serve. Doubles game play</p> <p>Rounders- batting and fielding techniques. Application of rules and gameplay.</p>

