



PE Department Curriculum Plan 2025/2026

Key Stage 3 Overview

	Autumn (September-December)	Spring 1 (January-April)	Summer (April-July)
Year 7 ‘HOW’ Students will focus on ‘how to’ complete the basic skills within their sport both in isolation and in gameplay.	Netball- recap passing, receiving, movement on and off of the ball. Basketball- recap passing, receiving, movement on and off of the ball. Rugby - passing receiving, attacking and defending skills, positioning in small and full sided game play. Developing knowledge on correct and safe contact tackling techniques. Badminton- racket control and technique, rallies, shot selection and singles and doubles game play	Football- passing receiving, attacking and defending skills, positioning in small and full sided game play. Gymnastics - balances, locomotion and pathways. Partner work counterbalance and counter tension. Hockey- passing receiving, attacking and defending skills, positioning in small and full sided game play. Fitness- Introduction to muscular system, components of fitness and training method	Athletics- Development of track and field disciplines. Running, jumping and throwing techniques. Rounders- batting and fielding techniques. Application of rules and gameplay. Cricket- Introduction to gameplay, basic throwing and catching techniques. Basic batting and bowling techniques. Interform Sports: Opportunity for students to compete together as a form against another form class in a range of different sports covered across the year. W/C: 19/5 Energetic Edward Peake Week

Year 8 'Active Thinkers' Students will focus on decisions made within games and sports and how this will impact their games both positively and negatively.	Handball- Introduction to basic rules and skills. Application of rules and gameplay. Basketball- Attacking and defending skills. Movement patterns. Refinement of basic skills such as lay ups. Rugby- recap passing, receiving, movement on and off of the ball. Tagging and positioning for defensive play. Small and full sided match play.	Badminton- racket control and technique, rallies, shot selection and singles and doubles game play. Set plays and tactical application Table Tennis: -Stroke development to learn control on the table. Serving and receiving serve. Singles gameplay. Football: Passing, Receiving, attacked and defending skills, positioning in small and full sided game play. Trampolining: Introduction to health and safety, basic shapes, landing and twists and routine links. Netball- recap passing, receiving, movement on and off of the ball. Tagging and positioning for defensive play. Small and full sided match play Hockey- Sport Education module, recap of basic skills. Introduction to short and long corners. Focus on problem solving, coordination and communication.	Athletics- Refinement of all track and field disciplines. Running, jumping and throwing techniques. Tennis - Stroke development to include spin. Serving and receiving serve. Doubles game play Rounders/Cricket- Attacking and defending batting and fielding skills. Game play with tactics and developing officiating skills. 4
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Year 9 'Sports Leadership' Students will begin to take more of a lead in lessons. Experiencing Sport Education modules and having leadership opportunities within lessons.	Netball- Set plays, movement patterns and refinement of basic netball skills through TGFU. Fitness:Develop understanding of the muscular system, skeletal system, training methods and components of fitness, in preparation for GCSE PE. Football- Refine skills and decisions. Sport Education module to encourage student choice and challenge Badminton- Refinement of advanced and basic techniques. Opponent movement and tactical decisions within singles and doubles game play.	Trampolining: Refine basic movement shapes and routines. Introduction to advanced twists and advanced rotations. Hockey: The unit addresses the fundamental skills of Hockey such as stick control, passing and tackling and applies them in set plays and competitive situations. Orienteering/Leadership Skills: 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 Volleyball: Introduction to basic techniques including Dig, Set, Serving and Spike. Gaelic Football: Introduction to basic technique and rules. Implementing rules into basic game play. Boxercise: Basic technique of hook, jab, cross and upper cut introduced through fitness circuit and routines.	Athletics:Refinement of all track and field disciplines. Running, jumping and throwing techniques. Softball: Introduction to the rules of Softball and softball equipment. Refinement of throwing and catching. Tennis: Stroke refinement, shot placement and introduction to officiating. Doubles game play. Table Tennis: Students will develop their control, using effective technique to develop power, topspin and backspin in their play. They will understand how more complex shots are executed accurately to move an opponent and outwit. Cricket- Students will refine their batting and shot placement, deliver a variety of bowling techniques and begin to officiate.
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