

## PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

## KS3 Girls' Phyiscal Education

Note	<u> </u>									_											
Thromball Drabbing and burning, passing and control, passing and control, passing and control, passing and control, passing and passing an	Торіс	KNOWLEDGE ACQUISTION	DURATION (Approximate Lessons)	Ter	Term 1a		Terr	m1b				Term 2a		Ten		erm 2b		Term 3a		Term 3b	
Porce Table Pasing & receiving, Pasing & continuing on opposite, Tagging Houring Associate & countries opposite, and the second of the second opposite opposi	Year 7												,								
Region of Passing & receiving Possing Southering and Exposery Tagging Private Tracing, Marchang and Analysis Commented and Southering Comments of Southering Com	1 Football	Dribbling and turning, passing and control, shooting, attacking and outwitting opponent.	6																		
Selected in Movement and discovorist, ball sharding papering recomment, decideding play in marking.  Consecution by Consecutio	2 Dance																				
Considerating May symbol, our centered any mow with six mertics, amagement 6 6 6 6 7 7 8 8 8 8 8 8 9 9 1 1 1 1 1 1 1 1 1 1 1 1	3_Rugby																				
Pelash Related efficies   Cardiovascular filmess, muscular endurance, peraltic training power, learnt rate, muscles of the body, traiting   6	4 Netball																				
To Scalety, ps., or initiating and searching, Placing, and incoming and controlling. Abouting, competition of the processor o	5 Orienteering	Map symbols, cone orienteering, map walk, star exercise, anagrams	6																		
Badminton Badmin	Health Related Fitness	Cardiovascular fitness, muscular endurance, aerobic training zone, heart rate, muscles of the body, testing	6																		
A Minister Specific (processes of the control of th	7 Hockey																				
Receive and ball familiarisation, Forehand, Backhand, Attacking—Outering an opponent, Balls ceres, Competitive of play  Rounders Ball handing, catching, Redding—undersom, and bowing, Redding—oversom & catching, Redding—one partners, and Balls and Receive play of the Redding—oversom & catching, Redding, Ballsonce—individual, Ballsonce—individual, Patters—flexible and Patters—oversom & catching—oversom & catchi	8 Badminton		6																		
Rounders Rou	9 Athletics																				
In Notice   Seating Competitive play   6	Tennis																				
12 Circlet  13 games, Throwing and cirching games, Kwik criclet, 2.4-6 game  14 Football  15 Posting in Passing, dribbling, shooting, outwriting an opponent, defensive tactics.  15 Gymnastics  16 Cymnastics  17 Football  18 Passing is receiving, Passing is Outwriting an opponent, Tagging, Attacking & Outwriting opponents, Game Play & rules, Comments  18 Recap passing skills & fundamental rules, Timing of pass / spaport play, Attacking by, Shooting, Marking / Gillet Receiving, Passing & Outwriting an opponent, Tagging, Attacking & Outwriting opponents, Game Play & rules, Competitive Play  18 Recap passing skills & fundamental rules, Timing of pass / spaport play, Attacking play, Shooting, Marking / Gillet Received Filters  18 Recap passing skills & fundamental rules, Timing of pass / spaport play, Attacking play, Shooting, Marking / Gillet Received Filters  18 Recap Cy and ME. Power, speed, plyometrics, intervall training resiliance, motivation.  19 Hockey  19 Dirbbling & movement with the July Passing and constructing opponents, Game Play & rules, Competitive Play  10 Tennis  10 Recap passing skills & Indiamental rules, Timing of pass / spaport play, Shooting, Marking / Gillet Received Filters  10 Tennis  11 Rounders  12 Fielding skills, bowling development, batting development, postional roles, stactics to outwit opponents, such games play - basic rules, the second play of the rules of the play of the rules of	Rounders		6																		
Positial Passing, dribbling, shooting, outwriting an opponent, defensive tactics. 6  gymnastics Locomotion, Transfer of weight, Balance – individual, Balance – development of routines, Final Routine – Individual, Palance – development of routines, Final Routine – Individual, Palance – development of routines, Final Routine – Individual, Palance – development of routines, Final Routine – Individual, Palance – Individual Partner, Balance – development of routines, Final Routine – Individual Partner, Balance – development of routines, Final Routine of Passing, Score of Palay & Individual Passing, Score Palay & Individual Passing, Individual Passing, Individual Passing, Individual	12 Cricket		6																		
Gymnastics Locomotion, Transfer of weight, Balance – Individual, Balance – Individual, Partner, Balance – development of conditions, final Routine. Inlining movements of conditions, final Routine. Inlining movements, conditions, final Routine. Inlining movements, finching final Routine. Inlining movements final Routine. Inlining	Year 8																		1 1		
Rugby Passing & receiving, Passing & cutwiting an opponent, Taging, Attaking & outwitting apopenents, Game Play & rules, Competitive Play and Passing & interesting and properties of the play and rules, Competitive Play and Passing & interesting and passing skills & fundamental rules, Timing of pass / spopport play, Attacking play, Shooting, Marking / defending, Competitive Play and Passing & interesting of pass / spopport play, Attacking play, Shooting, Marking / defending, Competitive Play and Passing & fundamental rules, Timing of pass / spopport play, Attacking play, Shooting, Marking / defending, Competitive Play and Passing, Control through an analysis of the passing skills & fundamental rules, Timing of pass / spopport play, Attacking play, Shooting, Competitive Play and Passing, Control, turning, Shooting, Competitive Play and Passing, Control, turning, Shooting, Competitive Play and Passing, Control, turning, Shooting, Control, Competitive Play and Passing, Control, turning, Shooting, Control, Con	1 Football	Passing, dribbling, shooting, outwitting an opponent, defensive tactics.	6																		
Netball Recap passing skills & fundamental rules, Competitive Play 6 Netball Recap passing skills & fundamental rules, Finning of pass, Support play, Attacking play, Shooting, Marking / 6 Governmental Recap passing skills & fundamental rules, Finning of pass, Support play, Attacking play, Shooting, Marking / 6 Governmental Recap passing skills & fundamental rules, Finning of pass, Support play, Attacking play, Shooting, Marking / 6 Governmental Recap passing skills & fundamental rules, Insurance rules, Insuranc	2 Gymnastics		6																		
defending, Competitive Play  Orienteering Map walk, star exercise, cross country time trial, team anagrams  Health Related Fitness Recap CV and ME. Power, speed, plyometrics, interval training resiliance, motivation.  Hockey Dribbiling & movement with the ball, Passing and reverse stop, Attacking – out-witting opponents, use of space, Defending principles - tacking, Shooting, Competitive Play  Badminton Hand eye coordination activities, underarm action, overhead action, combining underarm and overhead actions, games Play – basic rules, low serve, games play – basic rules,	3 Rugby		6																		
Health Related Fitness Recap CV and ME. Power, speed, plyometrics, interval training resiliance, motivation.  Hockey Dribbling & movement with the ball, Passing and reverse stop, Attacking – outwitting opponents, use of space, Defending principles – tackling, Shooting, Competitive Play 6  Badminton Hand eye coordination activities, underarm action, combring and circle, combring underarm and overhead actions, games Play – basic rules, low serve, games	4 Netball		6																		
Probabiling & movement with the ball, Passing and reverse stop, Attacking – outwitting opponents, use of space, Defending principles - tackling, Shooting, Competitive Play Badminton Badm	5 Orienteering	Map walk, star exercise, cross country time trial, team anagrams	6																		
Thockey Defending principles - tackling, Shooting, Competitive Play 6  Badminton Hand eye coordination activities, underarm action, overhead action, combining underarm and overhead actions, games Play – basic rules, low serve, games play – basic rules, low serve, games play – basic rules, low serve, games play – basic tactics  Althetics Sprinting, long distance, throwing, jumping and relay 6  Tennis Racket and ball familiarisation, forehand / background, volley, ground stroke to volley, conditioned games, competitive play 6  Rounders Fielding Skills, bowling development, batting development, positional roles, tactics to outwit opponents, competitive play 6  Toricket Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket 6  Year 9  1 Football Passing, control, turning, shooting, outwitting an opponent, defensive tactics 6	6 Health Related Fitness		6																		
Badminton games Play – basic rules, low serve, games play – basic tactics 6  Athletics Sprinting, long distance, throwing, jumping and relay 6  Tennis Racket and ball familiarisation, forehand / background, volley, ground stroke to volley, conditioned games, competitive play 6  Rounders Fielding Skills, bowling development, batting development, batting developments, competitive play 6  Rounders Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket 6  Year 9  1 Football Passing, control, turning, shooting, outwitting an opponent, defensive tactics 6	7 Hockey		6																		
Tennis Racket and ball familiarisation, forehand / background, volley, ground stroke to volley, conditioned games, competitive play 6 Rounders Fielding Skills, bowling development, batting development, positional roles, tactics to outwit opponents, competitive play 6 Rounders Fielding Skills, bowling development, batting development, positional roles, tactics to outwit opponents, competitive play 6 Rounders Fielding Skills, bowling development, batting development, batting development, competitive play 6 Rounders Fielding Skills, bowling development, batting development, batting development, competitive play 6 Rounders Fielding Skills, bowling development, batting development, batting development, batting development, batting development, competitive play 6 Rounders Fielding Skills, bowling development, batting devel	8 Badminton		6																		
10 lennis competitive play 6 lennis solution of the play 6 lennis Fielding Skills, bowling development, positional roles, tactics to outwit opponents, competitive play 6 lennis solution of the play play 12 Cricket Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket 6 lennis solution of the play solution of th	9 Athletics	Sprinting, long distance, throwing, jumping and relay	6																		
play 6 6 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	10 Tennis	competitive play																			
Year 9  1 Football Passing, control, turning, shooting, outwitting an opponent, defensive tactics 6	11 Rounders																				
Passing, control, turning, shooting, outwitting an opponent, defensive tactics 6	12 Cricket	Fielding techniques, Catching/throwing games, Batting technique, 2-4-6 game, Danish long ball, Kwik cricket	6																		
	Year 9											1 1									
2 Gymnastics Rotation, balance, jumps, vaulting, linking routines 6	1 Football	Passing, control, turning, shooting, outwitting an opponent, defensive tactics	6																		
	2 Gymnastics	Rotation, balance, jumps, vaulting, linking routines	6																		

3 Netball	Recap passing skills & fundamental rules, Timing of pass / support play, Attacking play, Shooting, Marking / defending, Competitive Play	6									
Badminton	Recap underarm and overhead action, serve – backhand serve & forehand serve, net shot, drop shot, link skills – lift, clear & drop *net shot, game play	6									
5 Orienteering	Map walk, star exercise, head to head sprint, finding factors, team anagrams, score competition	6									
6 Health Related Fitnes	s Recap CV, ME, power and speed. Flexibilty, balance.	6									
7 Rugby	Recap passing and handling, front tackle, ball presentation, pass from breakdown, competitive games	6									
8 Volleyball	Set, underarm serve, set shot, scoring and outwitting opponennt	6									
9 Athletics	Sprinting, long distance, throwing, jumping and relay	6									
Tennis	Racket and ball familiarisation, Forehand / background, Volley, Ground stroke to volley, Conditioned games including Serve, Competitive play	6									
Rounders	Fielding Skills,Bowling development, Batting development, Positional roles, Tactics to outwit opponents, Competitive play	6									
Cricket	Fielding techniques, Bowling technique, Batting technique, Pairs cricket, Pairs cricket , Pairs cricket	6									