



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

KS3 Girls' Physical Education

Topic	KNOWLEDGE ACQUISITION	DURATION (Approx Lessons)	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 7								
1	Football	Ball control; dribbling and changing direction; two footed dribbling; dribbling at speed; attacking 1v1; dribbling in small sided games	6					
2	Dance	Discovering the stimulus; Developing the motif; Facing in duo; Levels; Formations; Performance skills.	6					
3	Rugby	Ball familiarisation; Intro passing & receiving 2v1; 3v1, 3v2, 3v3; Passing/Use of width; Attacking/outwitting an opponent; Competitive games – touch rugby.	6					
4	Netball	Rules; passing; creating space; footwork, pivoting & passing; positions; team play; competitive game	6					
5	Orienteering	Map symbols running game; Cone orienteering; Map walk; Star exercise North or South; Star exercise North or South; Team anagrams.	6					
6	Health Related Fitness	Introduction to fitness suite & what is heart rate; Resting heart rate & recovery rate; Heart rate during continuous exercise; Heart rate in interval training; Target heart rate zones; Review of heart rates.	6					
7	Hockey	Introduction, safety, grip, dribbling (straight dribble); Push pass & stopping the ball; Passing & moving into space; Dribbling variations (Indian dribble, open/closed stick); Tackling basics - block tackle, interception; Small-sided conditioned games (focus on dribble, pass, tackle).	6					
8	Badminton	Grip, ready position; low and flick serve; overhead shot; development overhead shot; underarm shot; outwitting opponents game play	6					
9	Introduction to Athletics	Sprinting (60m-100m); Middle distance (200m-400m); Relays (4x100m); Long jump; High jump; Throwing (shot put/javelin).	6					
10	Tennis	Racket and ball familiarity; Forehand groundstroke; Backhand groundstroke; Combining forehand & backhand; Underarm serve; Mini games.	6					
11	Striking and fielding	Introduction & basic rules; Throwing & catching for accuracy; Batting technique; Fielding in small games; Mini game, hit & run; Competitive whole game.	6					
12	Cricket	Introduction to cricket; Batting basics; Bowling basics; Fielding skills; Mini games; Festival games.	6					
Year 8								
1	Football	Passing technique; receiving & first touch; movement off the ball; passing under pressure; creating space; competitive game	6					
2	Gymnastics	Floor tension & shapes; balances (individual and partner); rotations; travelling & jumps; linking in sequences; performance	6					
3	Rugby	Passing backwards under pressure; support play; defensive skills; outwitting opponents; small sided games; competitive play	6					
4	Netball	Recap fundamentals; attacking strategies; attacking focus; defensive techniques; attack v defence; competitive games	6					
5	Orienteering	Map symbols running game; Cone orienteering; Map walk; Star exercise North or South; Star exercise North or South; Team anagrams.	6					
6	Health Related Fitness	Fitness induction & recap on HR; CV fitness; muscular strength & edurance; flexibility; fitness testing; circuit training	6					
7	Hockey	Recap dribbling & passing - intro to speed dribble; intro to hitting; shooting; defensive play; attacking principles; competitive play	6					
8	Badminton	Recap low & flick serve - intro to high serve; overhead clear; drop shot; net play; outwitting opponents singles; competitive play	6					
9	Developing athletic skills	Sprinting (100m-200m); Middle distance (400m-800m); Relays (4x100m, 4x200m); Long jump; High jump; Throwing (shot put/javelin/discus).	6					
10	Tennis	Recap forehand & backhand; Serving development; Rallying consistency; Net play (volley basics); Attacking & defending; Conditioned games.	6					
11	Striking and fielding	Recap rules & fielding roles; Throwing & catching under pressure; Batting development; Base running & decision making; Game tactics, batting & fielding; Competitive whole game.	6					
12	Cricket	Batting; Bowling; Fielding; Running between wickets; Small-sided cricket games; Match play.	6					
Year 9								
1	Football	Recap fundamentals; shooting; attacking tactics; defensive tactics, formations & roles; competitive play	6					
2	Gymnastics	Refining floor skills; intro to apparatus; apparatus balances and rotations; vaults; sequencing with apparatus; performance	6					

