

**CORE PE KS3 - 2 lesson x 50mins per week**

**Year 7**

Year 7 PE builds on the skills developed in KS2 and begins to explore new sports and the physical skills needed to achieve success.

	Sports		Assessment	
	BOYS	GIRLS		
Autumn Term	Invasion (Possession Games)	Invasion (Possession Games)	<b>KEY PIECE 1:</b>	Ongoing Grade: Practical performance Key Piece Grade: Written assessment
	Athletics (Cross Country)	Athletics (Cross Country)		
	Problem Solving	Gymnastics (Trampolining)		
		Problem Solving		
Spring Term	Invasion (Rugby, Football, Hockey)	Invasion (Netball, Hockey, Football)	<b>KEY PIECE 2:</b>	Ongoing Grade: Practical performance Key Piece Grade: Written assessment
	Athletics (Indoor Athletics)	Athletics (Indoor Athletics)		
	Net (Badminton)	Net (Badminton)		
Summer Term	Striking + Fielding (Cricket, Softball)	Striking + Fielding (Cricket, Rounders)	<b>KEY PIECE 3:</b>	Ongoing Grade: Practical performance Key Piece Grade: Written assessment
	Athletics (Track and Field)	Athletics (Track and Field)		

**Year 8**

Year 8 PE builds on the key sporting foundations started in Year 7. We start to develop individual skills and tactics in invasion games and start to enhance fitness to enable us to be more successful.

	Sports		Assessment	
	BOYS	GIRLS		
Autumn Term	Invasion (Football, Basketball)	Invasion (Netball, Hockey)	<b>KEY PIECE 1:</b>	Ongoing Grade: Practical performance Key Piece Grade: Written assessment
	Athletics (Cross Country)	Athletics (Cross Country)		
	Fitness Activities (Circuit training)	Fitness Activities (Circuit training)		
	Net (Volleyball)	Net (Volleyball)		
Spring Term	Invasion (Hockey, Rugby)	Invasion (Netball, Football)	<b>KEY PIECE 2:</b>	Ongoing Grade: Practical performance Key Piece Grade: Written assessment
	Net (Badminton)	Net (Badminton)		
	Athletics (Indoor Athletics)	Athletics (Indoor Athletics)		
Summer Term	Striking + Fielding (Cricket, Softball)	Striking + Fielding (Cricket, Rounders)	<b>KEY PIECE 3:</b>	Ongoing Grade: Practical performance Key Piece Grade: Written assessment
	Athletics (Track and Field)	Athletics (Track and Field)		

**Each Block of work lasts 4 weeks - but activities are very dependent on weather and facility availability. The above is our ideal plan of activities and progressions through the year but please be aware that this is not always possible, and open to change.**

**CORE PE KS4 - 1 lesson x 50min per week.**

**Year 9, 10, 11**

KS4 Core PE develops students appreciation of their own skills and abilities. They have more freedom to choose the sports they enjoy and we expect them to take a more active role in planning their PE curriculum. KS4 PE focuses on the application of skills within full games and the use of more advanced tactics to ensure success.

We expect students in Year 9 to concentrate on three main sports plus fitness. In Year 10 and 11 we would expect students to be performing in two sports plus fitness.

**Year 11 Sport Choices**

- football
- netball
- rugby
- handball
- trampolining
- fitness
- dodgeball
- unihoc