

Physical Education

Key Stage 3

Hours Per Week: 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2025 – 20256	Hockey, develop competence. Fitness, develop technique and improve performance. 1 hour per week on each activity.	Volleyball, team game to outwit an opponent. Gymnastics develop technique and improve performance. 1 hour per week on each activity.	Badminton, individual game to outwit an opponent. Sports Leaders, develop leadership skills. 1 hour per week on each activity.	Badminton and Sports Leaders continued. Move onto Tennis, individual game to outwit an opponent. Tag Rugby, team game to outwit an opponent. 1 hour per week on each activity.	Tennis and Tag Rugby Continued. Move onto Cricket, striking and fielding game to outwit the opposition. Athletics, develop technique and improve performance. 1 hour per week on each activity.	Cricket and Athletics continued. 1 hour per week on each activity.
2026 – 2027	Handball, develop competence. Badminton, individual game to outwit an opponent. 1 hour per week on each activity.	Volleyball, team game to outwit an opponent. Dance, perform dances using advanced techniques. 1 hour per week on each activity.	OAA, intellectual and physical challenges, developing team work and problem solving skills. Fitness, develop technique and improve performance 1 hour per week on each activity.	OAA and Fitness continued. 1 hour per week on each activity. Move onto Tennis, individual game to outwit an opponent. Wheelchair basketball, team game to outwit an opponent. 1 hour per week on each activity.	Tennis and Wheelchair Basketball continued. Move onto Cricket, striking and fielding game to outwit the opposition. Athletics, develop technique and improve performance. 1 hour per week on each activity.	Cricket and Athletics continued. 1 hour per week on each activity.

2027 - 2028	Handball, develop competence. Fitness, develop technique and improve performance. 1 hour per week on each activity.	OAA, intellectual and physical challenges, developing team work and problem solving skills. Basketball, team game to outwit an opponent. 1 hour per week on each activity.	Badminton, individual game to outwit an opponent. Dance, perform dances using advanced techniques. 1 hour per week on each activity.	Badminton and Dance continued. Move onto Tennis, individual game to outwit an opponent. Tag Rugby, team game to outwit an opponent. 1 hour per week on each activity.	Tennis and Tag Rugby continued. Move onto Cricket, striking and fielding game to outwit the opposition. Athletics, develop technique and improve performance. 1 hour per week on each activity.	Cricket and Athletics continued. 1 hour per week on each activity.
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