

# PE

**Our intent:** By the end of KS3 all students should know how to become more physically and mentally active and consistent in applying skills/techniques across the range of games, gym/dance, athletics and OAA activities covered, thereby encouraging and developing life-long learning and physically active individuals.

Half term	Year	Content	
TERM	LESSON		
TERM 1	7	1)	FOOTBALL / BASKETBALL: Outwitting opponents - basic skill development
TERM 1		2)	BASELINE TESTS / XC: Health and Well-being, skill testing to form initial judgements.
TERM 2		1)	RUGBY: Outwitting opponents ball handling skills / Overcoming challenges
TERM 2		2)	GYMNASTICS / TABLE TENNIS (Indoor Space): Accurate replication - floor work / Outwitting opponents basic skill adoption.
TERM 3		1)	STRIKING & FIELDING: Catch and receiving skills - Outwitting opponents
TERM 3		2)	ATHLETICS / TENNIS: Perform at maximum levels / Outwitting opponents- basic ground strokes: forehand.
TERM 1	8	1)	FOOTBALL / BASKETBALL: Outwitting Opponents, small, conditioned practices/when to pass when to dribble/shoot.
TERM 1		2)	SAQ / FITNESS / XC: Health and Well-being - Circuit training
TERM 2		1)	RUGBY / YOUR LEADERS OAA: Outwitting opponents- ball handling skills / Overcoming challenges
TERM 2		2)	GYMNASTICS / TABLE TENNIS (Indoor Space): Accurate replication: twisting turning / Outwitting opponents- small variations of games
TERM 3		1)	STRIKING & FIELDING: Attacking batting skills and small games. Outwitting opponents
TERM 3		2)	ATHLETICS / TENNIS: Perform at maximum levels / Outwitting opponents: focus on backhand and recovery.
TERM 1	9	1)	FOOTBALL / BASKETBALL: Outwitting opponents, tactics and small conditioned games: applying the core skills.
TERM 1		2)	SAQ / FITNESS / XC: Health and Well-being. Interval/fartlek/continuous
TERM 2		1)	TABLE TENNIS: Leadership Skills / Outwitting opponents: basic tactics within games.
TERM 2		2)	GYMNASTICS / HANDBALL: Accurate replication / Outwitting opponents: new skill introductions and rules
TERM 3		1)	STRIKING & FIELDING: Rounders/softball all varied with focus still being outwitting opponents
TERM 3		2)	ATHLETICIS / TENNIS: Perform at maximum levels / Outwitting opponents in singles half court play with some officiating.