KS3 PE Curriculum

Fit to Perform | *Fit to Compete* | *Fit for Life*

HEALTHY

ADAPTABLE

INDEPENDENT

TEAM PLAYERS

INCLUSIVE

Courts

HANDBALL
- Ball control
- Movement with the ball
- Shooting
- Attacking and defending
- Game play/positions

OAA
- Team work
- Problem solving
- Map reading
- Orienteering
- Leadership

NETBALL
- Passing
- Footwork
- Shooting
- Attacking and defending
- Game play/positions

Fitness Suite

HEALTH & FITNESS
- Safety in a gym environment
- Components of fitness
- Monitoring heart rate
- Creating a fitness plan

Hall

BADMINTON
- Serving
- Underarm
- Overarm
- Smash
- Drop Shot
- Game Play

TABLE TENNIS
- Serving
- Forehand
- Backhand
- Top Spin
- Back Spin
- Game Play

Field

RUGBY
- Passing backwards
- Tag rugby
- Tackling
- Rucking
- Game play

ATHLETICS
- Sprinting
- Middle distance
- Relay
- Shot Put
- Javelin
- Long/Triple/High Jump

ROUNDERS
- Throwing/Catching
- Bowling
- Batting
- Fielding
- Game Play/Tactics

SOFTBALL
- Throwing/Catching
- Pitching
- Batting
- Fielding
- Game Play/Tactics

Gym

BASKETBALL
- Passing
- Dribbling
- Shooting
- Attacking and defending
- Game play

TRAMPOLINING
- Safety
- Shapes
- Rotations
- 10 Bounce Routines

VOLLEYBALL
- Serving
- Set
- Dig
- Smash
- Game Play

Astro

FOOTBALL
- Ball Control
- Passing
- Shooting
- Attacking and defending
- Game play

CRICKET
- Throwing/Catching
- Bowling
- Batting
- Fielding
- Game Play/Tactics