

KS3 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

DEVELOPING BASIC SKILLS AND FEEDBACK IN A RANGE OF ACTIVITIES

DEVELOPING BASIC SKILLS AND FEEDBACK IN A RANGE OF ACTIVITIES													
YEAR 7	w/c Tues 3 rd Sept w/c 9 th Sept	w/c 16 th Sept	w/c 21 st Oct	w/c 4 th Nov	w/c 11 th Nov	w/c 18 th Dec	w/c Tues 7 th Jan	w/c 10 th Feb	w/c 24 th Feb	w/c 24 th March	w/c Tues 22 nd April		Final 3 Weeks
		5 Weeks			5 Weeks		5 Weeks		5 Weeks		10 Weeks (Alternate between Athletics/Striking/Fielding)		
Group 1 Girls	Induction/Intro to Warming Up/Aerobic/Anaerobic Fitness + Inter form cross country	Netball 1 Netball Courts / S Hall	Rugby/ Netball Swim Inter Form Comps – Last week	High Quality Feedback in PE using ipads – First week	Swimming Strokes 1 Pool	Traditional Dancing - Last week	Rugby 1 3G Pitch	Girls Football/Basketball/ TT and Swimming - Last week	Badminton 1 Sports Hall	Boys Football / Badminton /Dance/ Cross Fit – Rosslyn Park week	Athletics 1 Gym/Fields	Cricket 1/ Rounders 1 Fields/3G Pitch	Diversity festival and Olympic Day prep
Group 2 Girls		Swimming Strokes 1 Pool			Football 1 3G Pitch		Netball 1 Netball Courts / S Hall		Dance 1 Gym		Athletics 1 Gym/Fields	Rounders 1 Fields/3G Pitch	
Group 1 Boys		Rugby 1 3G Pitch			Badminton 1 Sports Hall		Life Fitness 1 PE2		Swimming Strokes 1 Pool		Cricket 1/ Rounders 1 Fields/3G Pitch	Athletics 1 Gym/Fields	
Group 2 Boys		Rugby 1 3G Pitch			Life Fitness 1 PE2		Swimming Strokes 1 Pool		Football 1 3G Pitch		Rounders 1 Fields/3G Pitch	Athletics 1 Gym/Fields	
Group 3 Mixed/Boys		MOGBA 1 Gym/Fields			Dodgeball 1 Gym		Table Tennis 1/ Orienteering 1 Main Hall/Outside		Life Fitness 1 PE2		Swimming Strokes 1 Pool	Athletics 1/ Rounders 1 Fields/3G Pitch	
Wet weather area		Gym/ Main Hall/PE2			Main Hall/PE2 3G		Gym		Main Hall		Gym/ PE2/ Main Hall	Gym/ PE2/ Main Hall	

KS3 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

APPLYING SKILLS AND COMMUNICATION IN A RANGE OF ACTIVITIES

YEAR 8	w/c Tues 3 rd Sept w/c 9 th Sept	w/c 16 th Sept	w/c 21 st Oct	w/c 4 th Nov	w/c 11 th Nov	w/c 18 th Dec	w/c Tues 7 th Jan	w/c 10 th Feb	w/c 24 th Feb	w/c 24 th March	w/c Tues 22 nd April		Final 3 Weeks
		5 Weeks			5 Weeks		5 Weeks		5 Weeks		10 Weeks (Alternate between Athletics/Striking/Fielding)		
Group 1 Girls	<i>Induction/Intro to Warming Up/Aerobic/Anaerobic Fitness + Inter form cross country</i>	Netball 2 Netball Courts	<i>Rugby/ Netball Swim Inter Form Comps – Last week</i>	<i>High Quality Feedback in PE using ipads – First week</i>	Swimming Strokes 2 Pool	<i>Traditional Dancing - Last week</i>	Dance 1 Gym	<i>Girls Football/Basketball/ TT and Swimming - Last week</i>	Life Fitness 1 PE2/Outside	<i>Boys Football / Badminton /Dance/ Cross Fit – Rosslyn Park</i>	Athletics 2 Gym/Fields	Cricket 1 /Rounders 2 Fields/3G Pitch	<i>Diversity festival and Olympic Day prep</i>
Group 2 Girls		Swimming Strokes 2 Pool			Gym 1/Cheer 1 Gym		Life Fitness 1 PE2		Rugby 1 3G Pitch		Athletics 2 Gym/Fields	Rounders 2 Fields/3G Pitch	
Group 1 Boys		Rugby 2 3G Pitch			Football 2 3G Pitch		Swimming Strokes 2 Pool		Badminton 2 Sports Hall		Cricket 2/ Rounders 2 Sports Hall/ 3G Pitch	Athletics 2 Gym/Fields	
Group 2 Boys		Table Tennis 1 Main Hall			Life Fitness 2 PE2		Basketball 1 Sports Hall		Swimming Strokes 2 Pool		Rounders 2 Fields/3G Pitch	Athletics 2 Gym/Fields	
Group 3 Mixed/Boys		Life Fitness 2 PE2			Basketball 1 Sports Hall		Table Tennis 2/ Orienteering 2 Main Hall/Outside		MOGBA 1 3G/Gym		Swimming Strokes 2 Pool	Athletics 2/ Rounders 2 Fields/3G Pitch	
Wet weather area		Gym/ Main Hall/PE2			Main Hall/PE2 3G		Gym		Main Hall		Gym/ PE2/ Main Hall	Gym/ PE2/ Main Hall	

KS3 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

APPLYING AND DEVELOPING LEADERSHIP TACTICS AND STRATEGIES

APPLYING AND DEVELOPING LEADERSHIP TACTICS AND STRATEGIES													
YEAR 9	w/c Tues 3 rd Sept w/c 9 th Sept	w/c 16 th Sept	w/c 21 st Oct	w/c 4 th Nov	w/c 11 th Nov	w/c 18 th Dec	w/c Tues 7 th Jan	w/c 10 th Feb	w/c 24 th Feb	w/c 24 th March	w/c Tues 22 nd April		Final 3 Weeks
		5 Weeks			5 Weeks		5 Weeks		5 Weeks		10 Weeks (Alternate between Athletics/Striking/Fielding)		
Group 1 Girls	Induction/Intro to Warming Up/Aerobic/Anaerobic Fitness + Inter form cross country	Netball 3 Netball Courts	Rugby/ Netball Swim Inter Form Comps – Last week	High Quality Feedback in PE using ipads – First week	Swim Fit 3 / Water Polo1 Pool	Traditional Dancing - Last week	Life Fitness 2 PE2	Girls Football/Basketball/ TT and Swimming - Last week	Rugby 2/ Football 2 3G Pitch	Boys Football / Badminton /Dance/ Cross Fit – Rosslyn Park week	Athletics 3 Gym/Fields	Rounders 3 Fields/3G Pitch	Diversity festival and Olympic Day prep
Group 2 Girls		Life Fitness 2 PE2			Rugby 2/ Football 2 3G Pitch		Swim Fit 3 / Water Polo1 Pool		Badminton 2 Sports Hall		Athletics 3 Gym/Fields	Rounders 3 Fields/3G Pitch	
Group 1 Boys		Table Tennis 1 Main Hall			Life Fitness 2 PE2		Netball 1 Netball Courts		Swim Fit 3 / Water Polo1 Pool		Softball 1 3G Pitch	Athletics 3 Gym/Fields	
Group 2 Boys		Swim Fit 3 / Water Polo1 Pool			Football 2 3G Pitch		Badminton 2 Sports Hall		Life Fitness 2 PE2		Softball 1 3G Pitch	Athletics 3 Gym/Fields	
Group 3 Mixed/Boys		Badminton 1 Sports Hall			MOGBA 1 Sports Hall		Football 2 3G Pitch		Dodgeball 2 Gym		Swim Fit 3 / Water Polo1 Pool	Softball 1/ Athletics 3 Fields	
Wet weather area		Gym/ Main Hall/PE2			Main Hall/PE2 3G		Gym		Main Hall		Gym/ PE2/ Main Hall	Gym/ PE2/ Main Hall	