

KS3 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

DEVELOPING BASIC SKILLS AND FEEDBACK IN A RANGE OF ACTIVITIES

YEAR 7	w/c Weds 2 nd Sept w/c 7 th Sept	w/c 14 th Sept	w/c 20 th Oct	w/c 2 nd Nov	w/c 9 th Nov	w/c 14 th Dec	w/c 4 th Jan	w/c 8 th Feb	w/c 22 nd Feb	w/c 15 th March	w/c Mon 19 th 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 / Sports Hall	High Quality Feedback in PE using ipads – Last week	Rugby/ Netball/ Fun Swim Inter Form Comps – 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/Cheer – 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			Netball 1 Netball Courts/ Sports Hall		Life Fitness 1 PE2		Dance 1 Gym		Athletics 1 Gym/Fields	Rounders 1 Fields/3G Pitch	
Group 1 Boys		Rugby 1 3G Pitch			Life Fitness 1 PE2		Badminton 1 Sports Hall		Swimming Strokes 1 Pool		Cricket 1/ Rounders 1 Fields/3G Pitch	Athletics 1 Gym/Fields	
Group 2 Boys		Rugby 1 3G Pitch			Football 1 3G Pitch		Swimming Strokes 1 Pool		Life Fitness 1 PE2		Rounders 1 Fields/3G Pitch	Athletics 1 Gym/Fields	
Group 3 Mixed/Boys		Life Fitness 1 PE2			Dodgeball 1 Gym		Gymnastics 1 Gym		MOGBA 1 3G Pitch/Courts		Swimming Strokes 1 Pool	Athletics 1/ Rounders 1 Fields/3G Pitch	
Wet weather area		Gym/ Main Hall			Main Hall/ 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 Weds 2 nd Sept w/c 7 th Sept	w/c 14 th Sept	w/c 20 th Oct	w/c 2 nd Nov	w/c 9 th Nov	w/c 14 th Dec	w/c 4 th Jan	w/c 8 th Feb	w/c 22 nd Feb	w/c 15 th March	w/c Mon 19 th April		Final 3 Weeks
		5 Weeks			5 Weeks		5 Weeks		5 Weeks		10 Weeks (Alternate between Athletics/Striking/Fielding)		
Group 1 Girls	Induction and Intro to Leadership and Capture the Flag competition	Netball 2 Netball Courts	High Quality Feedback in PE using ipads – Last week	Rugby/ Netball/ Fun Swim Inter Form Comps – First week	Swimming Strokes 2 Pool	Traditional Dancing - Last week	Dance 1 Gym	Girls Football/ Basketball/ TT and Swimming - Last week	Life Fitness 1 PE2	Boys Football/ Badminton /Dance/Cheer – Rosslyn Park week	Athletics 2 Gym/Fields	Cricket 1 /Rounders 2 Fields/3G Pitch	Diversity festival and Olympic Day prep
Group 2 Girls		Swimming Strokes 2 Pool			Gymnastics 1 Gym		Life Fitness 1/2 PE2		Football 1/ Rugby 1 3G Pitch		Athletics 2 Gym/Fields	Rounders 2 Fields/3G Pitch	
Group 1 Boys		Rugby 2 3G Pitch			Football 1 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			Netball/ Basketball 1 Sports Hall		MOGBA 2 3G		Dodgeball 2 Gym		Swimming Strokes 2 Pool	Athletics 2/ Rounders 2 Fields/3G Pitch	
Wet weather area		Gym/ Main Hall			Main Hall/ 3G		Main Hall		Main Hall		Gym/ PE2/ Main Hall	Gym/ PE2/ Main Hall	

KS3 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

APPLYING AND DEVELOPING LEADERSHIP TACTICS AND STRATEGIES

YEAR 9	w/c Weds 2 nd Sept w/c 7 th Sept	w/c 14 th Sept	w/c 20 th Oct	w/c 2 nd Nov	w/c 9 th Nov	w/c 14 th Dec	w/c 4 th Jan	w/c 8 th Feb	w/c 22 nd Feb	w/c 15 th March	w/c Mon 19 th 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 Communication Skills and Orienteering	Netball 3 Netball Courts	High Quality Feedback in PE using ipads – Last week	Rugby/ Netball Swim Inter Form Comps – First week	Swim Fit 3 / Water Polo1 Pool	Traditional Dancing - Last week	Life Fitness 2 PE2	Girls Football /Basketball/ TT and Swimming - Last week	Badminton 2 Sports Hall	Boys Football/ Badminton /Dance/ Cheer – Rosslyn Park week	Athletics 3 Gym/Fields	Rounders 3 Fields/3G Pitch	Diversity festival and Olympic Day prep
Group 2 Girls		Netball 2 Netball Courts			Rugby 2/ Football 2 3G Pitch		Swim Fit 3 / Water Polo1 Pool		Dance 2/ Cheerleading 1 Gym		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			Badminton 2 Sports Hall		Football 2 3G Pitch		Life Fitness 2 PE2		Softball 1 3G Pitch	Athletics 3 Gym/Fields	
Group 3 Boys		Life Fitness 3 PE2			MOGBA 2/3 Gym		Badminton 1 Sports Hall		OAA 1/ Football 2 3G Pitch		Swimming Strokes 3/ Water Polo1 Pool	Rounders 3/ Athletics 3 Fields	
Wet weather area		Gym/ Main Hall			Main Hall		Gym		Main Hall		Gym/ PE2/ Main Hall	Gym/ PE2/ Main Hall	