



Physical Education KS3

Year 7 Topics covered

Autumn	Boys—Base line assessment, Rugby, Health Related Fitness, Parkour Girls - Base line assessment, Netball, Hockey, Gymnastics, Fitness
Spring	Boys—Basketball, Volleyball, Parkour, Trampolining Girls—Dance, Fitness, Trampolining, Rugby
Summer	Boys—Athletics, Cricket, Tennis Girls—Athletics, Rounders, Cricket, Tennis

Year 8 Topics covered

Autumn	Boys—Rugby, Basketball, Table Tennis, Outdoor Adventurous Activities Girls—Hockey, Netball, Fitness, Gymnastics
Spring	Boys—Badminton, Fitness, Hockey, Trampolining Girls—Rugby, Dance, Outdoor Adventurous Activities, Volleyball
Summer	Boys—Cricket, Athletics, Tennis Girls—Rounders, Cricket, Athletics, Tennis

Year 9 Topics covered

Autumn	Boys—Rugby, Basketball, Badminton, Hockey Girls—Netball, Hockey, Fitness, Gymnastics
Spring	Boys—Hockey, Table Tennis, Fitness, Badminton, Trampolining, Volleyball Girls—Dance, Trampolining, Rugby, Volleyball
Summer	Rounders, Athletics, Cricket, Tennis

Ways in which Parents can Support their Children

- Ensure that the students have the correct PE kit for the lessons that they have on each day.
- Ensure that students who are unable to participate in a PE lesson for any reason are sent to school with a written note explaining why they are unable to participate.
- Support their child in attending extra-curricular clubs, practices and fixtures after school and on Saturdays.

