

SIR GRAHAM BALFOUR SCHOOL

CURRICULUM OVERVIEW – KEY STAGE 3 PHYSICAL EDUCATION



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<ul style="list-style-type: none"> Embed physical development of skills learned in key stage 1 and 2, becoming more confident in techniques and having the opportunity to apply them across a range of sports, for example Football, netball, rugby, and basketball. Starting to look at tactics and strategies and analysis skills. <p>Development of theory elements such as:</p> <ul style="list-style-type: none"> Why sport and exercise are important How to warm up and cool down Muscles and bones 		<ul style="list-style-type: none"> Embed physical development of skills, becoming more confident in techniques and having the opportunity to apply them across a range of sports, for example, Table tennis and Volleyball. Developing tactics, strategies, and decision-making skills, Opportunity to develop technique and performance in other competitive activities (trampolining). Develop and understanding of health and fitness, fitness testing and the importance of keeping fit and healthy (Health and fitness) <p>Development of theory elements such as:</p> <ul style="list-style-type: none"> Fitness testing Components of fitness 		<ul style="list-style-type: none"> Embed physical development of skills learned in key stage 1 and 2, becoming more confident in techniques and having the opportunity to apply them across a range of sports, for example Athletics, rounders, cricket, and tennis. Further development of tactics, analysis of performance and decision making. Opportunity to develop technique and performance in other competitive activities (Athletics). <p>Development of theory elements such as:</p> <ul style="list-style-type: none"> Diet and nutrition 	
Year 8	<ul style="list-style-type: none"> Embed physical development of skills, becoming more confident in techniques and having the opportunity to apply them across a range of sports, for example Football, netball, rugby, and basketball. Develop a range of tactics and strategies to overcome opponents in competition, being able to adapt to different competitive situations. <p>Development of theory elements such as:</p> <ul style="list-style-type: none"> Why sport and exercise are important How to warm up and cool down Muscles and bones 		<ul style="list-style-type: none"> Embed physical development of skills, becoming more confident in techniques and having the opportunity to apply them across a range of sports, for example, Table tennis and Volleyball. Developing tactics, strategies, and decision-making skills. Opportunity to develop technique and performance in other competitive activities (trampolining). Develop and understanding of health and fitness, fitness testing and the importance of keeping fit and healthy (Health and fitness). With a focus on components of fitness and fitness testing. 		<ul style="list-style-type: none"> Embed physical development of skills, becoming more confident in techniques and having the opportunity to apply them across a range of sports, for example Athletics, rounders, cricket, and tennis. Further development of tactics, analysis of performance and decision making. Opportunity to develop technique and performance in other competitive activities (Athletics). <p>Development of theory elements such as:</p> <ul style="list-style-type: none"> Diet and nutrition 	
Year 9	<ul style="list-style-type: none"> Develop a range of tactics and strategies to overcome opponents in competition, being able to adapt to different situations within competitive activities, such as, Football, Handball, Netball and Basketball. <p>Development of theory elements such as:</p> <ul style="list-style-type: none"> Why sport and exercise are important How to warm up and cool down Muscles and bones 		<ul style="list-style-type: none"> Develop tactics and strategies to overcome opponents in direct competition (table tennis and volleyball) Adventurous activities (climbing), to provide students with intellectual and physical challenges, teamwork, trust building and problem solving. Opportunity to develop technique and performance in other competitive activities (trampolining). Develop and understanding of health and fitness, fitness testing and the importance of keeping fit and healthy (Health and fitness). With a focus on components of fitness and fitness testing. 		<ul style="list-style-type: none"> Opportunity to develop technique and performance in other competitive activities (athletics). Developing skills, tactics, and strategies in a range of sports, such as, tennis, cricket, and rounders Analysis and of performance, with a view to compare and improve. <p>Development of theory elements such as:</p> <ul style="list-style-type: none"> Diet and nutrition 	