

## CURRICULUM OVERVIEW KS3 PHYSICAL EDUCATION 2023/2024

YEAR	GROUPS	AUTUMN 1A	AUTUMN 1B	AUTUMN 1C	AUTUMN 1D	SPRING 2A	SPRING 2B	SUMMER 1 3A	SUMMER 2 3B
YEAR 7	7PA1: SHE	<b>BASELINE</b>  CARDIOVASCULAR ENDURANCE SPEED AND AGILITY MUSCULAR ENDURANCE HITT INTRODUCTION TO MULTI GYM FLEXIBILITY / BALANCE POWER  ONE LESSON ON THE TRAINING METHODS ON OCR GCSE PE SPECIFICATION	BADMINTON / BASKETBALL	RUGBY	OAA / HRF	HANDBALL	FOOTBALL	ATHLETICS	CRICKET / ROUNDERS
	7PA2: GIL/COP		HANDBALL	BADMINTON / BASKETBALL	RUGBY	FOOTBALL	OAA / HRF	ATHLETICS	CRICKET / ROUNDERS
	7PA3: GUY		FOOTBALL	OAA / HRF	NETBALL	RUGBY	BADMINTON / BASKETBALL	CRICKET / ROUNDERS	ATHLETICS
	7PA4: AFO/IRE		RUGBY	NETBALL	OAA / HRF	BADMINTON / BASKETBALL	FOOTBALL	CRICKET / ROUNDERS	ATHLETICS
	7PB1: GIL		BADMINTON / BASKETBALL	RUGBY	OAA / HRF	HANDBALL	FOOTBALL	ATHLETICS	CRICKET / ROUNDERS
	7PB2: SHE		NETBALL	BADMINTON / BASKETBALL	FOOTBALL	RUGBY	OAA / HRF	ATHLETICS	CRICKET / ROUNDERS
	7PB3: IRE		OAA / HRF	NETBALL	RUGBY	FOOTBALL	BADMINTON / BASKETBALL	CRICKET / ROUNDERS	ATHLETICS
YEAR 8	8PA1: GUY	VOLLEYBALL	RUGBY	OAA / HRF	HANDBALL	FOOTBALL	HOCKEY	ATHLETICS	CRICKET / ULTIMATE FRISBEE
	8PA2: AFO/COP	HANDBALL	VOLLEYBALL	RUGBY	OAA / HRF	HOCKEY	FOOTBALL	ATHLETICS	CRICKET / ULTIMATE FRISBEE
	8PA3: GIL	NETBALL	FOOTBALL	VOLLEYBALL	HOCKEY	OAA / HRF	HANDBALL	CRICKET / ROUNDERS	ATHLETICS
	8PA4: IRE/AFO	HOCKEY	NETBALL	HANDBALL	FOOTBALL	VOLLEYBALL	OAA / HRF	CRICKET / ROUNDERS	ATHLETICS
	8PB1: GIL/GUY	VOLLEYBALL	RUGBY	OAA / HRF	HANDBALL	FOOTBALL	HOCKEY	ATHLETICS	CRICKET / ULTIMATE FRISBEE
	8PB2: SHE	HANDBALL	VOLLEYBALL	RUGBY	OAA / HRF	HOCKEY	FOOTBALL	ATHLETICS	CRICKET / ULTIMATE FRISBEE
	8PB3: AFO/IRE	NETBALL	FOOTBALL	VOLLEYBALL	HOCKEY	OAA / HRF	HANDBALL	CRICKET / ROUNDERS	ATHLETICS
YEAR 9	9PA1: AFO	NETBALL	HOCKEY	ULTIMATE FRISBEE	HANDBALL	HRF / X COUNTRY	TABLE TENNIS / BADMINTON	ROUNDERS / TENNIS	ATHLETICS
	9PA2: COP	FOOTBALL	TABLE TENNIS / BADMINTON	RUGBY	FOOTBALL	HANDBALL	NETBALL	ATHLETICS	TENNIS / SOFTBALL
	9PA3: SHE	TABLE TENNIS / BADMINTON	HANDBALL	FOOTBALL	NETBALL	RUGBY	HRF / X COUNTRY	ATHLETICS	SOFTBALL / TENNIS
	9PA4: IRE	ULTIMATE FRISBEE	NETBALL	HOCKEY	HRF / X COUNTRY	TABLE TENNIS / BADMINTON	HANDBALL	TENNIS / ROUNDERS	ATHLETICS
	9PB1: AFO	FOOTBALL	TABLE TENNIS / BADMINTON	RUGBY	FOOTBALL	HANDBALL	NETBALL	ATHLETICS	TENNIS / SOFTBALL
	9PB2: GIL	TABLE TENNIS / BADMINTON	HANDBALL	FOOTBALL	NETBALL	RUGBY	HRF / X COUNTRY	ATHLETICS	SOFTBALL / TENNIS
	9PB3: IRE	NETBALL	HOCKEY	TABLE TENNIS	HANDBALL	HRF / X COUNTRY	TABLE TENNIS / BADMINTON	ROUNDERS / TENNIS	ATHLETICS

GREEN AND  
BLUE ON DIFFERENT TIMES

SOME HALF TERMS WILL SPLIT INTO 2 SPORTS DEPENDING ON HOW THE GROUP HAS PROGRESSED AND TO OFFER A WIDER CURRICULUM

YELLOW – (SPORTS HALL)