

## Key Stage 3 Physical Education – 2019/2020



The Archbishop's School  
Canterbury

Year group	Activity	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	1	Mt – Swimming Mk – Tennis Lk – Multi-Sports Jn – HRF	Jn – Swimming Mt – Tennis Mk – Multi-Sports Lk – HRF	Lk – Swimming Jn – Tennis Mt – Multi-Sports Mk – HRF	Mk – Swimming Lk – Tennis Jn – Multi-Sports Mt – HRF	B1 – Softball B2 – Cricket G1 – Rounders G2 – Softball	B1 – Cricket B2 – Softball G1 – Softball G2 – Rounders
	2	Mt – BLA Mk – BLA Lk – BLA Jn - BLA	B1 – Rugby B2 – Football G1 – Netball G2 – Basketball	B1 – X-Country B2 – X-Country G1 – X-Country G2 – X-Country	B1 – Football B2 – Rugby G1 – Hockey G2 – Netball	B1 – Athletics B2 – Athletics G1 – Athletics G2 – Athletics	B1 – Athletics B2 – Athletics G1 – Athletics G2 – Athletics
8	1	B – X-Country G – X-Country M – X-Country	B – Gymnastics G – Dance M – Multi-Sports	B – Football G – HRF M – Table Tennis	B – Table Tennis G – Basketball M – HRF	B – Softball G – Athletics M – Athletics	B – Strike/Field G – Athletics M – Athletics
	2	B – Rugby G – Netball M – Football	B – HRF G – Multi-Sports M – Gymnastics	B – Multi-Sports G – Table Tennis M – Basketball	B – Basketball G – Gymnastics M – Hockey	B – Athletics G – Rounders M – Strike/Field	B – Athletics G – Strike/Field M – Rounders
9	1	B – X-Country G – X-Country M – X-Country	B – Gymnastics G – Dance M – Basketball	B – Multi-Sports G – HRF M – Table Tennis	B – Table Tennis G – Basketball M – Multi-Sports	B – Softball G – Athletics M – Athletics	B – Strike/Field G – Athletics M – Athletics
	2	B – Rugby G – Netball M – Football	B – Football G – Hockey M – Rugby	B – Basketball G – Gymnastics M – HRF	B – HRF G – Multi-Sports M – Table Tennis	B – Athletics G – Rounders M – Strike/Field	B – Athletics G – Strike/Field M – Rounders

### Acquiring and developing skills

#### 1 Pupils should be taught to:

- a consolidate their existing skills and gain new ones
- b perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics and compositional ideas

#### 2 Pupils should be taught to:

- a plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities
- b develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- c apply rules and conventions for different activities.

Evaluating and improving performance

#### 3 Pupils should be taught to:

- a identify what makes a performance effective
- b suggest improvements based on this information.

Knowledge and understanding of fitness and health

#### 4 Pupils should be taught:

- a how exercise affects the body in the short term
- b to warm up and prepare appropriately for different activities
- c why physical activity is good for their health and well-being
- d why wearing appropriate clothing and being hygienic is good for their health and safety

#### 5 During the key stage, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

- a dance activities
- b games activities
- c gymnastic activities
- and two activity areas from:
  - d swimming activities and water safety
  - e athletic activities

f outdoor and adventurous activities.