

KEY STAGE 3 CURRICULUM OVERVIEW

	YEAR 7	YEAR 8
TERM 1	Depending on the sport given to the class set.	
	Netball - Introduction into passing, court positions, shooting technique and defending strategies.	Netball - Passing and recap positions, Timing of pass and support play and attacking and defensive strategies
	Football - Introduction into passing, dribbling technique, shooting and defensive techniques.	Football - Develop passing, dribbling, turning and outwitting defenders, as well as developing defnsive strategies and tactics.
	Badminton - Looking at grip, serving, returning a serve, movment on the court and exploring shots.	Badminton - Developing a range of shots, attacking play, defensive play and tactics.
	Gymnastics - Introduction into rotation, balance and flight for an individual performance.	Gymnastics - Developing rotation, balance and flight for a duet performance, looking at partner relationships.
TERM 2	Depending on the sport given to the class set.	
	Football - Introduction into passing, dribbling technique, shooting and defensive techniques.	Football - Developing passing, dribbling, turning and outwitting defenders, as well as developing defnsive strategies and tactics.
	Rugby - Running into space, Passing, moving with the ball, defensive line and driving forward.	Rugby - Developing passing, defensive and attacking strategies, rules of the game and intro to tackling.
	Fitness -Different ways to exercise. (Circuit training, bootcamp, interval training, boxercise, skipping).	Fitness -Components of fitness.(Cardiovascular fitness, Muscular endrance, speed, muscular strength, agility and power)
	Gymnastics - Introduction into rotation, balance and flight for an individual performance.	Gymnastics - Developing rotation, balance and flight for a duet performance, looking at partner relationships.
	Badminton - Looking at grip, serving, returning a serve, movment on the court and exploring shots.	Badminton - Developing a range of shots, attacking play, defensive play and tactics.

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TERM 3	Depending on the sport given to the class set.	
	Rugby - Running into space, Passing, moving with the ball, defensive line and driving forward.	Rugby - Develop passing, defensive and attacking strategies, rules of the game and intro to tackling.
	Fitness -Different ways to exercise. (Circuit training, bootcamp, interval training, boxercise, skipping).	Fitness -components of fitness.(Cardiovascular fitness, Muscular endurance, speed, muscular strength, agility and power)
	Basketball - Introduction to passing, dribbling, rules, shooting and defence techniques.	Basketball - Developing of passing, dribbling, rules, attacking and defensive strategies within competitive games.
	Lacrosse - Stick handling, and control, introduction into passing and experimenting with defensive and attacking strategies.	Lacrosse - Developing of passing, stick handling, attacking and defensive strategies and rules with competition.
TERM 4	Depending on the sport given to the class set.	
	Basketball - Introduction to passing, dribbling, rules, shooting and defence techniques.	Basketball - Developing of passing, dribbling, rules, attacking and defensive strategies within competitive games.
	Lacrosse - Stick handling, and control, introduction into passing and experimenting with defensive and attacking strategies.	Lacrosse - Developing of passing, stick handling, attacking and defensive strategies and rules with competition.
	Fitness -Different ways to exercise. (Circuit training, bootcamp, interval training, boxercise, skipping).	Fitness -components of fitness.(Cardiovascular fitness, Muscular endurance, speed, muscular strength, agility and power)

KEY STAGE 3 CURRICULUM OVERVIEW		
	YEAR 7	YEAR 8
TERM 5	Depending on the sport given to the class set.	
	Athletics - Introduction to running techniques for sprinting, middle distance running, jumps(Long and high) throwing events (javelin and shot put).	Athletics - Developing running techniques for sprinting, middle distance running, jumps(Long and high) throwing events (javelin and shot put).
	Rounders - Introduction into basic skills of batting and fielding (throwing and catching), rules of the game.	Rounders - Development of batting, throwing, catching and feilding strategies.
	Softball - Introduction into rules, batting and fielding (throwing and catching).	Softball - Developing tactical awareness of skill (batting, throwing and catching).
TERM 6	Depending on the sport given to the class set.	
	Tennis - Introduction to basic shots including forehand, backhand and volleys.	Tennis - Develop serve and tactical awareness of the shots.
	Cricket - Throwing, catching, bowling barriers and batting.	Cricket - Fielding positions, shot placment and game strategies.
WEBSITE LINKS TO SUPPORT INDEPENDENT LEARNING:	http://www.rulesofsport.com/	https://www.topendsports.com/resources/rules/index.htm