	KEY STAGE 3 CURRICULUM	OVERVIEW			
	YEAR 7	YEAR 8			
TERM 1	RM 1 Depending on the sport given to the class set.				
	Netball - Introduction into	Netball - Passing and recap			
	passing, court positions, shooting	positions, Timing of pass and			
	technqiue and defending	support play and attacking and			
	strategies.	defensive strategies			
		Ü			
	Football - Introduction into	Football - Develop passing,			
	passing, dribbling technique,	dribbling, turning and outwitting			
	shooting and defensive	defenders, as well as developing			
	techniques.	defnsive strategies and tactics.			
	<b>Badminton</b> - Looking at grip,	<b>Badminton -</b> Developing a range of			
	serving, returning a serve,	shots, attacking play, defensive			
	movment on the court and	play and tactics.			
	exploring shots.	play and tactics.			
	<b>Gymnastics -</b> Introduction into	<b>Gymnastics -</b> Developing rotation,			
	rotation, balance and flight for an	balance and flight for a duet			
	individual performance.	performance, looking at partner			
	lindividual performance.	relationships.			
		relationships.			
TERM 2	Depending on the spo	rt given to the class set.			
I LIXIVI Z	Football - Introduction into	Football - Developing passing,			
	passing, dribbling technique,	dribbling, turning and outwitting			
	shooting and defensive	defenders, as well as developing			
	techniques.	definitive strategies and tactics.			
	recrimques.	demsive strategies and tactics.			
	Rugby - Running into space,	Rugby - Developing passing,			
	Passing, moving with the ball,	defensive and attacking strategies,			
	defensive line and driving	rules of the game and intro to			
	forward.	tackling.			
	Fitness -Different ways to	Fitness -Components of			
	exercise. (Circuit training,	fitness.(Cardiovascular fitness,			
		Titilosoi(our dio rasodiai Titiloso)			
	bootcamp_interval training	Muscular endrance speed			
	bootcamp, interval training,	Muscular endrance, speed, muscular strength, agility and			
	bootcamp, interval training, boxercise, skipping).	muscular strength, agility and			
	boxercise, skipping).	muscular strength, agility and power)			
	boxercise, skipping). <b>Gymnastics -</b> Introduction into	muscular strength, agility and power) <b>Gymnastics -</b> Developing rotation,			
	boxercise, skipping). <b>Gymnastics -</b> Introduction into rotation, balance and flight for an	muscular strength, agility and power) <b>Gymnastics -</b> Developing rotation, balance and flight for a duet			
	boxercise, skipping). <b>Gymnastics -</b> Introduction into	muscular strength, agility and power) <b>Gymnastics -</b> Developing rotation, balance and flight for a duet performance, looking at partner			
	boxercise, skipping). <b>Gymnastics -</b> Introduction into rotation, balance and flight for an individual performance.	muscular strength, agility and power) <b>Gymnastics -</b> Developing rotation, balance and flight for a duet performance, looking at partner relationships.			
	boxercise, skipping).  Gymnastics - Introduction into rotation, balance and flight for an individual performance.  Badminton - Looking at grip,	muscular strength, agility and power)  Gymnastics - Developing rotation, balance and flight for a duet performance, looking at partner relationships.  Badminton - Developing a range of			
	boxercise, skipping).  Gymnastics - Introduction into rotation, balance and flight for an individual performance.  Badminton - Looking at grip, serving, returning a serve,	muscular strength, agility and power)  Gymnastics - Developing rotation, balance and flight for a duet performance, looking at partner relationships.  Badminton - Developing a range of shots, attacking play, defensive			
	boxercise, skipping).  Gymnastics - Introduction into rotation, balance and flight for an individual performance.  Badminton - Looking at grip, serving, returning a serve, movment on the court and	muscular strength, agility and power)  Gymnastics - Developing rotation, balance and flight for a duet performance, looking at partner relationships.  Badminton - Developing a range of			
	boxercise, skipping).  Gymnastics - Introduction into rotation, balance and flight for an individual performance.  Badminton - Looking at grip, serving, returning a serve,	muscular strength, agility and power)  Gymnastics - Developing rotation, balance and flight for a duet performance, looking at partner relationships.  Badminton - Developing a range of shots, attacking play, defensive			
	boxercise, skipping).  Gymnastics - Introduction into rotation, balance and flight for an individual performance.  Badminton - Looking at grip, serving, returning a serve, movment on the court and	muscular strength, agility and power)  Gymnastics - Developing rotation, balance and flight for a duet performance, looking at partner relationships.  Badminton - Developing a range of shots, attacking play, defensive			

KEY STAGE 3 CURRICULUM OVERVIEW				
	YEAR 7	YEAR 8		
TERM 3	Depending on the sport given to the class set.			
	<b>Rugby -</b> Running into space,	<b>Rugby -</b> Develop passing, defensive		
	Passing, moving with the ball,	and attacking strategies, rules of		
	defensive line and driving	the game and intro to tackling.		
	forward.			
	Fitness -Different ways to	Fitness -components of		
	exercise. (Circuit training,	fitness.(Cardiovascular fitness,		
	bootcamp, interval training,	Muscular endrance, speed,		
	boxercise, skipping).	muscular strength, agility and		
		power)		
	Basketball - Introduction to	<b>Basketball</b> - Developing of passing,		
	passing, dribbling, rules, shooting	dribbling, rules, attacking and		
	and defence tecniques.	defensive strategies within		
		competitive games.		
	I	I amana Davidanian of masian		
	Lacrosse - Stick handling, and	Lacrosse - Developing of passing,		
	control, introduction into passing	stick handling, attacking and		
		defensive stratefies and rules with		
	and attacking strategies.	compeition.		
TERM 4	Depending on the spo	rt given to the class set.		
TEIMVI I	Basketball - Introduction to	<b>Basketball -</b> Developing of passing,		
	passing, dribbling, rules, shooting	dribbling, rules, attacking and		
	and defence tecniques.	defensive strategies within		
	and defende teeningdes.	competitive games.		
		games.		
	Lacrosse - Stick handling, and	Lacrosse - Developing of passing,		
	control, introduction into passing	stick handling, attacking and		
	and experimenting with defensive	o o		
	and attacking strategies.	compeition.		
	3 3	'		
	Fitness -Different ways to	Fitness -components of		
	exercise. (Circuit training,	fitness.(Cardiovascular fitness,		
	bootcamp, interval training,	Muscular endrance, speed,		
	boxercise, skipping).	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	Athletics - Developing running	
	running techniques for sprinting,	techniques for sprinting, middle	
	middle distance running,	distance running, jumps(Long and	
	jumps(Long and high) throwing	high) throwing events (javelin and	
	events (javelin and shot put).	shot put).	
	Rounders - Introduction into	Rounders - Development of	
	basic skills of batting and fielding	batting, throwing, catching and	
	(throwing and catching), rules of	feilding strategies.	
	the game.		
	<b>Softball</b> - Introduction into rules,	<b>Softball</b> - Developing tactical	
	batting and fielding (throwing and		
	catching).	throwing and catching).	
TERM 6	Depending on the sport given to the class set.		
	Tennis - Introduction to basic	<b>Tennis</b> - Develop serve and tactical	
	shots including forehand,	awareness of the shots.	
	backhand and volleys.		
	Cricket - Throwing, catching,	<b>Cricket</b> - Fielding positions, shot	
	bowling barriers and batting.	placment and game strategies.	

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