

KS3 Curriculum overview – PE 2023-24



	Term 1	Term 2		Term 3	Term 4	Term 5		Term 6
Year 7	My Movement An individual's ability to develop movement skills and patterns.	My Knowledge An individual's ability to identify and express the essential qualities that influence effective participation.		My Mentality An individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.	My Actions An individual taking personal responsibility for physical literacy by prioritising a sustained involvement in a range of challenging activities.			
	Invasion Games: Football, rugby, basketball, netball	Net and Wall Sports: Badminton, tennis, volleyball	Striking and Fielding: Cricket, rounders, softball	Accurate Replication: Gymnastics	Maximal Performance: Athletics	Health and Fitness	Outdoor Adventurous Activities	
Year 8	My Movement An individual's ability to develop movement skills and patterns.	My Knowledge An individual's ability to identify and express the essential qualities that influence effective participation.		My Mentality An individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.	My Actions An individual taking personal responsibility for physical literacy by prioritising a sustained involvement in a range of challenging activities.			
	Invasion Games: Football, rugby, basketball, netball	Net and Wall Sports: Badminton, tennis, volleyball	Striking and Fielding: Cricket, rounders, softball	Accurate Replication: Gymnastics, dance, parkour	Maximal Performance: Athletics	Health and Fitness	Outdoor Adventurous Activities	
Year 9	My Movement An individual's ability to develop movement skills and patterns.	My Knowledge An individual's ability to identify and express the essential qualities that influence effective participation.		My Mentality An individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.	My Actions An individual taking personal responsibility for physical literacy by prioritising a sustained involvement in a range of challenging activities.			
	Invasion Games: Football, rugby, basketball, netball	Net and Wall Sports: Badminton, tennis, volleyball	Striking and Fielding: Cricket, rounders, softball	Accurate Replication: Gymnastics, dance, parkour	Maximal Performance: Athletics	Health and Fitness	Outdoor Adventurous Activities	