

SUBJECT: PE

YEAR GROUP: Key Stage 3 (2017/2018)

CURRICULUM TIME: 2 hours per week

Group	Half Term One (Autumn)- 6	Half Term Two (Autumn)- 7	Half Term Three (Spring)- 5
US1 US2 US3 US4	Watford FC Inclusion Programme 2 weeks Football 2 weeks handball 2 weeks Tag Rugby Student Tracking Progress	Gymnastics/Dance and Team Building 1. Basic Gymnastic Skills 2. Gymnastics Sequences/ Circuits 3. Following Dance sequences 4. Group led dance sequences 5. Team Building activities 6. Problem Solving 7. Dodgeball Games	Football (TG) 1. Controlling/passing 2. Recap controlling/passing 3. dribbling/ tackling 4. shooting/ TG's 5. DERBY Football Tournament 1 WEEK FOR DERBY
Group	Half Term Four (Spring)- 6	Half Term Five (Summer)- 6	Half Term Six (Summer)- 8
US1 US2 US3 US4	Hockey (TG) 1. Gripping Hockey Stick/ Rules/ controlling/ passing 2. Dribbling/ shooting 3. Attacking and Defending/Team Games Basketball (TG) 1. Passing/ receiving Bball 2. Dribbling/ shooting 3. Team Games (Bball/ Dodgeball)	Cricket (Ind) 1. Skills and basic rules within cricket 2. Catching/ fielding 3. Batting/ bowling. Team Games Tennis (Ind)- BATCHWOOD 4. Rallying Skills and basic tennis rules 5. Rallying/Serving 6. Other tennis skills. Team Games	Introduction to Athletics(Ind) 4 WEEKS at WESTMINSTER LODGE 1. Endurance activities/ Fitness tests 2. Field events 1 (Long Jump/ High Jump/ Triple Jump) 3. Field events 2 (Shot Put/ Discus/ Javelin) SPORTS DAY- WEDS 4th JULY Rounders (TG) 4. Rounders skills and basic rules 5. Rounders batting 6. Rounders fielding