

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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## Key Stage 3 PE Curriculum 2019/20

	Activity	Space	Activity	Space	Activity	Space	Activity	Space	Activity	Space	Activity	Space
7 Boys 1	Basketball	New Gym	Rugby	Field	Football	Field	Handball	New Gym	Athletics	Field	Cricket	Field
7 Boys 2	Rugby	Field	Basketball	New Gym	Handball	New Gym	Football	Field	Athletics	Field	Softball	Field
7 Girls 1	Fitness	B2	Football/Rugby	Field	Circuits	Old Gym	Basketball	Old Gym	Athletics	Field	Rounders	Field
7 Girls 2	Handball	Old Gym	Badminton	Old Gym	Netball	Courts	Rugby/Football	Field	Athletics	Field	Rounders	Field
8 Boys 1 (Y4, X1)	Rugby	Field	Basketball	New Gym	Handball	New Gym	Football	Field	Athletics	Field	Cricket	Field
8 Boys 2 (Y2, X2)	Football	Field	Cross Country	Field	Rugby	Field	Circuits	Old Gym	Athletics	Field	Softball	Field
8 Girls 1 (Y1, X3)	Netball	Courts/Old Gym	Badminton	Old Gym	Basketball	Old Gym	Rugby	Field	Athletics	Field	Rounders	Field
8 Girls 2 (Y3, X4)	Handball	New Gym	Fitness	B2	Netball	Courts	Badminton	New Gym	Athletics	Field	Rounders	Field
9 Set 1 Boys (Y4, X2)	Basketball	New Gym	Table Tennis	New Gym	Cross Country	Field	Football	Field	Athletics	Field	Rounders	Field
9 Set 1 Girls (Y2, X3)	Netball	Courts	Badminton	Old Gym	Circuit Training	Old Gym	Handball	New Gym	Athletics	Field	Rounders	Field
9 Set 2 Girls (Y1, X4)	Circuit Training	Old Gym	Football	Field	Badminton	New Gym	Netball	Courts	Athletics	Field	Softball	Field
9 Set 2 Boys (Y3, X1)	Rugby	Field	Fitness	B2	Football	Field	Badminton	Old Gym	Athletics	Field	Softball	Field

	LG's	Homework date	Marked date	Assessment date
Year 7	9, 38	W/B 7th Oct	W/B 14th Oct	W/B 21st October
Year 8	9, 38, 28	W/B 23rd Sep	W/B 30th Sep	W/B 7th October
Year 9	9, 38, 26, 66, 70	W/B 23rd Sep	W/B 30th Sep	W/B 7th October
		<b>Homework date</b>	<b>Marked date</b>	<b>Assessment date</b>
Year 7	16, 17	W/B 24th Feb	W/B 2nd Mar	W/B 9th Mar
Year 8	16, 17, 32, 37	W/B 16th Dec	W/B 6th Jan	W/B 13th Jan
Year 9	16, 17, 32, 33, 34, 3	W/B 9th Dec	W/B 16th Dec	W/B 6th Jan
		<b>Homework date</b>	<b>Marked date</b>	<b>Assessment date</b>
Year 7	24, 32	W/B 11th May	W/B 18th May	W/B 1st Jun
Year 8	24, 32, 41	W/B 11th May	W/B 18th May	W/B 1st Jun
Year 9	10, 24, 32, 41	W/B 11th May	W/B 18th May	W/B 1st Jun

### GCSE Theory Learning Objectives

Yr 7	Yr 8	Yr 9
9. Location of the muscle groups	9. Location of muscle groups.	9. Location of the muscle groups
38. Components of a warm up	38. Components of a warm up	38. Components of a warm up
16. Definition of motor skills	26. Short term effects of exercise	26. Short term effects of exercise
17. Characteristics of skilful movement	16. Definition of motor skills	66. Mental Preparation
24. Aerobic & Anaerobic exercise	17. Characteristics of skilful movement	70. Health benefits of exercise.
32. Components of fitness.	32. Components of fitness.	16. Definition of motor skills
	37. Types of Training	17. Characteristics of skilful movement
	24. Aerobic & Anaerobic exercise	32. Components of fitness.
	41. Benefits of a cool down.	37. Types of Training
		33. 34. Collecting data from Fitness Tests
		10. Agonist & Antagonist muscles.
		24. Aerobic & Anaerobic exercise
		41. Benefits of a cool down.