

Physical Education (PE) at Key Stage 3

On entry to Year 7, students will have a series of taster sessions each lasting two lessons. These will cover areas that display skills in striking and fielding, net/wall games, problem solving, gymnastics and invasion type activities. Fitness testing and assessments will be carried out during these activities which will guide us in placing the students into groups ready for the activities taught after half term.

The activities students participate in will be determined by the group they are placed in after the October Half Term, but include:

Boys - Rugby, Badminton, Outdoor and Adventurous Activities, Basketball, Cricket, Athletics, Handball, Football and Cardio Fitness.

Girls - Netball, Trampolining, Tennis, Gymnastics, Handball, Tag Rugby, Karate, Basketball, Rounders, Badminton, Athletics and Cardio Fitness.

Pupils are usually (but not always) taught in single sex groups throughout years 7 and 8. Students generally remain in the set that they are placed in from Half Term in Year 7, but changes are frequently made to enhance performance and maximise progress and success.

All Year 7 Students will have a Fitness Suite induction on a rotational basis throughout the year. They also will be involved in the selection of the 'Idsall Cross Country Team' in the first 3 weeks, by participating in 'House Cross Country'.

The following is an outline of the topics covered throughout KS3. All students will follow the same programme of study, but not in the same order over the course of the year:

Topics Covered per Half Term

Term	Year 7	Year 8	Year 9
Autumn 1	<ul style="list-style-type: none"> • Football • Rugby • Tennis • Netball • Gymnastics 	<ul style="list-style-type: none"> • Rugby • Badminton • School Games sports • Netball 	<ul style="list-style-type: none"> • Badminton • Handball • Fitness suite • Trampolining • Rugby
Autumn 2	<ul style="list-style-type: none"> • Rugby • Football • Trampoline • Gymnastics • Netball 	<ul style="list-style-type: none"> • Badminton • Rugby • Fitness • Handball • Rugby 	<ul style="list-style-type: none"> • Football • Badminton • School Games • Handball • Fitness Suite
Spring 1	<ul style="list-style-type: none"> • Netball 	<ul style="list-style-type: none"> • Handball 	<ul style="list-style-type: none"> • Handball

	<ul style="list-style-type: none"> • Handball • Netball • Badminton • Football 	<ul style="list-style-type: none"> • Tag Rugby • Rugby • Badminton 	<ul style="list-style-type: none"> • Fitness Suite • Tag Rugby • Badminton
Spring 2	<ul style="list-style-type: none"> • Handball • Netball • Tag rugby • Football • Badminton 	<ul style="list-style-type: none"> • Fitness • Football • Tennis • Badminton • Handball 	<ul style="list-style-type: none"> • Fitness • Football • Fitness Suite • Badminton
Summer 1	<ul style="list-style-type: none"> • Athletics • Cricket • Athletics • School games • Rounders 	<ul style="list-style-type: none"> • Athletics • Softball/Cricket • Athletics • Rounders 	<ul style="list-style-type: none"> • Rounders • Badminton • Rounders • Softball • Tennis
Summer 2	<ul style="list-style-type: none"> • Cricket • Athletics • Rounders 	<ul style="list-style-type: none"> • Softball/Cricket • Rounders • Athletics 	<ul style="list-style-type: none"> • Badminton • Netball • Tennis • Rounders