



Key Stage 3 Curriculum Map Overview

Subject: Physical Education						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Unit Name: Invasion Games/Football Unit Description: Involves an offensive team working to maintain possession of an object while attacking (or invading) a defensive team's goal or target area.	Unit Name: Rugby/Basketball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	Unit Name: Badminton/Volleyball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Unit Name: Fitness/Trampolining Unit Description: Fitness - Exercising safely and effectively to improve health and wellbeing as in fitness and health activities. Trampolining - ability to repeat actions, phrases and sequences of movement as perfectly as possible	Unit Name: Cricket/Softball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Unit Name: Athletics Unit Description: Performing at maximum levels - This includes activities in which success is measured by personal best scores or times and in competition by direct comparison with others' scores or times.
Year 8	Unit Name: Invasion Games Unit Description: Involves an offensive team working to maintain possession of an object while attacking (or invading) a defensive team's goal or target area.	Unit Name: Rugby/Basketball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	Unit Name: Badminton/Volleyball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Unit Name: Fitness/Trampolining Unit Description: Fitness - Exercising safely and effectively to improve health and wellbeing as in fitness and health activities. Trampolining - ability to repeat actions, phrases and sequences of movement as perfectly as possible	Unit Name: Cricket/Softball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Unit Name: Athletics Unit Description: Performing at maximum levels - This includes activities in which success is measured by personal best scores or times and in competition by direct comparison with others' scores or times.
Year 9	Unit Name: Invasion Games Unit Description: Involves an offensive team working to maintain possession of an object while attacking (or invading) a defensive team's goal or target area.	Unit Name: Rugby/Basketball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	Unit Name: Badminton/Volleyball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Unit Name: Fitness/Trampolining Unit Description: Fitness - Exercising safely and effectively to improve health and wellbeing as in fitness and health activities. Trampolining - ability to repeat actions, phrases and sequences of movement as perfectly as possible	Unit Name: Cricket/Softball Unit Description: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Unit Name: Athletics Unit Description: Performing at maximum levels - This includes activities in which success is measured by personal best scores or times and in competition by direct comparison with others' scores or times.