

Key Stage 3 PE Curriculum

We intend that every pupil, regardless of their needs, develops a passion for Physical Education. We aspire for them to seek out and embrace the wide range of sporting opportunities provided at Seven Stars Primary school and take up clubs further afield. We aim for every pupil:

- to become technically proficient.
- wholeheartedly drive both competitive and non-competitive sporting opportunities
- to lead a healthy, active lifestyle.

The Key Stage 3 curriculum builds on pupils skills gained in Key Stage 2. The aim of the Key Stage 3 curriculum is to prepare them with the skills and knowledge they need to complete a qualified course in Key Stage 4.

Parks (1 Lesson)	Long ball Learning different skills such as kicking, catching, dodging and teamwork.	Sitting Volleyball/ Volleyball Learning about the different techniques in sitting volleyball to play a competitive game.	Boccia/ Kurling To develop skills in inclusive sports that create a confidence to take part in school sport.	Invasion games The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,	Striking and fielding Focus on different striking and fielding games such as rounders, cricket, and softball. Continuing to focus on catching.	Ultimate Frisbee/ Football The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,
Newton (1 Lesson)	Long ball	Sitting Volleyball/ Volleyball	Boccia/ Kurling	Invasion games	Striking and fielding	Ultimate Frisbee/ Football

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	Learning different skills such as kicking, catching, dodging and teamwork.	Learning about the different techniques in sitting volleyball to play a competitive game.	To develop skills in inclusive sports that create a confidence to take part in school sport.	The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,	Focus on different striking and fielding games such as rounders, cricket, soft ball. continuing to focus on catching.	The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,
Curie (2 Lessons)	Long ball Learning different skills such as kicking, catching, dodging and teamwork.	Sitting Volleyball/ Volleyball Learning about the different techniques in sitting volleyball to play a competitive game.	Boccia/ Kurling To develop skills in inclusive sports that create a confidence to take part in school sport.	Invasion games The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,	Striking and fielding Focus on different striking and fielding games such as Rounders, cricket, soft ball. continuing to focus on catching.	Ultimate Frisbee/ Football The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,
Castner (2 Lessons)	Long ball Learning different skills such as kicking, catching, dodging and teamwork.	Sitting Volleyball/ Volleyball Learning about the different techniques in sitting volleyball to play a competitive	Boccia/ Kurling To develop skills in inclusive sports that create a confidence to take part in school sport.	Invasion games The objective is to attack the opposition's territory and score a goal or point. They are	Striking and fielding Focus on different striking and fielding games such as Rounders, cricket, soft ball. continuing to	Ultimate Frisbee/ Football The objective is to attack the opposition's territory and score a goal or point. They are

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		game.		usually played between teams of equal players and these fast paced games focus on teamwork,	focus on catching.	usually played between teams of equal players and these fast paced games focus on teamwork,
Anderson (2 Lessons)	Long ball Learning different skills such as kicking, catching, dodging and teamwork.	Sitting Volleyball/ Volleyball Learning about the different techniques in sitting volleyball to play a competitive game.	Boccia/ Kurling To develop skills in inclusive sports that create a confidence to take part in school sport.	Invasion games The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,	Striking and fielding Focus on different striking and fielding games such as Rounders, cricket, soft ball. continuing to focus on catching.	Ultimate Frisbee/ Football The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,
Turing (2 Lessons)	Badminton/ Table Tennis Learning the different skills such as overhead clear, drop shot, smash, drive, Ready Position. focus on the different techniques to play a shot. Learn the different shots such as	Sitting Volleyball/ Volleyball Learning about the different techniques in sitting volleyball to play a competitive game.	Boccia/ Kurling To develop skills in inclusive sports that create a confidence to take part in school sport.	Basketball/ Long ball Looking at the different skills in basketball, identify the rules and how to play a competitive game. Learning different skills such as kicking, catching, dodging and teamwork.	Striking and fielding Focus on different striking and fielding games such as Rounders, cricket, soft ball. continuing to focus on catching.	Ultimate Frisbee/ Football The objective is to attack the opposition's territory and score a goal or point. They are usually played between teams of equal players and these fast paced games focus on teamwork,

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	drive, backhand, forehand.					
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