



## KS3 Curriculum Overview

---

### Year 7

During Year 7 students...Acquire the major skills needed for various sports. Football and Netball are the only single sex PE lessons. Knowledge Rich Curriculum focuses on warm ups and the skeletal/muscular systems, with Knowledge organisers, common across the trust are provided termly.

#### Autumn Term

Football (boys) Netball (girls), Hockey (mixed), Health Related Fitness

#### Spring Term

Trampolining, Table Tennis, O.A.A. Handball

#### Summer Term

Athletics, Kwik Cricket, Tennis, Rounders.

### Year 8

During Year 8 students...Further develop the major skills needed for the various sports. Football and Netball are the only single sex PE lessons. Knowledge Rich Curriculum focuses on effects of exercise heart rates, components of fitness, fitness tests and training methods, with Knowledge organisers, common across the trust are provided termly.

#### Autumn Term

Football (boys) Netball (girls), Hockey, Health Related Fitness.

#### Spring Term

Trampolining, Table Tennis, O.A.A. Handball

#### Summer Term

Athletics, Kwik Cricket, Tennis, Rounders

### Year 9

During Year 9 students...Further develop the major skills needed for the various sports. Football and Netball are the only single sex PE lessons. Knowledge Rich Curriculum focuses on principles of training, training programmes, long term effects , diet and sedentary lifestyles with Knowledge organisers, common across the trust are provided termly.

#### Autumn Term

Football (boys) Netball (girls), Hockey, Health Related Fitness.

#### Spring Term

Trampolining, Table Tennis, O.A.A. Handball

#### Summer Term

Athletics, Rounders tournament (intra)

Due to government COVID restrictions the curriculum has to look wholly different to this. MHS PE 'Covid' Curriculum can be found below and can change as restrictions fluctuate.





## KS3 Curriculum Overview

**Covid PE Curriculum** – all lessons to be outside where possible. Inclement weather results in lessons being classroom and theory based work on the Knowledge Rich Curriculum.

<u>Term 1</u>	Boys (Term 1 only)	Girls (Term 1 only)
	2 Sets (B1 & B2)  <b>Fitness</b>  <b>Football</b>	2 Sets (G1 & G2)  <b>Hockey</b>  <b>Fitness</b>
<u>Term 2</u>	Rotation basis  <b>Table Tennis</b>  <b>Netball</b>  <b>OAA</b>  <b>Handball</b>	
<u>Term 3</u>	<b>Athletics (6 weeks)</b>  <b>Rounders</b> (Yr 9 rounders comp – No Ten, Cric)  <b>Tennis</b>  <b>Cricket</b>  <b>U Frisbee</b>	