

STEP 1: FOUNDATIONS Skills, Tactics and Physical Development				
KS3 CORE PE CURRICULUM: Year 7				
Half Term	Week	Heart X: Y:	Lungs X: Y:	Muscles X: Y:
Autumn 1	04-Sep	PE Introduction and Grouping		
	11-Sep	Football 1	Netball 1	Basketball 1
	18-Sep			
	25-Sep			
	02-Oct	Rugby 1	Dance 1	Rugby 1
	09-Oct			
16-Oct				
Autumn 2	30-Oct	Rugby 1	Dance 1	Rugby 1
	06-Nov	Basketball or Netball 1	Football 1	Dance 1
	13-Nov			
	20-Nov			
	27-Nov			
	04-Dec	COMMUNITY INDOOR ATHLETICS		
	11-Dec	COMMUNITY INDOOR ATHLETICS & DODGEBALL		
	18-Dec			
Spring 1	01-Jan	COMMUNITY CROSS CROSS (MOCKS)		
	08-Jan			
	15-Jan			
	22-Jan	Dance 1	Rugby 1	Football 1
	29-Jan			
	05-Feb			
	12-Feb			
Spring 2	26-Feb	OAA 1		
	04-Mar			
	11-Mar			
	18-Mar	COMMUNITY CIRCUITS (ATHLETICS READY)		
	25-Mar			
Summer 1	15-Apr	Athletics 1		
	22-Apr			
	29-Apr			
	06-May			
	13-May	Tennis 1	Rounders 1	Cricket 1
	20-May			
Summer 2	03-Jun	Tennis 1	Rounders 1	Cricket 1
	10-Jun	Cricket 1	Tennis 1	Rounders 1
	17-Jun			
	24-Jun			
	01-Jul			
	08-Jul	Sports Day Games Week		
	15-Jul			

STEP 1: FOUNDATIONS Skills, Tactics and Physical Development				
KS3 CORE PE CURRICULUM: Year 8				
Half Term	Week	Heart X: Y:	Lungs X: Y:	Muscles X: Y:
Autumn 1	04-Sep	PE Introduction and Grouping		
	11-Sep	Rugby 1	Netball 1	Basketball 1
	18-Sep			
	25-Sep			
	02-Oct	Football 1	Dance 2	Rugby 1
	09-Oct			
16-Oct				
Autumn 2	30-Oct	Football 1	Dance 2	Rugby 1
	06-Nov	Basketball or Netball 1	Football 1	Dance 2
	13-Nov			
	20-Nov			
	27-Nov			
	04-Dec	COMMUNITY INDOOR ATHLETICS		
	11-Dec	COMMUNITY INDOOR ATHLETICS & DODGEBALL		
	18-Dec			
Spring 1	01-Jan	COMMUNITY CROSS CROSS (MOCKS)		
	08-Jan			
	15-Jan			
	22-Jan	Dance 2	Rugby 1	Football 1
	29-Jan			
	05-Feb			
	12-Feb			
Spring 2	26-Feb	OAA 2		
	04-Mar			
	11-Mar			
	18-Mar			
	25-Mar	COMMUNITY CIRCUITS (ATHLETICS READY)		
Summer 1	15-Apr	Athletics 2		
	22-Apr			
	29-Apr			
	06-May			
	13-May	Cricket 1	Tennis 1	Rounders 1
	20-May			
Summer 2	03-Jun	Cricket 1	Tennis 1	Rounders 1
	10-Jun	Rounders 1	Cricket 1	Tennis 1
	17-Jun			
	24-Jun			
	01-Jul			
	08-Jul	Sports Day Games Week		
	15-Jul			

STEP 2 EXTENDING: consistency, range and knowledge of skills, tactics and physical fitness.				
KS3 CORE PE CURRICULUM: Year 9				
Half Term	Week	Heart X: Y:	Lungs X: Y:	Muscles X: Y:
Autumn 1	04-Sep	PE Introduction and Grouping		
	11-Sep	Fitness 1	Netball 2	Handball 1
	18-Sep			
	25-Sep			
	02-Oct	Football 2	Table Tennis 1	Fitness 1
	09-Oct			
16-Oct				
Autumn 2	30-Oct	Football 2	Table Tennis 1	Fitness 1
	06-Nov	Handball 1	Football 2	Table Tennis 1
	13-Nov			
	20-Nov			
	27-Nov			
	04-Dec	COMMUNITY INDOOR ATHLETICS		
	11-Dec	COMMUNITY INDOOR ATHLETICS & DODGEBALL		
	18-Dec			
Spring 1	01-Jan	COMMUNITY CROSS CROSS (MOCKS)		
	08-Jan			
	15-Jan			
	22-Jan	Table Tennis 1	Fitness 1	Netball 2
	29-Jan			
	05-Feb			
	12-Feb			
Spring 2	26-Feb	Rugby 2	Handball 1	Football 2
	04-Mar			
	11-Mar			
	18-Mar			
	25-Mar	COMMUNITY CIRCUITS (ATHLETICS READY)		
Summer 1	15-Apr	Athletics 3		
	22-Apr			
	29-Apr			
	06-May			
	13-May	Tennis 2	Rounders 2	Cricket 2
	20-May			
Summer 2	03-Jun	Tennis 2	Rounders 2	Cricket 2
	10-Jun	Cricket 2	Tennis 2	Rounders 2
	17-Jun			
	24-Jun			
	01-Jul			
	08-Jul	Sports Day Games Week		
	15-Jul			