



KS3 PE Long Term Plans

The aim of Key Stage 3 P.E at Moorbrook School is to develop skills learnt in key Stage 1 and 2.

Students will take part in a wide range of sporting activity both individual and team sports.

Alongside this we will learn about health and fitness and the importance of pupils keeping active out of school time and also in later life.

To prepare students we will look to build their confidence and self-esteem within different social environments.

This will hopefully give students the tools they need and inspire them to lead healthier lifestyles.

Year 7

Autumn 1	Autumn 2	Spring1	Spring 2	Summer 1	Summer 2
Football	Fitness Testing	Fitness Training	Taking Part in Sport	Assisting at a Sport Event	Athletics and Fitness
Passing Shooting Ball Control Movement Defending Attacking	Agility Sprint Continuous Step Test Standing Broad Jump Sergeant Jump	Induction (using Gym equipment correctly) Planning own fitness programme Goal setting 6 week Gym training programme	Theory Skills and technique Rules of sport Equipment needed for sport Practical Variety of team and Individual sport	Theory Types of Sport and Leisure Events Planning a Sport Event Communication Helping at an event. Checking your performance Practical Variety of team and Individual sport	Athletics Track Events Field Events Fitness Agility Sprint Continuous Step Test Standing Broad Jump Sergeant Jump

Year 8

Autumn 1	Autumn 2	Spring1	Spring 2	Summer 1	Summer 2
Football and Fitness Testing	Rugby and Fitness Testing	Fitness Training	Badminton and Table Tennis	Tennis and Cricket	Athletics and Fitness
Football Passing Shooting Ball Control Movement Defending Attacking Fitness Testing Agility Sprint Continuous	Rugby Passing Catching Movement on and off the ball Kicking Fitness Testing Step Test Standing Broad Jump Sergeant Jump	Induction (using Gym equipment correctly) Planning own fitness programme Goal setting 6 week Gym training programme	Badminton Rules and regulations Forehand Backhand Serve (long and short) Drop Shot Smash Shot Table Tennis Rules and regulations Serve Forehand Backhand Top spin back spin	Tennis Rules and regulations Forehand backhand Serve Volleying Cricket Rules and regulations Catching Fielding Batting Bowling	Athletics Track Events Field Events Fitness Agility Sprint Continuous Step Test Standing Broad Jump Sergeant Jump