

Key Stage 3 and 4 PE Curriculum Overview

Year/Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
7	PolyBall/Fitness Testing/Kurling	Fitness Circuits/Football	Basketball/Rugby Golf	Pickle Ball/Frisbee Golf	Kwik Cricket/Athletics	Athletics/Short Tennis
8	PolyBall/Fitness Testing/Kurling	Football/Rugby Golf	Hockey/Fitness Circuits	Poly Ball/Pickle Ball	Kwik Cricket/Athletics	Athletics/Frisbee Golf
9	Fitness Testing /Basketball	Football/Poly Ball	Hockey/Rugby Skills	Fitness Circuits/Table Tennis	Kwik Cricket/Frisbee Golf	Athletics/Bucket Golf
10	Weights Room/MoHo Fitness Trial Week, then 4 week programme	Fitness Testing/Fitness Circuits	Methods of Training/Own Choice	Hockey/Table Tennis + Badminton	Pickle Ball/Bucket Golf	Athletics/Frisbee Golf
11	Weights Room/MoHo Fitness Trial Week, then 4 week programme	Fitness Testing/Fitness Circuits	Methods of Training/Own Choice	Hockey/Practical Training Programmes	Practical Training Programmes	n/a