

## The Polygon School 2025-2026

### PHYSICAL EDUCATION: LONG PLAN OVERVIEW KS3

-The KS3 PE curriculum is currently taught so students gain knowledge and experience in a broad range of activities throughout the key stage.

-Lessons are currently twice per week for 40 minutes' duration.

-Further opportunities to take part in physical activity include break time, lunchtime, afterschool clubs and interschool fixtures

-Some of the Polygon pupils will not have necessarily embedded all skills at KS2 and will need continued support in developing their knowledge and raising levels of active participation.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p><b>Indoor Curling/ Small sided games / Problem Solving</b></p> <p>Lesson emphasis on the importance of Fairness, respect, teamwork and taking turns</p> <p>Team Building Activities OAA – Powerboating</p>	<p><b>Football/ Invasion Games</b></p> <p>Importance of warming up and cooling down.</p> <ul style="list-style-type: none"> <li>▪ Skills specific to invasion game,</li> <li>▪ principles of attack and defence (adapted small sided games)</li> <li>▪ Basic skills</li> <li>▪ Passing</li> <li>▪ Dribbling</li> <li>▪ Shooting</li> </ul>	<p><b>Table Tennis</b></p> <p>Introduction to table tennis fundamentals</p> <ul style="list-style-type: none"> <li>▪ Push shots (Backhand Forehand)</li> <li>▪ Serve</li> <li>▪ Rules and scoring</li> </ul> <p><b>Personal Bests (outdoor Gym)</b></p> <p>Using equipment safely</p> <p>Baseline fitness recording</p>	<p><b>Fitness Circuits; body weight exercises</b></p> <p>Introduction to basic techniques:</p> <ul style="list-style-type: none"> <li>▪ Development of vocabulary to include muscles</li> <li>▪ Look to increase muscle tone</li> <li>▪ Relating fitness to real life/jobs</li> </ul>	<p><b>Short Tennis</b></p> <ul style="list-style-type: none"> <li>▪ Grip and Stance</li> <li>▪ Court areas</li> <li>▪ Ready Position</li> <li>▪ Simple forehand shot (sideways on)</li> <li>▪ Introduce backhand shot (sideways on)</li> <li>▪ Introduce scoring system, serving order, switch sides</li> <li>▪ basic volleying and net play</li> </ul>	<p><b>Kwik Cricket Outdoor Cricket/</b></p> <p>Introduction of basic throwing and catching skills (underarm and overarm)</p> <ul style="list-style-type: none"> <li>▪ Long barrier fielding</li> <li>▪ Introduction of positioning and rules</li> </ul> <p><b>Ultimate Frisbee</b></p> <ul style="list-style-type: none"> <li>▪ Introduction to rules</li> <li>▪ Backhand throw technique</li> <li>▪ Forehand throw technique</li> </ul>

						<ul style="list-style-type: none"> <li>▪ Catching and movement</li> </ul>
Year 8	<p><b>Basketball</b></p> <p>Developing skills specific to invasion game, developing principles of attack and defence. Techniques and tactics of play.</p> <ul style="list-style-type: none"> <li>▪ Ball familiarisation</li> <li>▪ Passing and receiving</li> <li>▪ Dribbling and pivoting</li> <li>▪ Intro Shooting and set shots</li> <li>▪ Shooting and Lay up</li> </ul>	<p><b>Football/ Table Tennis</b></p> <p><b>Recap Prior learning/</b></p> <ul style="list-style-type: none"> <li>▪ Revisit basic serving techniques</li> <li>▪ Introduce spin serve/ chopping across ball</li> <li>▪ Back Spin and ball flight</li> <li>▪ Officiating matches</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>▪ Ball and stick familiarisation</li> <li>▪ Basic stick and footwork rules</li> <li>▪ Basic passing and stopping the ball</li> <li>▪ Running with the ball</li> <li>▪ Shooting</li> </ul>	<p><b>Fitness Circuits; developing bodyweight only exercises into machines/weighted exercises</b></p> <ul style="list-style-type: none"> <li>▪ Technique development</li> <li>▪ Muscle tone/posture</li> <li>▪ Naming muscles</li> <li>▪ Naming bones</li> <li>▪ Circuit training</li> </ul>	<p><b>Short Tennis / Badminton</b></p> <ul style="list-style-type: none"> <li>▪ Movement of opponent around the court</li> <li>▪ Use of angled shots (opens space)</li> <li>▪ Height of ball travelling over the net (high ball can be attacked by opponent)</li> <li>▪ Match practice</li> <li>▪ Line judge and umpiring</li> </ul>	<p><b>Outdoor Cricket</b></p> <p>Batting Shots Forward drive</p> <p><b>Athletics</b></p>
Year 9	<p><b>Football</b></p> <p>Students demonstrate and devise skills in competitive games. Advanced techniques specific to invasion game, advanced principles of attack and defence. Advanced tactics and systems of play</p>	<p><b>Rugby</b></p> <p>Students develop basic handling skills</p> <ul style="list-style-type: none"> <li>▪ Grip, running and handling</li> <li>▪ Passing and receiving</li> <li>▪ Use of Space</li> <li>▪ Outwitting opponents</li> </ul>	<p><b>Boxfit/ ABA Awards- Silver-Gold</b></p> <p>The Award incorporates more complicated movements, combinations and techniques, requiring higher levels of skill and ability.</p> <p><b>Tchoukball</b></p> <ul style="list-style-type: none"> <li>▪ Passing</li> </ul>	<p><b>Fitness Circuits;</b></p> <p>Developing a circuit with a mix of bodyweight and machines/weighted exercises</p> <ul style="list-style-type: none"> <li>• Technique development</li> <li>• Muscle tone/posture</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Short Tennis/ Badminton</b></li> <li>▪ Movement of opponent around the court</li> <li>▪ Use of angled shots (opens space)</li> <li>▪ Height of ball travelling over the net (high ball can be attacked by</li> </ul>	<p><b>Outdoor Cricket</b></p> <ul style="list-style-type: none"> <li>▪ Refining overarm bowling techniques (including Spin)</li> <li>▪ Defensive batting shots</li> <li>▪ Batting-cut</li> <li>▪ Reverse Sweep</li> <li>▪ Wicket Keeping</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Control and Passing</li> <li>▪ Dribbling and Shooting</li> <li>▪ Attacking Tactics + Outwitting opponents</li> <li>▪ Defence &amp; Tackling</li> <li>▪ Set Pieces &amp; Corners</li> <li>▪ Maintaining possession</li> </ul>	<ul style="list-style-type: none"> <li>▪ Defending</li> <li>▪ Basic game situations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Jump shooting</li> <li>▪ Tchoukball</li> <li>▪ Defending</li> <li>▪ Fast breaks</li> <li>▪ Attack v Defence</li> </ul>	<ul style="list-style-type: none"> <li>• Naming muscles</li> <li>• Naming bones</li> <li>• Circuit training</li> <li>• Development of work around heart rate</li> </ul>	<p>opponent)</p> <ul style="list-style-type: none"> <li>▪ Match practice</li> <li>▪ Line judge and umpiring</li> </ul>	<ul style="list-style-type: none"> <li>▪ Evaluating own and others performance</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>▪ Jumping - triple jump</li> <li>▪ Throwing – shot putt</li> <li>▪ Throwing - javelin</li> </ul>
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