



PE KS3 Learning Journey



SUCCESS COMES
FROM HARD WORK

+Table
tennis

//Trampolining

Badminton

*Rounders

+Cricket

Hockey

+Football

*Netball

Analyse the decision making of skills/ tactics and concepts

Explore fitness testing and training methods



Consistently embed core skills and develop game understanding

YEAR
9

Badminton

//HRE

Football

Analyse and feedback on performance

Embed understanding of the components of fitness

+Rugby
Union

*Netball

Hockey

Basketball

Gymnastics

Tennis

+Cricket

*Rounders

Athletics

Apply and combine skills with greater consistency

YEAR
8

Athletics

Gymnastics

+Cricket

*Rounders

Introduce knowledge of how to exercise safely

Begin to identify strengths and weaknesses

Hockey

HRE



Introduce, explore and develop core skills

YEAR
7

Football

Badminton

*Netball

+Rugby Union

Key note-

*= only girls lessons but available to all in extracurricular.

+= only boys lessons but available to all in extracurricular.

//- girls only. Boys will have an opportunity to complete this unit later in KS3 or 4.