



## Physical Education - KS3

Approximate available lessons based on 2 lessons per week over 37 week year; assuming approximately 8 lessons missed for holidays/other subject activities/PSHE/exams.

Secondary Core PE Long Term Plan can be viewed [here](#). Exact curriculum timings might change due to school trips, calendar dates and other off-timetable days.

<p><b>Domains and Concepts:</b> Students will have the opportunity to participate in a variety of different activities that fall into the following categories -</p> <ul style="list-style-type: none"> <li>- Invasion Games (e.g. football, basketball, handball, touch)</li> <li>- Net &amp; Wall Games (e.g. volleyball, pickleball, badminton)</li> <li>- Striking &amp; Fielding (e.g. cricket, rounders, softball)</li> <li>- Individual Challenge (e.g. TBS Combine &amp; Athletics)</li> </ul> <p><b>Assessment in Physical Education will be ongoing and based on the KS3 TOPS Criteria:</b>  <b>Teamwork:</b> Teamwork, leadership &amp; humility  <b>Organisation:</b> Participation in activities, discussions and questioning  <b>Physical:</b> Components of Fitness E.G. Speed, agility, balance, reaction time, power, etc.  <b>Skills:</b> Core &amp; Advanced Skills, Tactical Skills                      Formative assessments may include:                      Questioning techniques                      Peer assessments                      Progress and performances                      Class activities</p>	<p><b>Application of 5Cs in Physical Education:</b>                      In Physical Education lessons at TBS, confidence is built by trying new things, setting goals, and celebrating student progress. Each time students practise, perform, or play, they learn to believe in themselves and their abilities.                      PE gives students the chance to be creative, whether inventing a new game, or finding smart ways to solve challenges. Students learn to think differently and express themselves through movement.                      Teamwork is at the heart of Physical Education and being successful. Working together and supporting each other is paramount to developing shared success. Everyone belongs, and every contribution helps our team and school community grow stronger.                      Students show compassion by encouraging others, showing kindness, and respecting all abilities. We play fairly, celebrate effort, and emphasise the importance of kindness — on and off the field.                      PE teaches students to face challenges with courage and determination. To push their limits, learn from mistakes, and keep going — because every challenge helps individuals stronger.</p>
<p><b>Support and Opportunities:</b></p> <ul style="list-style-type: none"> <li>- Participation in school ECA clubs</li> <li>- Participation in FOBISIA Sports Trips</li> </ul>	

	Year 7	Year 8	Year 9
<b>Term 1</b>			
Topic and Content	TBS Combine Athletics	1. TBS Combine 2. Athletics	1. TBS Combine 2. Athletics
Assessments	Self-assessment and target setting following the TBS Combine.	Self-assessment and target setting following the TBS Combine.	Self-assessment and target setting following the TBS Combine.
<b>Term 2</b>			
Topic and Content	3. 7A   BASKETBALL 7B   BADMINTON 7C   HANDBALL  4. 7B   BASKETBALL 7C   BADMINTON 7A   HANDBALL	3. 8A   BASKETBALL 8B   BADMINTON 8C   TOUCH  4. 8B   BASKETBALL 8C   BADMINTON 8A   TOUCH	3. Girls   BASKETBALL Boys   FOOTBALL  4. Boys   BASKETBALL Girls   FOOTBALL
	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
<b>Term 3</b>			
Topic and Content	5. Sport Education Model (Cricket)	5. Sport Education Model (Volleyball)	5. Sport Education Model (Ultimate)
Skills	Teamwork - ability to positively contribute to the success of their team Organisation - complete assigned tasks throughout the unit Physical - Identify <b>ONE</b> of their selected components of fitness to focus to improve their cricket performance. Skills - Develop the basic skills to participate	Teamwork - ability to positively contribute to the success of their team Organisation - complete assigned tasks throughout the unit Physical - Identify <b>ONE</b> of their selected components of fitness to focus to improve their cricket performance. Skills - Develop the basic skills to participate	Teamwork - ability to positively contribute to the success of their team Organisation - complete assigned tasks throughout the unit Physical - Identify <b>ONE</b> of their selected components of fitness to focus to improve their cricket performance. Skills - Develop the basic skills to participate

	successfully in cricket and an understanding of game play	successfully in cricket and an understanding of game play	successfully in cricket and an understanding of game play
Methods of Assessment	<ul style="list-style-type: none"> <li>- successful completion of team role and assigned tasks</li> <li>- ability to work successfully with others and work towards achieving team goals.</li> <li>- development of key skills to be successful in cricket</li> </ul>	<ul style="list-style-type: none"> <li>successful completion of team role and assigned tasks</li> <li>- ability to work successfully with others and work towards achieving team goals.</li> <li>- development of key skills to be successful in volleyball</li> </ul>	<ul style="list-style-type: none"> <li>successful completion of team role and assigned tasks</li> <li>- ability to work successfully with others and work towards achieving team goals.</li> <li>- development of key skills to be successful in ultimate frisbee</li> </ul>
<b>Term 3b</b>			
Topic and Content	6. Football (Boy/Girl Split)	6. Football (Boy/Girl Split)	6. 9A   Volleyball 9B   Handball
	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
<b>Term 4</b>			
Topic and Content	7. 7C   BASKETBALL 7A   BADMINTON 7B   HANDBALL  8. VOLLEYBALL (Split Group) KHO KHO (Split Group)	7. 8C   BASKETBALL 8A   BADMINTON 8B   TOUCH  8. CRICKET (Split Group) PICKLEBALL (Split Group)	7. 9B   Volleyball 9A   Handball  8. CRICKET BADMINTON
Methods of Assessment	Verbal feedback Peer feedback Reporting points & PTCs	Verbal feedback Peer feedback Reporting points & PTCs	Verbal feedback Peer feedback Reporting points & PTCs
<p><b>Assessment in Physical Education is ongoing throughout the year and will focus on demonstrating progress in each of the <u>FOUR</u> TOPS domains with opportunities to demonstrate progression of skills in a range of different physical activities.</b></p> <p><b>In addition to teacher assessment, there will be opportunities for self-evaluation against personal targets and peer assessment at regular intervals.</b></p>			