KS3 Physical Education Curriculum Coverage: 2026-2027

Year 7

Sequenced	Athletics	Badminton	Dance	Fitness	Football
Key Knowledge	**To know the teaching points:** Jumping take off e.g. 1-1, 1-2, 2-1, 2-2 feet Long Jump 100m Shot Putt Pacing Throwing e.g. under arm, over arm, sling and putt. Running e.g. running for speed and running for distance Carrying and using any equipment safely	**To know the teaching points:** The correct grip The ready position The flick serve to start a rally How to decide who serves first to start a badminton match How to hit the shuttle further How to hit the shuttle to the front of court How you can win points during a badminton match	**To know the teaching points:** Action Space Formation Canon Unison	**To know the teaching points:** The components of fitness How to measure the components of fitness How data is collected for components of fitness The basic protocol for each fitness test Understanding of how test scores are measured/scored (e.g. centimetres, seconds and levels)	**To know the teaching points:** Short passing Long passing Jockeying Keeping possession **Know the rules of:** Goal Kick Corners Throw In Kick Off Restarting Play Free Kicks
Key Skills	**To be able to demonstrate and use effectively the technique needed for:** Jumping take off e.g. 1-1, 1-2, 2-1, 2-2 feet Long Jump 100m Shot Putt Pacing Throwing e.g. under arm, over arm, sling and putt. Running e.g. running for speed and running for distance Carrying and using any equipment safely Leadership for roles within the lessons e.g. timing/recording results etc. .	**To be able to demonstrate and use effectively the technique needed for:** - The grip - The ready position - The flick serve - How to start a badminton match - To hit the shuttle with power for distance - To hit the shuttle to bring students to the front of the court - To be able to umpire a 1/2 court singles match In isolation, rallies and competition	**To be able to demonstrate and use effectively the key choreographic concepts of:** Action Space Formation Canon Unison Through a dance performance	**To be able to:** Carry out each fitness test Record and measure test scores	**To be able to demonstrate and use effectively the technique needed for:** Short passing Long passing Jockeying Keeping possession In isolation, small sided games and competition
	Tier 3 key vocabulary	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**
Subject specific	Sprint Speed False start Pacing Personal best Measuring Bronze, silver and gold medals Chin knee toe Clean palm, dirty neck Grip Throw and collect On your marks, set, go! Relay Changeover	Low serve High serve Overhead clear Net shot Drop shot Smash shot Understand the service and scoring systems in place for both singles and doubles matches	Action Formation Rehearse Choreography Unison Canon Mirror Aesthetically pleasing Space Dynamic Start and finish positions Constructive feedback Audience Video analysis	Agility Illinois agility test Balance Stork stand test Cardiovascular endurance Multistage fitness test Coordination Wall toss test Flexibility Sit and reach test Muscular endurance Sit up bleep test Reaction time Ruler drop test Power Vertical jump test Strength Handgrip dynamometer test Speed 30m sprint test Centimetres Levels Seconds Laps Number Kilograms	Passing - short Direction Cushion the ball Side foot Accuracy Dribble Control Shot Turning Goal Shooting Agility Speed

Sequenced	Gymnastics	Handball	Netball	Problem Solving (OAA)	Rugby Union	Rounders
Key Knowledge	**To know the teaching points:** Travelling Balances (1, two and three point balances) Partner Balances **Know the key concepts of:** Canon Unison Formation Levels	**To know the teaching points:** Shoulder Pass Wrist Pass Bounce Pass Dribbling Shooting Movement off the ball Defensive block and contact **To know the rules of:** 3 steps rule Area rule Time on the ball rule Dribbling rule Where contact can be made	**To know the teaching points:** Chest pass Shoulder pass Overhead pass Bounce pass When to use the above passes in a game situation The roles of each position and their impact on the game	**To know the teaching points:** How to be resilient How to work as a team How to work safely and effectively How to problem solve efficiently	**To know the teaching points:** The correct passing technique The correct catching technique The correct technique whilst running with the ball The correct tackling technique How to keep an effective eye on the defensive line Specific rules within competitive situations	**To know the teaching points:** Catching Throwing Batting **To know the rules of how to:** Score a full rounder Score half a rounder No balls Obstruction
Key Skills	**To be able to demonstrate and use effectively the technique needed for:** Travel Balance Start Position Finish Position 1, 2 and 3 point balances Partner Balances Linking Movements Through a gymnastics routine based predominantly on the floor	**To be able to demonstrate and use effectively the technique needed for:** Shoulder Pass Wrist Pass Bounce Pass Dribbling Shooting Movement off the ball Defensive block and contact	**To be able to demonstrate and use effectively the technique needed for:** Passing (Chest, Shoulder, 1 and 2 hand) Passing with power Effective footwork Playing in two or more different position In isolation, small sided games and competition	**To be able to demonstrate:** Communication skills Problem Solving skills Team Building skills Leadership skills In different problem solving tasks	**To be able to demonstrate and use effectively the technique needed for:** Passing Catching Running with the ball Tackling Defensive line In isolation, small sided games, competition and tag rugby	**To be able to demonstrate and use effectively the technique needed for:** Catching Throwing Batting In isolation, small sided games and competition
	Tier 3 key vocabulary	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**
Subject specific	Travelling Routine Linking moves Start position Finish position Counter balance Counter tension Unison Cannon Levels Formations Jump Turn Twist Roll Skip Leap Rotate	Double dribble Travelling Stepping into pass Transferring body weight Bounce pass Wrist pass Shoulder pass Jump shot Skill shot Ball feint Body feint Jockeying Marking Square on contact	Chest pass Shoulder pass 1+2 handed passing Shoulder passing 3 seconds Flat Straight Footwork Planted Receive Drive Positions Goalkeeper Goal shooter Goal attack Goal defence Wing attack Wing defence Centre Shooting	Team work Listening Communication Leader Decision making Patience Challenge Group work Adapt Cooperation	Passing Down the line Try Catching Receiving Possession On side Tag/touch Tackling Defensive Line Running with the ball Kicking Drop goal Offside Ruck	Bowler Fielder Pitch Batter Backstop No ball - High/low/wide/body In/out Long barrier stop Throwing Catching 1st base, 2nd base, 3rd base, 4th base Bowling square Batting square Obstruction ½ rounder Full rounder