KS3 'Physical Education' Curriculum Coverage: 2026-2027

Year 8

Sequenced	Athletics	Badminton	Basketball	Football	Dance	Fitness
Key Knowledge	**To know the teaching points:** 100m Relay 800m/1500m Shot Putt Javelin Discus Long and Triple Jump High Jump Carrying and using any equipment safely	**To know the teaching points:** The low serve The high serve The overhead clear The net shot How to umpire a full court singles badminton game The singles rules and scoring system	**To know the teaching points:** Chest Pass Bounce Pass Shoulder Pass Three-man weave Pivoting Lay Up Jump Shot Defending **Know the rules of:** Tip off Travelling Double dribble Back court violation Backline passes Side-line passes **Timing Rules** Three seconds in the key 24 seconds to shoot 8 seconds to get the ball into the opponent's half	**To know the teaching points:** Tackling Maintaining possession Fouls Goalkeeping	**To know the teaching points:** Dynamics Repetition Transitions Mirror Accumulation Contact Question and answer	**To know:** The different training methods associated with sports and physical activity The advantages and disadvantages of these training methods
Key Skills	**To be able to demonstrate and use effectively the techniques needed for:** 100m Relay 800m/1500m Shot Putt Javelin Discus Long and Triple Jump High Jump 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 techniques needed for:** Low serve High serve Overhead clear Net shot Umpire a full court singles badminton game In isolation, rallies and competition	**To be able to demonstrate and use effectively the techniques needed for:** Chest Pass Bounce Pass Shoulder Pass Three man weave Pivoting Lay Up Jump Shot In isolation, small sided games and competition	**To be able to demonstrate and use effectively the techniques needed for:** Turning Dribbling Shooting Tackling Jockeying Goalkeeping catches Goalkeeping dive In isolation, small sided games and competition	**To be able to demonstrate and use effectively the key choreographic concepts of:** Dynamics Repetition Transitions Mirror Accumulation Contact Question and answer Through a dance performance	**To be able to:** Make basic links of each training method to a sport or physical activity. Design their own circuit training session Accurately take their own resting heart rate Calculate their maximum heart rate Calculate their aerobic and anaerobic training zones
	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	Take off Technique Throw and collect Frosby flop and scissor technique Foul throw 400m track Power Muscular Strength Muscular Endurance Transfer weight World record Component of fitness Crouch start Reaction Time	Odd number Even number High and low serve Overhead clear Transference of weight Net shot Speed Muscular Endurance Agility Power Sideways on Flick of wrist Side tramlines Back tramlines	Chest Pass Bounce Pass Overarm Pass Traveling Double Dribble Pivoting Back Court Violation Tip Off Set Shot Jump Shot Lay Up Shot Clock Key	Driven Pass Long Pass Shooting Strike Receiving the ball Pace in game Step Over Attacking Defending Jockeying Tackling Diving Angles	Dynamics Repetition Transitions Mirror Accumulation Contact Question and answer Aesthetically pleasing Start and finish positions Constructive feedback Audience Video analysis	Fitness Health Aerobic Anaerobic HITT Circuit Training Training thresholds Overload Continuous training Maximum heart rate Plyometric training Fartlek Training

Sequenced	Gymnastics	Handball	Netball	Rugby Union	Rounders
Key Knowledge	**To know the teaching points:** Basic Shapes: Straight jump Tuck jump Straddle jump Star jump Pike jump Gate vaults Through vault Straddle vault Headspring Handspring Carrying and setting up equipment safely	**To know the teaching points:** When to apply each type of pass Attacking positions Defensive positions Defensive contact Jump shot variations	**To know the teaching points:** Running pass Split landing Stage 1 & 2 defending Set plays Pivot Shooting	**To know the teaching points:** The correct tackling technique The correct rucking technique The correct mauling technique. Running with the ball at an angle	**To know the teaching points:** Fielding techniques Bowling Catching Throwing Batting **To know the rules of how to:** Get an opponent out Apply the backward hit rule to a game
Key Skills	**To be able to demonstrate and use effectively the technique needed for:** Straight jump Tuck jump Straddle jump Star jump Pike jump Gate vault Through vault Straddle vault Headspring Handspring Through individual vaulting performances	**To be able to demonstrate and use effectively the technique needed for:** Shoulder Pass on the move Wrist Pass on the move Bounce Pass on the move Defensive position in transition Attacking position in transition Dribbling under pressure Jump Shot In isolation, small sided games and competition	**To be able to demonstrate and use effectively the technique needed for:** Running pass Split landing Stage 1 & 2 defending Set plays Pivoting Shooting In isolation, small sided games and competition	**To be able to demonstrate and use effectively the technique needed for:** Different types of kicks Mauling Accurate passing Rucking Defensive line In isolation, small sided games, competition and tag rugby	**To be able to demonstrate and use effectively the technique needed for:** Fielding techniques Bowling 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**
Subject specific	Shapes, Approach Run up Take off Vaulting Tuck Pike Straddle Flight Gate vault Through vault Straddle vault Through vault Headspring Handspring	Transferring weight Opponent Standing shot Jump Shot Target Aiming Defensive shape Support Movement Restricting Channelling Fouls	Pivoting Defending Intercept Rebounding Positional play	Running with the ball at an angle Maul Spiral pass Aerodynamic Punt kick Spiral kick Diagonal	Innings Direction Backwards hits