KS3 'Physical Education' Curriculum Coverage: 2026-2027

Year 9

Sequenced	Athletics	Badminton	Basketball	Fitness	Football
Key Knowledge	**To know the teaching points:** 100m Relay 4x100m and 4x400m 800m 1500m Shot Putt Javelin Discus Long and Triple Jump High Jump Carrying and using any equipment safely	**To know the teaching points:** Overhead clear Forehand-high serve Forehand-low serve Net shot Drop shot Forehand smash **Know the rules of:** Doubles Scoring system for doubles Doubles tactics	**To know the teaching points:** Chest Pass Bounce Pass Shoulder Pass Jump Stop Stride Stop Stealing Lay Up from a received pass Defending Free Throws **Know the rules of:** Tip off Travelling Double dribble Back court violation Backline passes Side-line passes Contact Timing Rules Three seconds in the key 24 seconds to shoot 8 seconds to get the ball into the opponents half	**To know:** That different athletes may require different training methods to suit their sport and fitness levels Different components of fitness and how they link to different sporting activities **To know how to:** Calculate MHR Calculate aerobic & anaerobic training zones	**To know the teaching points:** Short passing Long passing Shooting Tackling Jockeying Movement off the ball Heading Goal keeper **To the know the rules of:** Offside throw ins Goal kicks Centre kick Fouls
Key Skills	**To be able to demonstrate and use effectively the technique needed for:** 100m Relay 4x100m and 4x400m 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 technique needed for:** Overhead clear Forehand-high serve Forehand-low serve Net shot Drop shot Forehand smash In isolation, rallies and competition	**To be able to demonstrate and use effectively the technique needed for:** Chest Pass Bounce Pass Shoulder Pass Jump Stop Stride Stop Stealing Lay Up from a received pass Defending Free Throws In isolation, small sided games and competition	**To be able to:** Use equipment safely and effectively Calculate MHR Calculate Aerobic & anaerobic training zones Calculate heart rate Record and monitor their progress Perform exercises safely Lead a warm up Design and administer their own training programme	**To be able to demonstrate and use effectively the technique needed for:** Short passing Long passing Shooting Tackling Jockeying Movement off the ball Heading Goal keeper 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	Trajectory Elite athlete body types – ectomorph, mesomorph, endomorph Approach Take off Release Extension	Drop shot Smash shot Trajectory Varying serve Tactics Forehand grip Backhand grip Racket arm, non racket arm Follow through Umpiring	Chest pass Bounce pass Overarm pass Travelling Double dribble Pivoting Back court violation Tip off Set shot Jump shot Lay up Shot clock Key Stealing Interception Turnover	Sprints, Burpees, Plank, Skipping, Ab Crunches, Press Ups, Wall Sit, Mountain Climbers, Bear Crawls, Squats, Triceps Dips, High Knees, Frog Jumps, Sprints, In and outs, High Knees, Plank V Sit, Ab Crunches, Torso Twists, Power Jumps Hopping on left, Hopping on right, Power Squats Inverted push ups, High Knees, Triceps Dips Sprints, Tabata, Grape vine, Around the world Box Steps, Squats, Lunges, Take Overs, Leg Curls Star Jumps, Spotty Dogs, Globe Jumps, Zombie Kicks, Weighted lunges, Pad work, Wall sit, Kettle bell swings, Plyometric box jumps, Ab crunches Step Ups, Weighted press ups, Weighted bag squats, Skipping, Side Plank, Sprints	Loft pass Curling the ball Clean sheet Heading the ball Volleying the ball Side foot volley

Sequenced	Handball	Netball	OAA	Rounders	Rugby Union
Key Knowledge	**To know the teaching points:** Square on position to allow for defensive block How to be prepared for a shot as a goalkeeper How to narrow the angle as a goalkeeper Each position in a team	**To know the teaching points:** Effective attacking play Effective defensive play Pivoting Shooting Defending (stage 1, 2 or 3) Set plays Passing Footwork Attacking Positional play Running pass Split leg landing **To know the rules of:** Three seconds Centre Passes Passing Over a Third Footwork Obstruction Contact and Contest Offside Replaying the ball	**To know how to:** Orientate a map Identify a control point	**To know the teaching points:** Catching (1 and 2 handed) Throwing (over and underarm) Backhand batting Positional batting Bowling (All types) Long barrier To know how to tactically score rounders	**To know the teaching points:** Running with ball and effective passing Tackling Rucking/Mauling Types of kicking and when to perform in a competitive situation Lineouts Positional play - attacking/defensive line/(re)start of game after score **To know:** Organisation at a lineout Positional play - defending & attacking Offences and decision made by referee Safe and effective tackling of opponents
Key Skills	**To be able to demonstrate and use effectively the technique needed for:** Defensive Block Defensive jockeying & marking Body/Ball Feint on the move Fast Break Jump/Skill Shot Goalkeeper - Ready Position Goalkeeper - Narrowing the Angle In isolation, small sided games and competition	**To be able to demonstrate and use effectively the technique needed for:** Pivoting Shooting Defending (stage 1, 2 or 3) Set plays Passing Footwork Attacking Positional play Running pass Split leg landing In isolation, small sided games and competition	**To be able to demonstrate:** Teamwork skills Map Orientation Problem Solving skills Communication skills Leadership skills Complete a number of orienteering courses varying in difficulty	**To be able to demonstrate and use effectively the technique needed for:** Catching (1 and 2 handed) Throwing (over and underarm) Backhand batting Positional batting Bowling Long barrier In isolation, small sided games and competition	**To be able to demonstrate and use effectively the technique needed for:** Running with ball and effective passing Tackling Rucking/Mauling Types of kicking and when to perform in a competitive situation Lineouts Positional play - attacking/defensive line/(re)start of game after score
	Tier 3 key vocabulary	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**	**Tier 3 key vocabulary**
Subject specific	Blocking Passive blocking Body feints Jump shot blocking Passive defence Active defence Wrist pass Grip Narrowing angles Timed shooting Right/left back Right/left wing Positional play Centre Pivot	Powerful pass Attacking centre set play Split leg landing Running Pass Obstruction Over a third Offside Delaying Replaying Contact Contest	Teamwork Communication Evaluate Orienteering Control point Star course Orientate	Back spin Donkey drop Fast bowl Anticlockwise Transfer weight Power	Scrum Attacking Line Protecting the ball Poaching the ball Mark Lineout Turnover Offside Knock-on Conversion Penalty Clearing kick