



Network School KS3 Long Term Curriculum Plan

Subject: Physical Education				
Year Group	Term 1 (Aug – Oct)	Term 2 (Oct – Dec)	Term 3 (Jan – Mar)	Term 4 (Mar – Jun)
Year 7	<p>Basketball</p> <ul style="list-style-type: none"> - Ball handling and Movement. - Passing and Receiving. - Dribbling. - Set-shooting. - Assessment. <p>Volleyball</p> <ul style="list-style-type: none"> - Ball handling, movement and introduction of the set technique. - Continuation of the set technique. - Introduction of the dig. - Basic underarm service. - Combining the dig, set and spike, followed by assessment. 	<p>Football</p> <ul style="list-style-type: none"> - Introduction of dribbling, control and turning. - Passing using the side of the foot. - Shooting. - Defensive techniques and tackling. - Assessment. <p>Touch Rugby</p> <ul style="list-style-type: none"> - Ball familiarisation. - Passing and Receiving. - Tackling (Touch). - Attacking play and assessment. 	<p>Swimming</p> <p>Led by instructor & teacher</p> <p>This unit comprises of students working on basic water safety and water entry, 3 strokes (freestyle, breast stroke and backstroke) as well as personal survival techniques.</p> <p>Fitness</p> <ul style="list-style-type: none"> - Introduce heart rate and multi-stage fitness test (bleep test.) - Continuous and fartlek training - Weight training for fitness- introduction and upper body focus. - Weight training for fitness- Lower body and abdominal focus. - Basic circuit training and assessment. 	<p>Badminton</p> <ul style="list-style-type: none"> - Shuttle, Racket and footwork familiarisation. - Forehand & Backhand serve. - Overhead clear. - Drop shot. - Doubles and singles tactics, followed by assessment. <p>Table Tennis</p> <ul style="list-style-type: none"> - Introduce grip, stance and serve. - Backhand push and topspin. - Forehand push and topspin. - Assessment.



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Year 8	<p>Basketball</p> <ul style="list-style-type: none"> - Passing and Receiving. - Dribbling. - Footwork. - Shooting-Jump Shot&Rebounds and lay-up. - Assessment <p>Volleyball</p> <ul style="list-style-type: none"> - Set shot (intermediate) - Dig (intermediate) - Underarm and overarm serve. - Spike and assessment. 	<p>Football</p> <ul style="list-style-type: none"> - Dribbling, turning and outwitting a defender. - Beating a defender and shielding the ball. - Passing and turns using the instep and laces. - Development of shooting. - Defensive strategies and assessment. <p>Touch Rugby</p> <ul style="list-style-type: none"> - Passing and creating space. - Tactical play. - Free passes. - Positional play and assessment. 	<p>Swimming</p> <p>Led by instructor & teacher</p> <p>This unit comprises of students working on water safety and a variety of water entry techniques, embedding the 3 essential strokes (freestyle, breast stroke and backstroke) as well as personal survival techniques.</p> <p>Fitness</p> <ul style="list-style-type: none"> - Recap of heart rate as an indicator of fitness, followed by the multi-stage fitness test. - Continuous and fartlek training - Weight training for fitness- introduction and upper body focus. - Weight training for fitness- Lower body and abdominal focus. - Circuit training and assessment. 	<p>Badminton</p> <ul style="list-style-type: none"> - Safety, service and rallying. - Overarm and underarm clear. - Drop shot and net shot. - Overhead smash. - Doubles and singles tactics followed by assessment. <p>Table Tennis</p> <ul style="list-style-type: none"> - Recap grip, stance and serve. - Backhand push and topspin. - Forehand drive. - Assessment.
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<p>Year 9</p>	<p>Basketball</p> <ul style="list-style-type: none"> - Refereeing. - Passing and receiving. - Dribbling. - Layup and rebounds. - Fast breaks and assessment <p>Volleyball</p> <ul style="list-style-type: none"> - Consolidation of the set shot. - Consolidation of the dig. - Service. - Spike (advanced) and assessment. 	<p>Football</p> <ul style="list-style-type: none"> - Passing & controlling. - Volleying. - Heading. - Goalkeeping & Shooting. - Set plays from throw-ins and crosses, followed by assessment. <p>Touch Rugby</p> <ul style="list-style-type: none"> - Progressing onto the spin Pass and creating space. - Strategies in defence. - Set pieces and attacking principles. - Assessment. 	<p>Swimming</p> <p>Led by instructor & teacher</p> <p>This unit comprises of students working on water safety and a variety of water entry techniques, consolidating the 4 essential strokes (freestyle, breast stroke and backstroke and butterfly. The students will also extend upon their personal survival techniques.</p> <p>Fitness</p> <ul style="list-style-type: none"> - Consolidation of heart rate as an indicator of fitness, followed by the multi-stage fitness test. - Continuous and fartlek training - Weight training for fitness- introduction and upper body focus. - Weight training for fitness- Lower body and abdominal focus. - Advanced circuit training and assessment. 	<p>Badminton</p> <ul style="list-style-type: none"> - Consolidation of grip and stance, followed by short and long serve techniques. - Overhead and underarm clear. - Drop shot and net shot. - Overhead smash. - Doubles and singles tactics, followed by assessment. <p>Table Tennis</p> <ul style="list-style-type: none"> - Consolidation of serve, grip and stance. - Backhand push, topspin and slice. - Forehand push, topspin and slice. - Doubles and singles tactics, followed by assessment.
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