

## KS3 Curriculum Plan 2025-26

	LP1	LP2	LP3	LP4	LP5
TOPIC	Outdoor Invasion games (Boys) Indoor Invasion games (Girls)	Outdoor Invasion games (Girls) Indoor Invasion games (Boys)	Net Games/Gymnastics/Fitness and dance (Girls) Net Games/Gymnastics/Fitness and dance (Boys)	Striking and Fielding	Athletics and Outdoor Education
Knowledge	Touch rugby rules Offside rule Possession Playing wide Keeping ball or playing forward Netball positions Netball passing and movement Netball shooting	Travelling, double dribble, foul rules Lay-up and jump shot Face to face contact in handball Jump shot and drive in handball Basic formations in basketball and handball. Touch rugby rules Offside rule Possession Playing wide Keeping ball or playing forward	Serving positions and rules Scoring systems Major rules on how to score 4 main badminton shots (Clear, drop, smash, clear) 4 main volleyball shots (Serve, set, dig, smash) Ways to roll, move and balance Constructing an aesthetic routine with a partner Types of fitness and training to suit those types (Muscular strength, muscular endurance and aerobic endurance) Following a routine in dance and suggesting new choreography	Holding the bat and swinging Scoring systems How to score quickly or defend 4 main cricket shots (defend, drive, hook and pull) How to bowl in cricket and softball/rounders Team tactics to defend and attack Fielding techniques in cricket/rounders to get players out or keep score down	How to compete in short and long distance running Tactics for running Running team relay races Safety rules with throwing events Fouling in jumping, running and throwing events Technique for throwing, jumping and running (long jump, high jump, triple jump, discus, shot put, javelin) How to follow maps and use of compasses to aid orienteering on and off site. How to light and extinguish fires and heat water safely. Use of the fire triangle. How to solve problems and work as a team to rock climb a variety of routes
Skills	Dribbling Passing Defending Tackling Shooting and finishing Rucking Back play Netball passing Netball movement Netball footwork Netball shooting	Dribbling Lay-up and set shot Passing for possession and beating a press Blocking and stealing Rebounding Dribbling Passing Defending Tackling Shooting and finishing Rucking Back play	Serving Volleying Ground shots on forehand and backhand Clear, smash, drop shots Serve, set, dig, spike Performing partner sequences and balances Performing and designing fitness training sessions Replication of dance moves and creating new choreography	Batting – Defensive and attacking Fielding, Catching and stopping Bowling Fielding formations	Throwing javelin, discus, shot put Long jump and triple jump High jump technique Starting sprints Sprinting starts and running technique Relay hand overs Map Reading Compass orientation Fire lighting and extinguishing Belaying, climbing and types of grip on wall grips
Key Vocab	Ruck and maul Ball control Offside Cheek to cheek tackling, ring of steel Defensive flat line Attacking staircase line Shooting technique Wing attack, Goal defence, goal shooter, centre	Double dribble, travel, shooting fouls, steal, block, charge, 3 second rule Zone defence Half court man to man defence Ruck and maul Ball control Offside Tackling technique Defensive flat line Attacking staircase line Tony Chin – Shooting technique	Scoring systems (e.g. love to 40) Smash, clear, drop Forehand and backhand Dig, set, spike Volley Half volley Block Doubles and singles Doubles formations (side or vertical) Haka	Forward drive and defensive Hook and pull Fielding position (on and off side) LBW, No ball, wide Bases (1 to home) Backstop Strike and ball	Throw and safe zone Clean palm, dirty neck Fire triangle Maslow's Hierarchy Foul attempt On your marks, set, go Running a curve Running tactics High knees, power arms Fosbury flop Hop step and jump Belay, grips, rope, harness Compass and topography

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Knowledge	Tackling safety	Zone and man to man defence Blocking safely	Smash, drop, clear shots Defensive shots Attacking shots How to vault from a range of take offs and over a range of vaults How to lead sessions of fitness for a variety of sports	Attacking and defensive fielding Attacking and defensive hitting	Athletics training to improve personal bests from Y7 Training to suit event How body shape can influence event selection Fire safety and fire triangle Maslow's hierarchy of needs
Skills	Rucking Mauling Crossing and finishing Netball rules and umpiring	Blocking and stealing Defending penalty area Playing in a zone Goal defending Goal shooting Movement off ball	Smash, drop and clear shots Serving Gate, through, Kong, head spring, handspring, dive forward roll Training gym for muscular strength and endurance. Plyometric training. Designing and leading fitness sessions (weights, cv and circuits)	Long barrier Diving catches and stops One hand catching Fielding position and attributes needed for them (slip, covers, boundary)	Fire lighting Fire safety Shelter building Running in relays
Key Vocab	Ruck Maul Back, forwards Scrum half Backline Footwork Centre court Clearing Contact Goal circle	Key Baseline 7m line, 9m line Shooting fouls Offensive fouls Backline	Smash, drop, service fault, clear, backhand, forehand, Net fault, service fault Foul jump, trampoline, take off, flight, handspring, neck spring, rotations by degrees (360/180), Sets and Reps Plyometrics, interval training, heart rate zones.	Cricket positions, slips, mid and on side, hook, pull, drive In the circle, boundary, close positions	Changeover box, baton, official Fire triangle (oxygen, fuel and spark) Food, shelter, warmth Prioritising needs Flint, steel, Vaseline, wool, wire wool, 9v battery Drinking water Kelly kettle, stove, methylated spirit Endo, Meso and Ectomorph

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Knowledge	Tactical possessions to draw out defender and move midfield side to side Shape of back 4 playing high and narrow Drawing defenders in 2v1 Major football and rugby formations Playing out from the back or direct approach Kicking in rugby for possession and territory Netball tactics	Tactical possessions to draw out defender and move defence side to side Shape of man to man defence and offence Drawing defenders in 2v1 Major basketball and handball formations Playing out from the back or direct approach Using wingers in handball Netball tactics	Doubles tactics and formations Tactics to block and fake in volleyball Defensive and attacking formations in volleyball and doubles net games Vaulting display as a class Strength training for gymnastics Adapted circuits for performers (weight, endurance and plyometrics)	Tactical field setting for attack and defend Tactical batting to attack or defend Fast scoring batting	Running tactics in individual and team running Run up in throwing events Cooking on open fires Boiling and sterilising water on open fires
Skills	Bounce pass, overhead pass Switch pass in football The role of cdm in football Box kick, grubber kick, touch kick Keeper rolling out to full back Dodging Netball umpiring Netball marking	Wide shot Jump shot in handball and basketball Blocking and moving as a team to defend in shape Long pass, fast break Wing attack and centre Goal shooting tactics Goal defending tactics	Communication in doubles and volleyball Blocking in 3s in volleyball Net block Spike, jump serve, top spin serve Court positions Vaulting in teams and as a display Planning and adapting circuit training to suit athletes	Hitting 6s and 4s Sweep, slog Home runs Forward defensive, back foot block	Pace making as a team and individual Self-timing and setting tactics Analysing other runners Fire lighting and disposal Handling hot metal work Fire safety Food hygiene basics Gathering and sterilising water
Key Vocab	Switch CDM (centre defensive midfielder) Sideways possession Team shape Box kick, grubber kick, touch kick Full backs splitting Penalty box 22 yard line	Fast break Wing play Blockers Zone Dodging Wing attack	I formation T formation Net block Ace Back court, back set Bump Decoy, Dink Muscular strength, Cardio vascular, plyometrics, muscular endurance, target heart rates	Sweep Slog Home run Strike and ball Bunt Front foot, back foot block	Pace making Timing Sprint start and finish Cross contamination Core temp Cooking temp Sterilising tablets