

# KS3 & KS4 PE (Practical) Programme of Study (2025-2026)

	Autumn 1 – ‘Equality & Diversity’								Autumn 2 – ‘Living in the Wider World’						
	UNIT TITLE Football								UNIT TITLE Basketball						
	Week 1 Intro Passing – Side Foot To be able to perform the basic Football skills of passing and receiving.	Week 2 Intro Dribbling, Control & Turning - To be able to perform the basic dribbling with control.	Week 3 Passing and movement off the ball - To be able to outwit opponents using learnt skills and techniques.	Week 4 Intro Shooting - To understand and know the benefits of types of shots on goal.	Week 5 Attack/outwitting an opponent - To develop their understanding and knowledge of how to outwit an opponent using the skills learnt.	Week 6 Defensive/tackling techniques - To be able to perform basic defensive skills.	Week 7 Assessment - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills	Therapy week/ Match/ Assessing all of what has been learnt	Week 1 Ball familiarisation - To be able to perform the fundamental basketball skill of ball handling.	Week 2 Passing, receiving and outwitting an opponent - To introduce & understand where passing is used in basketball.	Week 3 Intro Dribbling & Pivoting - To be able to perform the basic dribbling technique with control and accuracy.	Week 4 Intro Shooting – set shot - To understand and know the benefits of types of shot.	Week 5 Shooting – lay up To perform a basic lay-up technique appreciating the outcome necessary.	Week 6 Assessment - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills.	Therapy week Match/ Assessing all of what has been learnt.
	Notes/Links/Interleaving			Additional Higher Content					Notes/Links/Interleaving		Additional Higher Content				
	Spring 1 – ‘The Circle of Life’							Spring 2 – ‘Conflict’							
	UNIT TITLE Badminton							UNIT TITLE Volleyball							
	Week 1 Basic hitting To be able to hit the shuttle towards a partner.	Week 2 Serving To be able to serve the shuttle over the net using underarm or flick serve.	Week 3 Overhead clears To be able to hit the shuttle overhead.	Week 4 Movement To be able to understand the importance of shuffling around a badminton court.	Week 5 Drop Shot To be able to hit the shuttle short over the net.	Assessment Therapy Match/ Assessing all of what has been learnt	Week 1 Volley/Set To be able to accurately replicate basic volley technique.	Week 2 Dig To perform and replicate the dig technique with control and accuracy.	Week 3 Serves To accurately replicate serving technique.	Week 4 Spike To be able to accurately replicate the spike technique.	Week 5 Outwitting Opponents To demonstrate the ability to outwit an opponent in a game.	Week 6 Therapy Week Match/ Assessing all of what has been learnt.			
	Notes/Links/Interleaving			Additional Higher Content				Notes/Links/Interleaving			Additional Higher Content				
	Summer 1 – ‘Health & Leisure’							Summer 2 – ‘Crime & Punishment’							
	UNIT TITLE Hockey							UNIT TITLE Multisports (Football, Basketball, Volleyball)							
	Week 1 Push Pass - To successfully perform a push pass with varying speed and power.	Week 2 Dribble with basic control - To perform accurate passing within drills and game based scenarios.	Week 3 Basic blocking within defending - To demonstrate block tackles within drills and game based scenarios.	Week 4 Basic shooting To perform basic shooting within varying speed and power.	Therapy Week/ Assessment Match/ Assessing all of what has been learnt		Week 1 Passing and movement off the ball - To be able to outwit opponents using learnt skills and techniques.	Week 2 Defensive/tackling techniques - To be able to perform basic defensive skills.	Week 3 Intro Dribbling & Pivoting - To be able to perform the basic dribbling	Week 4 Shooting – lay up To perform a basic lay-up technique appreciating the outcome	Week 4 Volley/Set To be able to accurately replicate basic volley technique.	Assessment To demonstrate the ability to outwit an opponent in a game situation	Therapy week Match/ Assessing all of what has been learnt.		

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