

Mulberry Academy Woodside

Physical Education

KS3 Curriculum Overview 2025 - 2026

Curriculum intent statement:

Our Physical Education curriculum develops character, resilience, and lifelong engagement in sport. Students build skills in teamwork, problem-solving, communication, leadership, and performance analysis. They become confident performers, leaders, and officials, understanding the benefits of physical activity for physical and mental health. Through competitive and recreational opportunities, pupils develop competence, improve performance, and adopt positive attitudes. By Key Stage 3, students demonstrate tactical knowledge and leadership; by Key Stage 4, they refine skills and may pursue sport-specific qualifications. An extensive co-curriculum and external partnerships foster lifelong appreciation, health, and personal development through sport.

KS3	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B

YEAR 7	KNOWLEDGE	<p><u>Fitness and exercise</u></p> <p>Pupils will develop the knowledge to prepare and recover from exercise</p> <p>They will develop knowledge of different exercise intensities and what happens to the body as a result of exercise</p> <p>Pupils will develop the knowledge of the different types of fitness</p>	<p><u>Games based activities</u></p> <p>Pupils will develop the knowledge of of basic skills, such as passing shooting dribbling, hitting, serving, movement. They will develop knowledge of the tactical aspects of a range of games based activities</p> <p>This knowledge will be developed across a range of invasion and net/wall activities and pupils will develop knowledge of how these principles are transferred between activities and how they apply these principles</p>	<p><u>Leadership</u></p> <p>Pupils will gain knowledge of the nature of leadership and will apply this into a range of activities and make effective evaluations of strength and weaknesses in their own and other performances</p> <p>Pupils will work individually and in groups to overcome challenges</p>	<p><u>Athletics</u></p> <p>Pupils will be introduced to a range of running jumping and throwing athletic based activities</p> <p>This will be taught to understand the different requirements of each event and how skills transfer across the event</p>	<p><u>Striking and fielding</u></p> <p>Pupils will Understand the key principles that underpin / striking and fielding games.</p> <p>How can these principles be transferred between activities and how to apply these principles in modified games? Pupils will consider Where do we strike the object, and how to position fielders</p>
	SKILLS	<p>leadership data analysis recording</p> <p>Skill development in core movements such as running press ups squats etc..</p>	<p>attacking + defensive principles</p> <p>movement decision making Game understanding</p>	<p>communication</p> <p>problem solving</p> <p>planning analysis evaluation</p>	<p>running throwing jumping analysis pacing</p>	<p>batting skills bowling + Fielding attacking + defensive principles</p> <p>movement decision making Game understanding</p>
YEAR 8	KNOWLEDGE	<p><u>Fitness</u></p> <p>Pupils will develop their knowledge of different Types of training and how different types of training are suited to different sports</p>	<p><u>Topic Games</u> (Rugby /netball/volleyball/handball/table tennis)</p> <p>Pupils will be taught how to link the themes learnt in Year 7 into different sports in a range of different games. Pupils will be taught how the rules of specific games influence our decision making.</p> <p>Pupils will take on the role of an official</p>	<p><u>Trampolining</u></p> <p>Pupils will be taught how to develop and devise advanced skills and sequences of movement.</p> <p>They will develop the knowledge to combine movement together</p> <p>Pupils will demonstrate an</p>	<p><u>Athletics</u></p> <p>Pupils begin to use their knowledge of athletics events, to plan strategies/ techniques to aid successful performance</p>	<p><u>Striking and fielding games</u> (cricket)</p> <p>Pupils will develop a greater understanding of sport specific rules. How to apply these rules</p>
		<p>Pupils will develop the knowledge of how to carry out these types of training effectively</p> <p>Pupils will develop the knowledge and understanding of the long term effects of the different types of training on the body systems</p>	<p>In modified games pupils will also consider how to construct phases of play in attack and defence in order to outwit or deny our opponent .</p> <p>Pupils will develop the knowledge of how to perform skills across a range of games based activities . They will develop their knowledge of decision making to effectively apply these skills.</p>	<p>appreciation of performance whilst identifying areas of strength and areas of improvement in their own and others performance</p>	<p>Pupils will develop knowledge of specific skills for a range of events . Pupils will develop and enhance these skills in competitive scenarios. Pupils develop their understanding of fitness and its relationship to performance and apply this knowledge in competitive scenarios .</p>	<p>Pupils to develop knowledge of more advanced technical skills. Pupils will develop tactical knowledge of how to set attacking and defensive fields based on the changing nature of the games. As batters they will develop their knowledge and understanding of tactical scenarios in order to overcome these changes</p>

	SKILLS	<p>planning monitoring recording specific technical skills of each type of training ie running / use of free weights/ core movements press ups squats</p>	<p>attacking + defensive principles . Specific technical skill development movement decision making Game understanding rules regulations officiating</p>	<p>Specific technical skill development planning evaluating</p>	<p>Specific technical skill development planning strategies tactics officiating</p>	<p>Attacking / defensive principles specific skill development decision making officiating game understanding rules regulations</p>
YEAR 9	KNOWLEDGE	<p><u>Invasion and net/wall activities</u> Pupils will develop their knowledge of coaching and analysis and how to use it to help improve performance and outwit an opponent.</p> <p>Pupils will develop knowledge of the different types of analysis and how to make analysis effective. Pupils develop knowledge of how to use this information to create tactics and strategies</p> <p>Pupils will further develop their knowledge of advanced skills .pupils wil further enhance their officiating skills</p>	<p><u>Trampolining</u> pupils will develop knowledge of coaching and analysis in order to help improve performance and weaknesses of different forms of analysis.</p> <p>Pupils will develop knowledge of advanced skills and perform these under pressure. pupils will further enhance their officiating skills and apply accordingly</p>	<p><u>Fitness</u> Pupils will develop knowledge of how data and analysis can be used to monitor progress in the area of fitness.</p> <p>Pupils will learn the principles of training and how can they be applied to a personal exercise plan</p> <p>Pupils effectively plan and develop their training to suite their individual needs</p>	<p><u>Athletics</u> Pupils will develop knowledge of how coaching and analysis be used to help improve athletics performance?</p> <p>Pupils look at how a skill can be broken down into phases?</p> <p>How can we as coaches design a practice that develops a skill?</p> <p>Pupils will further develop their knowledge of advanced skills .Pupils will further enhance their officiating skills</p>	<p><u>Striking and Fielding</u> Pupils will learn how coaching and analysis can be used to help improve performance and outwit an opponent in striking and fielding games</p> <p>Pupils will learn how to identify the strengths and weaknesses of different forms of analysis in striking and fielding?</p> <p>Pupils will further develop an understanding of the fundamentals of coaching and how they can improve performance Pupils will further develop their knowledge and application of advanced skills . pupils further enhance their officiating skills and apply accordingly</p>
	SKILLS	<p>Specific technical skill development notational analysis planning evaluating leadership</p>	<p>Advanced skill development tariffs Planning feedback evaluating</p>	<p>planning evaluating designing administering testing recording analysis</p>	<p>coaching analysis feedback Specific technical skill development</p>	<p>coaching analysis feedback Specific technical skill development</p>