

Penn Fields School – PE KS2, 3 & 4



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KS3 & 4 PE timetabled lessons x 2 each week						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Year 7 Unit – Invasion Games 1 – Football, basketball, Tag rugby Students learn techniques to play against other teams and start to think about different tactics. Practice skills and play small sided games.	Year 7 & 8 Unit – Net Wall Students learn skills to play games over a barrier eg net/bench using rackets (some have adapted equipment). Starting to talk about tactics eg hitting into space.	Year 7 & 8 Unit – Invasion Games 2 – Tchoukball, hockey, handball, netball Students learn techniques to play against other teams and start to think about different tactics. Practice skills and play small sided games.	Year 7 & 8 Unit - Quad Athletics 1 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Evaluate work.	Year 7 & 8 Unit - Quad Athletics 2 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Evaluate work.	Year 7 & 8 Unit – Target Games/Outdoor Education/Team Building Students set out and experience many different target games and rotate on a carousel. They devise their own rules and scoring systems. Students practice different golf skills of driving, chipping and putting.
	Year 7 & 8 Unit – Fitness 1 Students guided through different fitness experiences eg body weight circuits with support. Talk about HRs.	Year 7 & 8 Unit – Parkour Students show different ways of using the gymnastic equipment eg box, trampet, ropes and learn some routines using jumping, hanging, climbing etc.	Year 7 & 8 Unit – Fitness 2 – Introduction to Fitness Equipment Students are shown how to do warm ups. Students guided through different fitness experiences.	Year 7 & 8 Unit - Striking & Fielding 1 Students improve bowling, throwing, hitting, fielding by practice. They then move to small sided games guided in umpiring. Learn how to score.	Year 7 & 8 Unit - Striking & Fielding 2 Students improve bowling, throwing, hitting, fielding by practice. They then move to small sided games guided in umpiring. Learn how to score.	
Year 8	Year 8 Unit – Invasion Games 1 – Football, basketball, Tag Rugby Students learn techniques to play against other teams and start to think about different tactics. Practice skills and play small sided games.	Year 7 & 8 Unit – Net Wall Students learn skills to play games over a barrier eg net/bench using rackets (some have adapted equipment). Starting to talk about tactics eg hitting into space.	Year 7 & 8 Unit – Invasion Games 2 – Tchoukball, hockey, handball, netball Students learn techniques to play against other teams and start to think about different tactics. Practice skills and play small sided games.	Year 7 & 8 Unit - Quad Athletics 1 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Evaluate work.	Year 7 & 8 Unit - Quad Athletics 2 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Evaluate work.	Year 7 & 8 Unit - Target Games/Outdoor Education/Team Building Students set out and experience many different target games and rotate on a carousel. They devise their own rules and scoring systems. Students practice different golf skills of driving, chipping and putting.
	Year 7 & 8 Unit – Fitness 1 Students experience many different fitness experiences eg circuits, machines most without support. Take HRs and talk about the benefits of fitness.	Year 7 & 8 Unit – Parkour Students show different ways of using the gymnastic equipment eg box, trampet, ropes and learn some routines using jumping, hanging, climbing etc.	Year 7 & 8 Unit – Fitness 2 – Fitness Equipment Students perform their own warm ups. Students guided through different fitness experiences.	Year 7 & 8 Unit - Striking & Fielding 1 Students improve bowling, throwing, hitting, fielding by practice. They then move to small sided games guided in umpiring. Learn how to score.	Year 7 & 8 Unit - Striking & Fielding 2 Students improve bowling, throwing, hitting, fielding by practice. They then move to small sided games guided in umpiring. Learn how to score.	
Year 9	Year 9 Unit – Invasion Games 1– Football, basketball, Tag Rugby Students learn techniques, apply rules and referee/umpire games with support. Play against others teams and think about different tactics. Think about positions. Evaluate others and own work.	Year 9 Unit – Net Wall Students practice skills to play games over a barrier eg net/bench using rackets or bats (some have adapted equipment). Talk about tactics eg hitting into space, passing around opposition. Pupils learn scoring systems.	Year 9 Unit – Invasion Games 2 – Tchoukball, hockey, handball, netball- Students learn techniques, apply rules and referee/umpire games with support. Play against others teams and think about different tactics. Think about positions. Evaluate others and own work.	Year 9 Unit - Quad Athletics 1 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Students try to improve on previous scores. Evaluate own and others work.	Year 9 Unit - Quad Athletics 2 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Students try to improve on previous scores. Evaluate own and others work.	Year 9 Unit - Target Games/Outdoor Education/Team Building Students set out and experience many different target games and rotate on a carousel. They devise their own rules and scoring systems. Students practice different golf skills of driving, chipping, putting and play a mini game using wedges and putter.
	Year 9 Unit – Fitness 1 Students experience many different fitness experiences eg circuits, machines, boxercise and strength activities without support. Take HRs	Year 9 Unit – Parkour Students show different ways of using the gymnastic equipment eg box, trampet, ropes and learn routines using jumping, hanging, climbing etc with control.	Year 9 Unit – Fitness 2 – Fitness Equipment Students perform their own warm ups. Students use fitness equipment and start to design and think about setting up a	Year 9 Unit - Striking & Fielding 1 Students practice bowling, throwing, hitting, fielding in small groups. Play full games with full rules. All students	Year 9 Unit - Striking & Fielding 2 Students practice bowling, throwing, hitting, fielding in small groups. Play full games with full rules. All students	

	and realise the benefits of fitness and the consequences of wrong choices.		circuit. They think about timings and are guided in their choices. Students set up all equipment and decide on time for work/rest. Take HRs and realise the benefits of fitness and the consequences of wrong choices. Students evaluate of their own/others work and decide how to improve.	guided in umpiring. Learn scoring systems for different games.	guided in umpiring. Learn scoring systems for different games.	
Year 10 & 11	Year 10 & 11 Unit – Invasion Games 1 - Football, basketball, Tag Rugby Students develop techniques, apply rules and referee/umpire games without any support. Play against others teams and think about different tactics. Think about positions. Evaluate others and own work. Decide what to do after evaluation.	Year 10 & 11 Unit – Net Wall Students practice different skills to play games over a barrier eg net using rackets or bats (some have adapted equipment). Talk about tactics eg hitting into space, passing around opposition. Think about positioning. Evaluate others and own work. Decide what to do after evaluation. Talk about the long term benefits of health and fitness and the impact this could have on their future selves.	Year 10 & 11 Unit – Invasion Games 2 – Tchoukball, hockey, handball, netball Students develop techniques, apply rules and referee/umpire games without any support. Play against others teams and think about different tactics. Think about positions. Evaluate others and own work. Decide what to do after evaluation.	Year 10 & 11 Unit - Quad Athletics 1 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Students try to improve on previous scores. Evaluate own and others work. Talk about the long term benefits of health and fitness and the impact this could have on their future selves.	Year 10 & 11 Unit - Quad Athletics 2 Students practice different techniques of running, jumping and throwing and look to see how they can improve. Students try to improve on previous scores. Evaluate own and others work. Talk about the long term benefits of health and fitness and the impact this could have on their future selves.	Year 10 & 11 Unit - Target Games/Outdoor Education/Team Building Students set out and experience many different target games and rotate on a carousel. They devise their own rules and scoring systems. Students practice different golf skills of driving, chipping and putting. Also, play a game using flags, wedges and putter. Think about stance. Evaluate others and own work. Decide what to do after evaluation.
	Year 10 & 11 Unit – Fitness 1 Students experience many different fitness experiences eg circuits, machines, boxercise and strength activities without support. Students set up all equipment and decide on time for work/rest. Take HRs and realise the benefits of fitness and the consequences of wrong choices. Students evaluate of their own/others work and decide how to improve. Talk about the long term benefits of health and fitness and the impact this could have on their future selves.	Year 10 & 11 Unit – Parkour Students show different ways of using the gymnastic equipment eg box, trampet, ropes and learn routines using jumping, hanging, climbing etc with control. Think about positioning, balancing for extended periods of time. Evaluate others and own work. Decide what to do after evaluation.	Year 10 & 11 Unit – Fitness 2- Fitness Equipment Students perform their own warm ups. Students use fitness equipment to design a fitness circuit. They talk about timings and make their own choices. Students set up all equipment and decide on time for work/rest. Take HRs and realise the benefits of fitness and the consequences of wrong choices. Students evaluate of their own/others work and decide how to improve.	Year 10 & 11 Unit - Striking & Fielding 1 Students practice bowling, throwing, hitting, fielding in small groups. Play full games with full rules. All students given opportunities of umpiring. Think about positioning in the field. Evaluate others and own work. Decide what to do after evaluation.	Year 10 & 11 Unit - Striking & Fielding 2 Students practice bowling, throwing, hitting, fielding in small groups. Play full games with full rules. All students given opportunities of umpiring. Think about positioning in the field. Evaluate others and own work. Decide what to do after evaluation.	