



The Grey Coat Hospital

Key Stage Three Curriculum Plan - *Subject: PE*



Year 7

Half Term (HT)	Topic Area / Focus
HT1	Indoor: Dance Students learn the 5 basic dance actions and develop confidence, timing and performance skills through Bhangra and Street Dance styles. Lessons focus on rhythm, coordination, movement quality and simple choreography. Outdoor: Football Students develop understanding of how fitness links to football performance through practical fitness testing, small-sided games and skill-based challenges. Lessons focus on cardiovascular endurance, strength, speed and agility whilst encouraging students to reflect on and improve their own performance.
HT2	Indoor: Dance Students build on choreography and performance skills through Bhangra and Street Dance styles. Lessons focus on performance quality, movement memory, use of space and applying choreographic devices within group performances. Outdoor: Netball Develop the fundamental skills needed for invasion games, including passing, catching, footwork and shooting. Lessons focus on movement into space, teamwork and applying skills within simple competitive situations.
HT3	Indoor: Trampoline Students learn how to keep safe during trampolining activities and develop confidence performing basic shapes, jumps and body landings. Lessons focus on control, body tension and safe technique. Outdoor: Netball Continue developing confidence and consistency within game play whilst improving communication, teamwork and decision making during competitive matches.



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HT4	Indoor: Trampoline Students continue developing basic trampolining skills whilst creating short routines for practical assessment. Lessons focus on linking skills together, improving performance quality and giving feedback to others to support improvement. Outdoor Athletics:
HT5	Indoor: Gymnastics Outdoor Athletics:
HT6	Indoor: Fitness Students are introduced to key fitness components and basic training methods through activities such as circuit training, continuous training, flexibility work, dance fitness and fitness testing. Lessons focus on learning correct technique, understanding how exercise affects the body, working safely and developing confidence, teamwork and resilience. Outdoor: Rounders
Year 8	
Half Term (HT)	Topic Area / Focus
HT1	Indoor: Dance Students are introduced to contemporary dance and explore how stimulus can inspire movement through the study of Kandinsky paintings. Lessons focus on creativity, choreography methods and developing expressive movement material.



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	Outdoor: Football Students develop agility, balance, coordination, reaction time, speed and power through competitive football games and practical fitness challenges. Lessons focus on how these fitness components impact decision making, movement and overall sporting performance.
HT2	Indoor: Dance Students build on choreography and performance skills through learning set works and developing contemporary dance techniques. Lessons focus on performance quality, movement memory, use of space and applying choreographic devices within group performances. Outdoor: Netball Develop understanding of netball rules, positions and basic tactics through competitive match play. Lessons focus on applying attacking and defensive strategies effectively.
HT3	Indoor: Trampoline Students learn how to combine trampolining skills together to create short routines with greater fluency and control. Lessons focus on linking movements and improving timing and technique. Outdoor: Netball Refine tactical awareness, decision making and teamwork within full game situations whilst improving consistency and confidence in performance.
HT4	Indoor: Trampoline Students begin performing twisting skills and body landings whilst developing more complex routines for practical assessment. Lessons focus on performance quality, control and giving effective feedback to others. Outdoor: Athletics



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HT5	Indoor: Gymnastics Outdoor: Athletics Develop pacing, racing and hurdling skills through track events whilst preparing for Sports Day competitions. Lessons focus on improving performance, teamwork and competitive confidence.
HT6	Indoor: Fitness Students build on prior knowledge by completing more challenging fitness activities and applying training methods to different sports and performers. Lessons develop understanding of concepts such as adaptation, recovery and specificity through activities including weight training, plyometrics, continuous training and muscular endurance work. Greater independence and leadership are encouraged. Outdoor: Rounders Develop competitive game play, teamwork and tactical awareness within rounders activities. Students apply strategies and improve consistency and confidence in matches

Year 9

Half Term (HT)	Topic Area / Focus
HT1	Indoor: Dance Students study the professional work <i>Ghost Dances</i> by Christopher Bruce and accurately replicate movement through learning sections of the set study. Lessons focus on technique, timing, control and performance interpretation. Outdoor: Football Students explore a range of fitness training methods including circuit training, interval training, continuous training and fartlek training through football-based activities. Lessons focus on applying training methods to improve specific fitness components and enhance sporting performance.



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HT2	Indoor: Dance Students use choreographic devices to develop and manipulate the set study material whilst preparing for assessed performances. Lessons focus on performance quality, expression, creativity and refining choreography with increased independence. Outdoor: Netball Prepare for GCSE PE through advanced game play, tactical awareness and leadership opportunities. Lessons focus on refining performance under pressure and deeper understanding of rules and positions.
HT3	Indoor: Trampoline Students begin preparing for GCSE-style trampolining by developing routines with more advanced skills and combinations. Lessons focus on routine structure, consistency and performance quality. Outdoor: Netball Develop advanced communication, tactical decision making and leadership within competitive matches whilst evaluating strengths and weaknesses to improve overall performance.
HT4	Indoor: Trampoline Students begin learning somersault rotation and refine advanced routines for practical assessment. Lessons focus on applying feedback, improving execution and developing confidence in preparation for GCSE performance work. Outdoor: Athletics Develop advanced throwing techniques with focus on strength, power and distance across athletics events. Lessons encourage resilience, performance analysis and achieving personal bests.
HT5	Indoor: Gymnastics



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	Outdoor: Athletics Refine advanced track and hurdling techniques whilst preparing for Sports Day competition. Lessons focus on pacing, speed, performance under pressure and competitive performance.
HT6	Indoor: Students apply fitness knowledge with greater intensity, independence and accuracy whilst using GCSE PE terminology and concepts. Lessons focus on advanced application of training methods, analysing performance, adapting training for different athletes and improving fitness testing performance in preparation for KS4 Physical Education. Outdoor: Develop advanced tactical understanding, leadership and officiating skills within competitive rounders. Lessons focus on strategic decision making and preparation for KS4 Multi Sport Core PE lessons.