

KS3 PE Curriculum Overview – Holly Lodge Girls' College

Term	Unit	Year 7	Year 8	Year 9
1	1	Netball <i>Social Me – Communication</i>	Netball <i>Social Me - Communication</i>	Netball <i>Social Me - Communication</i>
	2	Gymnastics - Locomotion <i>Thinking Me - Imagination</i>	Gymnastics - Balance <i>Thinking Me - Imagination</i>	Gymnastics (Flight / Rhythmic / Cheer) <i>Thinking Me - Imagination</i>
	3	Invasion Games - Outside (Football/Hockey) <i>Social Me - Fairness</i>	Invasion Games - Outside (Football/Hockey) <i>Social Me - Fairness</i>	Invasion Games - Outside (Football/Hockey) <i>Social Me - Fairness</i>
	4	Fitness <i>Healthy Me – Self-motivation</i>	Fitness <i>Healthy Me – Self-motivation</i>	Fitness <i>Healthy Me – Self-motivation</i>
2	5	Invasion Games - Inside (Handball/Basketball) <i>Social Me – Fairness</i>	Invasion Games - Inside (Handball/Basketball) <i>Social Me – Fairness</i>	Invasion Games - Inside (Handball/Basketball) <i>Social Me – Fairness</i>
	6	Dance <i>Thinking Me – Evaluation</i>	Dance <i>Thinking Me – Evaluation</i>	Dance <i>Thinking Me – Evaluation</i>
	7	Badminton <i>Healthy Me – Responsibility</i>	Badminton <i>Healthy Me – Responsibility</i>	Badminton <i>Healthy Me – Responsibility</i>
	8	Problem Solving <i>Thinking Me – Resourcefulness</i>	Problem Solving <i>Thinking Me – Resourcefulness</i>	Problem Solving <i>Thinking Me – Resourcefulness</i>
3	9	Athletics <i>Healthy Me - Resilience</i>	Athletics <i>Healthy Me - Resilience</i>	Athletics <i>Healthy Me - Resilience</i>
	10	Rounders <i>Thinking Me - Concentration</i>	Rounders <i>Thinking Me - Concentration</i>	Rounders <i>Thinking Me - Concentration</i>
	11	Tennis <i>Social Me – Respect</i>	Tennis <i>Social Me – Respect</i>	Tennis <i>Social Me – Respect</i>
	12	Kwik Cricket <i>Social Me – Co-operation</i>	Kwik Cricket <i>Social Me – Co-operation</i>	Kwik Cricket <i>Social Me – Co-operation</i>
	Summary	Invasion – Netball / Invasion X2 (3) <i>Tactics, strategies competition</i> Net/Wall – Badminton / Tennis (2) <i>Tactics, strategies competition</i> Striking Fielding – Rounders / cricket (2) <i>Tactics, strategies competition</i> Aesthetic- Gymnastics / Dance / Athletics (3) <i>Develop technique improve performance</i> <i>Perform dances in range of styles</i> Problem Solving (1) <i>Outdoor and adventurous activities, team building, problem solving</i>		

