

KS3 Physical Education Curriculum Plan 2021-22

| Year Group | Block 1 (6 –8 weeks) | Block 2 (6 –8 weeks) | Block 3 (6 –8 weeks) | Block 4 (6 –8 weeks) |
|------------|---|--|--|--|
| 7 | <p>COOPERATIVE LEARNING (indoor athletics/problem solving) (Core Task 1)</p> <p>ME Focus: Social + Personal ME</p> | <p>HEALTH BASED (Yoga/gymnastics/Exercising safely) (Core Task 2)</p> <p>ME Focus: Physical + Personal ME</p> | <p>TEACHING MOVEMENT FOR UNDERSTANDING (FMS + CORE GAME SKILLS) (Core Task 3)</p> <p>ME Focus: Physical + Thinking ME</p> | <p>DIRECT INSTRUCTION (S&F Games) (Core Task 4)</p> <p>ME Focus: Physical + Thinking ME</p> |
| 8 | <p>STUDENT DESIGNED GAMES (Invasion Games) (Core Task 5)</p> <p>ME Focus: Social + Personal ME</p> | <p>HEALTH BASED (Exercise to music/Boxercise) (Core Task 6)</p> <p>ME Focus: Thinking + Personal ME</p> | <p>DIRECT INSTRUCTION (Net Games) (Core Task 7)</p> <p>ME Focus: Physical + Social ME</p> | <p>TGFU (S&F Games) (Core Task 8)</p> <p>ME Focus: Physical + Thinking ME</p> |
| 9 | <p>SPORT EDUCATION (Invasion Games) (Core Task 9)</p> <p>ME Focus: Social + Thinking ME</p> | <p>HEALTH BASED (Circuits/Boxercise) (Core Task 10)</p> <p>ME Focus: Social + Personal ME</p> | <p>TGFU (Net Games) (Core Task 11)</p> <p>ME Focus: Physical + Thinking ME</p> | <p>PATHWAYS (Performance, Health or Leadership) (Core Task 12)</p> <p>ME Focus: Physical/Social/Personal ME</p> |