

## KS3 Physical education - subject sequencing overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 7	Introduction to P.E and Sport at Brandles. Multi – Gym Inductions Invasion games Intro. Football	Tag Rugby- Intro Tchoukball Badminton Cross Country	Basketball - Beginner Multi-gym / Circuit training  Gymnastics	Table Tennis  Dodgeball/Volleyball  Boxercise cardio	Tennis Athletics Softball	Cricket Athletics Ultimate Frisbee
Yr 8	Football – Development  Personal Fitness –  Fitness Assessments	Rugby - Development Badminton Cross Country	Basketball - Intermediate Multi-gym / Circuit training  Gymnastics	Table Tennis  Dodgeball / Volleyball  Boxercise cardio	Tennis Athletics Softball	Cricket Athletics Ultimate Frisbee
Yr 9	Football – Intermediate  Personal Fitness- Fitness Assessments - design of P.E.P	Rugby- Intermediate  Tchoukball Badminton Cross Country	Basketball- Intermediate Multi-gym / Circuit training  Gymnastics	Table Tennis - Inter  Dodgeball / Volleyball Boxercise cardio	Tennis Athletics  Softball	Cricket Athletics Ultimate Frisbee