



Eastbrook School

KS3 Curriculum Summary – Physical Education

The information below gives an overview of the topics that your child will be studying in Physical Education during years 7 and 8. It also outlines how you can support your child to enrich and extend their learning outside of school.

Year 7/8		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>Use a range of tactics and strategies to overcome opponents in direct competition through team games.</p> <p><i>Rugby/Football/Handball/Netball</i></p> <p>Develop their technique and improve their performance in competitive sports.</p> <p><i>Gymnastics/Trampolining</i></p>	<p>Use a range of tactics and strategies to overcome opponents in direct competition through team games.</p> <p><i>Rugby/Football/Handball/Netball</i></p> <p>Perform dances using advanced dance techniques within a range of dance styles.</p> <p><i>Dance</i></p>	<p>Develop their technique and improve their performance in competitive sports.</p> <p><i>Athletics</i></p> <p>Use a range of tactics and strategies to overcome opponents in direct competition through team games.</p> <p><i>Rounders/Softball</i></p>
Useful Websites:	Theoretical topics:	Other ways to support learning:
<p>BBC Bitesize – Physical Education Youtube – Sporting Action Professional Club Websites</p>	<p>Muscles Bones Components of Fitness</p>	<p>Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV</p>



Eastbrook School

KS 4 Curriculum Summary – Physical Education

The information below gives an overview of the topics that your child will be studying in Physical Education during years 9, 10 and 11. It also outlines how you can support your child to enrich and extend their learning outside of school.

Year 9		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>Theory</p> <ul style="list-style-type: none"> • Components of fitness <p>Practical</p> <p>Individual Sports: Trampolining / Badminton</p> <p>Team Sports: Handball / Netball / Football</p>	<p>Theory</p> <ul style="list-style-type: none"> • Applying the principles of training <p>Practical</p> <p>Individual Sports: Dance / Table Tennis</p> <p>Team Sports: Rugby / Netball / Handball</p>	<p>Theory</p> <ul style="list-style-type: none"> • Preventing injury in physical activity and training <p>Practical</p> <p>Individual Sports: Athletics / Trampolining</p> <p>Team Sports: Cricket / Basketball</p>
Year 10		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>Theory</p> <ul style="list-style-type: none"> • The structure and function of the skeletal system • The structure and function of the muscular system <p>Practical</p> <p>Individual Sports: Trampolining / Badminton</p> <p>Team Sports: Handball / Netball / Football</p>	<p>Theory</p> <ul style="list-style-type: none"> • Movement Analysis • The Cardiovascular and Respiratory systems • The effects of exercise on the body systems <p>Practical</p> <p>Individual Sports: Dance / Table Tennis</p> <p>Team Sports: Rugby / Netball / Handball</p>	<p>Theory</p> <ul style="list-style-type: none"> • Components of fitness • Principles of training • Sports Injuries • Health, fitness and wellbeing <p>Practical</p> <p>Individual Sports: Athletics / Trampolining</p> <p>Team Sports: Cricket / Basketball</p>
Year 11		
Topics and themes	Topics and themes	Topics and themes
<p>Theory</p> <ul style="list-style-type: none"> • Engagement patterns of social groups • Commercialisation • Ethical and Socio-cultural issues <p>Practical</p> <p>Individual Sports: Trampolining / Badminton</p> <p>Team Sports: Handball / Netball / Football</p>	<p>Theory</p> <ul style="list-style-type: none"> • Skill classification • Goal setting • Mental preparation • Guidance and feedback <p>Practical</p> <p>Individual Sports: Dance / Table Tennis</p> <p>Team Sports: Rugby / Netball / Handball</p>	<p>Theory</p> <p>Revision for Exam</p>