**KS3 PE OVERVIEW**

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|  | **AUTUMN** | **SPRING** | **SUMMER** |
| **Y7** | Overcoming opponents* Netball
* Football

Developing technique* Cross country
* Swimming
* Gym

Performance dance | Developing technique* Swimming
* Gym

Overcoming opponents* Rugby
* Football
 | Analyse performance* Athletics

Overcoming opponents* Rounders

Developing techniques* tennis
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| **Y8** | Overcoming opponents* Netball/Football
* Table tennis

Developing technique* Cross country/Gym

OAA - adventurous activitiesProblem solving – personal survivalPerformance dance | Developing technique* Cross country
* Gym

Problem solving – personal survivalPerformance dance | Analyse performance* Athletics

Overcoming opponents* Rounders
* Tennis

Performance dance |
| **Y9** | Overcoming opponents* Netball
* Table tennis
* rugby

Developing technique* Cross country
* Gym

Performance dance | Developing technique* Cross country
* Gym

Problem solving – life savingPerformance dance | Analyse performance* Athletics

Overcoming opponents* Rounders
* Tennis

Performance dance |