

Physical Education

Year group	7 and 8										
Course	Physical Education										
Course content	Winter						Summer				
		Block 1	Block 2	Block 3	Block 4	Block 5	Block 6		Block 1	Block 2	Block 3
	Set 1	Baseline	Basketball	Rugby League	Football	Trampolining	Badminton	Set 1	Athletics	Tennis	Cricket
	Set 2	Baseline	Badminton	Fitness	Football	Basketball	Rugby	Set 2	Athletics	Softball	Cricket
	Set 3	Baseline	Football	Basketball	Rugby League	Fitness	Handball	Set 3	Athletics	Cricket	Softball
	Set 4	Baseline	Trampolining	Football	Fitness	Rugby	Basketball	Set 1	Athletics	Rounders	Tennis
	Set 1	Baseline	Rugby League	Trampolining	Basketball	Badminton	Netball	Set 2	Athletics	Rounders	Cricket
	Set 2	Baseline	Netball	Badminton	Handball	Football	Trampolining	Set 3	Athletics	Cricket	Rounders
	Set 3	Baseline	Handball	Netball	Trampolining	Rugby	Fitness				
	Useful websites	BBC KS3 Bitesize: http://www.bbc.co.uk/education/topics/z8hkj6f/resources/1									