

Key Stage 3 Curriculum – Year 7 Physical Education

	Boys	Girls
Term 1	Rugby Badminton Health related fitness	Hockey Netball Gymnastics
Term 2	Basketball Football Gymnastics	Dance Football Badminton
Term 3	Athletics Cricket	Athletics Rounders
<p>Recommended Resources:</p> <ul style="list-style-type: none"> • Full appropriate PE kit for each lesson • If a student is unable to participate in the lesson, we still have the expectation that they change and assist the member of staff • view www.bbc/sport.com to support the students learning and understanding 		
<p>How you can help:</p> <ul style="list-style-type: none"> • Kit fully labelled and in school for lessons • Encourage your child to attend extra-curricular activities • Improve your child’s fitness by encouraging regular exercise outside of school 		