KS3 PE CURRICULUM 2026-2027

Year 7 – Learning New Skills

Block	Boys Set		Girls Set		Mixed Set	
Autumn 1 – 7.5 Weeks 26/8 – 15/10 (3 x Baseline Lessons/5 x Weeks of Activities)						
Week 1-4 (3.5 weeks)	Fitness Challenge 1 – Team Bleep Test BASELINE ASSESSMENT		Fitness Challenge 1 – Team Bleep Test + BASELINE ASSESSMENT		Fitness Challenge 1 – Team Bleep Test + BASELINE ASSESSMENT	
Weeks 5-8	RUGBY (Lesson 1-4)	MINOR SPORTS (Lesson 6-8)	NETBALL (Lesson 1-4)	BADMINTON (Lesson 5-8)	BADMINTON (Lesson 1-4)	RUGBY (Lesson 5-8)
Autumn 2 – 8 Weeks 26/10 - 18/12 (1 x Fitness Week/5 x Weeks of Activities/2 Weeks of Interform)						
Week 1 Fitness Week	Fitness Challenge 2 – Circuit Training		Fitness Challenge 2 – Circuit Training		Fitness Challenge 2 – Circuit Training	
Weeks 2-7	BASKETBALL (Lesson 1-5)	NETBALL (Lesson 6-10)	RUGBY (Lesson 1-5)	BASKETBALL (Lesson 6-10)	NETBALL (Lesson 1-5)	LEADERSHIP (Lesson 6-10)
2 WEEK INTERFORM COMPETITION – Football/Netball/Dodgeball/Cross Country (23/11-4/12)						
Spring 1 – 5.5 Weeks 5/1 – 12/2 (1 x Fitness Week/5 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 3 – Cross Country		Fitness Challenge 3 – Cross Country		Fitness Challenge 3 – Cross Country	
Weeks 2-6	FOOTBALL (Lesson 1-5)	LEADERSHIP (Lesson 6-10)	MINOR SPORTS (Lesson 1-5)	LEADERSHIP (Lesson 6-10)	BASKETBALL (Lesson 1-5)	MINOR SPORTS (Lesson 6-10)
Spring 2 – 4 Weeks 22/2 – 19/3 (1 x Fitness Week/3 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 4 – Show Me the Money		Fitness Challenge 4 – Show Me the Money		Fitness Challenge 4 – Show Me the Money	
Weeks 2-4	BADMINTON (Lesson 1-6)		FOOTBALL (Lesson 1-6)		FOOTBALL (Lesson 1-6)	
Summer 1 – 8 Weeks 5/4 – 28/5 (1 x Fitness Week/7 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 5 – Strength – Tug of War		Fitness Challenge 5 – Strength – Tug of War		Fitness Challenge 5 – Strength – Tug of War	
Weeks 2-7	TRACK/FIELD ATHLETICS (Lesson 1-10)	S & F (Lesson 11-14)	TRACK/FIELD ATHLETICS (Lesson 1-10)	TENNIS (Lesson 11-14)	TENNIS (Lesson 1-6)	S & F (Lesson 7-14)
Summer 2 – 6 Weeks 7/6 – 9/7 (1 x Fitness Week/3 x Weeks of Activities /1 x Options Week)						
Week 1 Fitness Week	Fitness Challenge 6 – Orienteering Work Out		Fitness Challenge 6 – Orienteering Work Out		Fitness Challenge 6 – Orienteering Work Out	
Weeks 2-5	TENNIS (6 x Lesson)		S&F (6 x Lesson)		TRACK/FIELD ATHLETICS (6 x Lesson)	

KS3 PE CURRICULUM 2026-2027

Year 8 – Developing Skills

Block	Boys Set		Girls Set		Mixed Set	
Autumn 1 – 7.5 Weeks 26/8 – 15/10 (1 x Fitness Week /6 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 1 – Team Bleep Test		Fitness Challenge 1 – Team Bleep Test		Fitness Challenge 1 – Team Bleep Test	
Weeks 3-8	RUGBY (Lesson 1-6)	MINOR SPORTS (Lesson 7-12)	NETBALL (Lesson 1-6)	BADMINTON (Lesson 7-12)	BADMINTON (Lesson 1-6)	RUGBY (Lesson 7-12)
Autumn 2 – 8 Weeks 26/10 - 18/12 (1 x Fitness Week/5 x Weeks of Activities/2 Weeks of Interform)						
Week 1 Fitness Week	Fitness Challenge 2 – Circuit Training		Fitness Challenge 2 – Circuit Training		Fitness Challenge 2 – Circuit Training	
Weeks 2-7	BASKETBALL (Lesson 1-5)	NETBALL (Lesson 6-10)	RUGBY (Lesson 1-5)	BASKETBALL (Lesson 6-10)	NETBALL (Lesson 1-5)	LEADERSHIP (Lesson 6-10)
2 WEEK INTERFORM COMPETITION – Football/Netball/Dodgeball/Cross Country (23/11-4/12)						
Spring 1 – 5.5 Weeks 5/1 – 12/2 (1 x Fitness Week/5 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 3 – Cross Country		Fitness Challenge 3 – Cross Country		Fitness Challenge 3 – Cross Country	
Weeks 2-6	FOOTBALL (Lesson 1-5)	LEADERSHIP (Lesson 6-10)	MINOR SPORTS (Lesson 1-5)	LEADERSHIP (Lesson 6-10)	BASKETBALL (Lesson 1-5)	MINOR SPORTS (Lesson 6-10)
Spring 2 – 4 Weeks 22/2 – 19/3 (1 x Fitness Week/3 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 4 – Show Me the Money		Fitness Challenge 4 – Show Me the Money		Fitness Challenge 4 – Show Me the Money	
Weeks 2-4	BADMINTON (Lesson 1-6)		FOOTBALL (Lesson 1-6)		FOOTBALL (Lesson 1-6)	
Summer 1 – 8 Weeks 5/4 – 28/5 (1 x Fitness Week/7 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 5 – Strength – Tug of War		Fitness Challenge 5 – Strength – Tug of War		Fitness Challenge 5 – Strength – Tug of War	
Weeks 2-7	TRACK/FIELD ATHLETICS (Lesson 1-10)	S & F (Lesson 11-14)	TRACK/FIELD ATHLETICS (Lesson 1-10)	TENNIS (Lesson 11-14)	TENNIS (Lesson 1-6)	S & F (Lesson 7-14)
Summer 2 – 6 Weeks 7/6 – 9/7 (1 x Fitness Week/3 x Weeks of Activities /1 x Options Week)						
Week 1 Fitness Week	Fitness Challenge 6 – Orienteering Work Out		Fitness Challenge 6 – Orienteering Work Out		Fitness Challenge 6 – Orienteering Work Out	
Weeks 2-5	TENNIS (6 x Lesson)		S&F (6 x Lesson)		TRACK/FIELD ATHLETICS (6 x Lesson)	

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Year 9 – Creativity & Tactics

Block	Boys Set		Girls Set		Mixed Set	
Autumn 1 – 7.5 Weeks 26/8 – 15/10 (1 x Fitness Week /6 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 1 – Team Bleep Test		Fitness Challenge 1 – Team Bleep Test		Fitness Challenge 1 – Team Bleep Test	
Weeks 3-8	RUGBY (Lesson 1-6)	MINOR SPORTS (Lesson 7-12)	NETBALL (Lesson 1-6)	BADMINTON (Lesson 7-12)	BADMINTON (Lesson 1-6)	RUGBY (Lesson 7-12)
Autumn 2 – 8 Weeks 26/10 - 18/12 (1 x Fitness Week/5 x Weeks of Activities/2 Weeks of Interform)						
Week 1 Fitness Week	Fitness Challenge 2 – Circuit Training		Fitness Challenge 2 – Circuit Training		Fitness Challenge 2 – Circuit Training	
Weeks 2-7	BASKETBALL (Lesson 1-5)	NETBALL (Lesson 6-10)	RUGBY (Lesson 1-5)	BASKETBALL (Lesson 6-10)	NETBALL (Lesson 1-5)	LEADERSHIP (Lesson 6-10)
2 WEEK INTERFORM COMPETITION – Football/Netball/Dodgeball/Cross Country (23/11-4/12)						
Spring 1 – 5.5 Weeks 5/1 – 12/2 (1 x Week of KS4 Taster Sessions/5 x Weeks of Activities)						
Week 1 KS4 Tasters	GCSE PE & Sports Studies Taster Sessions		GCSE PE & Sports Studies Taster Sessions		GCSE PE & Sports Studies Taster Sessions	
Weeks 2-6	FOOTBALL (Lesson 1-5)	LEADERSHIP (Lesson 6-10)	MINOR SPORTS (Lesson 1-5)	LEADERSHIP (Lesson 6-10)	BASKETBALL (Lesson 1-5)	MINOR SPORTS (Lesson 6-10)
Spring 2 – 4 Weeks 22/2 – 19/3 (1 x Fitness Week/3 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 4 – Show Me the Money		Fitness Challenge 4 – Show Me the Money		Fitness Challenge 4 – Show Me the Money	
Weeks 2-4	BADMINTON (Lesson 1-6)		FOOTBALL (Lesson 1-6)		FOOTBALL (Lesson 1-6)	
Summer 1 – 8 Weeks 5/4 – 28/5 (1 x Fitness Week/7 x Weeks of Activities)						
Week 1 Fitness Week	Fitness Challenge 5 – Strength – Tug of War		Fitness Challenge 5 – Strength – Tug of War		Fitness Challenge 5 – Strength – Tug of War	
Weeks 2-7	TRACK/FIELD ATHLETICS (Lesson 1-10)	S & F (Lesson 11-14)	TRACK/FIELD ATHLETICS (Lesson 1-10)	TENNIS (Lesson 11-14)	TENNIS (Lesson 1-6)	S & F (Lesson 7-14)
Summer 2 – 6 Weeks 7/6 – 9/7 (1 x Fitness Week/3 x Weeks of Activities /1 x Options Week)						
Week 1 Fitness Week	Fitness Challenge 6 – Orienteering Work Out		Fitness Challenge 6 – Orienteering Work Out		Fitness Challenge 6 – Orienteering Work Out	
Weeks 2-5	TENNIS (6 x Lesson)		S&F (6 x Lesson)		TRACK/FIELD ATHLETICS (6 x Lesson)	