

KS3 Knowledge based curriculum

	Autumn Term		Spring Term		Summer Term	
Year Group	Theory	Practical	Theory	Practical	Theory	Practical
7	Warm ups, Cool downs and the benefits of participation	Rugby, Netball, Dance, Badminton	Introduction to the skeletal System to include bones and Joints.	Rugby, Netball, Dance, Badminton, OAA	Energy Expenditure	Athletics, Rounders, Cricket
8	Components of Fitness	Rugby, Handball, Gymnastics, Basketball	The structure and function of muscles	Rugby, Handball, Gymnastics, Basketball, OAA	Aerobic and Anaerobic Thresholds	Athletics, Rounders, Cricket, Stoolball
9	Training Methods	Handball, Table Tennis, Netball, Badminton	The effects of exercise; immediate, short and long term	Handball, Table Tennis, Netball, Badminton, OAA	Injury prevention and first aid	Athletics, Rounders, Ultimate Frisbee