



Fulbrook Physical Education Journey

KS3 Sports

Health Related Fitness

Health related fitness will work on the multiple components of fitness and skills components. Pupils will complete various ways of exercise and will begin to understand how exercise affects the body



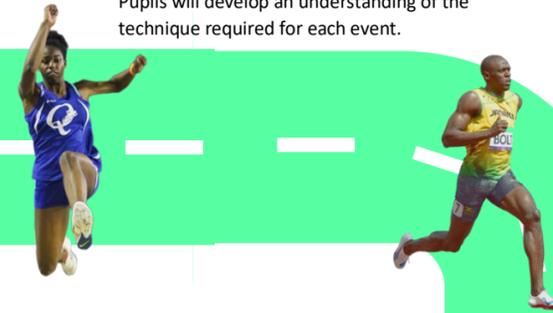
Cricket

Pupils will complete a Cricket unit of work that will recap on the key elements needed to play Cricket. These include throwing, catching, fielding, striking and the rules of Cricket. A variety of skills and games will allow pupils to progress effectively. Field positioning and batting/bowling tactics are introduced.



Athletics Track & Field

Athletics lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. Pupils will develop an understanding of the technique required for each event.



Aim High

Work Hard

Be Kind

No Excuses

Sport Education

A unit of work focussing on pupils development around sport. This includes assigning roles including team manager, equipment organiser, coach, fitness coach and referee. Developing pupils ethos of teamwork



Summer Term

Rounders

The pupils will complete a Rounders unit that will recap key aspects such as throwing, catching, striking, fielding, rules and gameplay elements.. Tactics and positioning will be introduced to this unit.



Personal Excellence

Respect & Friendship

Inspiration

Determination

Equality

Spring Term

Rugby

The Rugby unit will comprise of passing, running with the ball and handling the ball. Pupils will progress onto Contact rugby where they learn about tackling, rucks, mauls, kicking and scrums.



Basketball

Pupils complete a unit of Basketball whilst concentrating on core skills such as dribbling, passing and shooting. Further development of decision making in game situations, defensive strategies and positioning.



Handball

The unit of Handball will focus on the key skills needed to play the game which include, passing, dribbling, shooting and defending. Pupils will develop their understanding of the game and the rules of the game.



Fixtures Each Year

Below Are The Fixtures Fulbrook Compete In Across The Year

- Cricket
- Athletics
- Basketball
- Sport for all
- Football
- Netball
- Rugby



Autumn Term

Gymnastics

Pupils continue to develop their core skills within gymnastics, such as jumping and rotating. Pupils can progress onto the different levels of springboard and the vault whilst concentrating on looking aesthetically pleasing.



Netball

Pupils will focus on key skills such a passing, shooting, marking whilst adopting a special awareness and begin learning the positions for 7-a-side Netball. Pupils will develop their tactics and decision making.



Football

Pupils complete a unit of football focussing on improving fundamental skills learnt at KS2 that include passing, dribbling, defending, shooting and positions. There is a good combination of skill development, gameplay, tactical awareness, strategy and scenarios.



Dodgeball

Pupils build upon their pre-existing skills and look at their consistency with catching, throwing, dodging and shooting at a target. Pupils will also focus again on gameplay and sportsmanship within this unit.



Your Physical Education Journey starts here ...

