KEY

STAGE

Kettlebrook Short Stay School

KS3 PE 2025-26

THE ROAD AHEAD TO YOUR FUTURE

Sports Coach | Dieticians | Personal Trainer | Athlete |

<u>B</u>.

omechanistic | PE Teacher

Personal Challenge & Celebration SUMMER 2



- Set goals and plan
- Build consistency
- Learn from experience
- Gather portfolio items
- Share achievements
- Recognise effort and growth

SUMMER 1

- · Build strength safely
- Improve balance and posture
- Learn safe technique
- · Combine strength and cardio
- Understand body needs
- Present progress





Tactical Play

Football &

SPRING 2

- Develop footwork and touch
- Improve accuracy and timing
- Learn power and direction
- Understand roles and movement
- Apply tactics
- Reflect on performance

SPRING 1

- Explore types of exercise
- Build core control
- Improve range of motion
 Boost heart health
- Boost heart health
- Set and track progress
- Link exercise to mental health





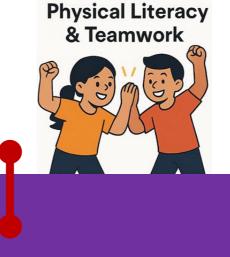
AUTUMN 2



- Develop control and coordination
- Improve accuracy and teamwork
- Build movement and control
- Learn aiming and power
- Apply skills in gameplay through
- Celebrate skill development

AUTUMN 1

- Develop basic movement and coordination
- Build trust and coordination with a partner
- Practice teamwork and communication
- Understand space and rules in simple gamesStrengthen collaboration through challenges
- Reflect and celebrate progress





Coming From Key Stage 2; Referral; Induction