

KEY
STAGE
3

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

Strength & Conditioning



Football & Tactical Play



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
- Set and track progress
- Link exercise to mental health

Fitness & Wellbeing



Ball Skills & Invasion Games



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 games
- Strengthen collaboration through challenges
- Reflect and celebrate progress

Physical Literacy & Teamwork



Coming From Key Stage 2; Referral;
Induction

‘The more that you read, the more things you will know. The more that you learn, the more places you’ll go.’ – Dr. Seuss