

P.E. KS3 – Programme of Study

Movement	Using skills, techniques	Health and fitness	Competition	Movement	Using skills, techniques
Develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance, climbing]	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	To be physically active for sustained periods time and lead healthy, active lives. To understand how different types of training impact on their fitness	Continue to take part regularly in competitive sports and activities	Develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance, climbing]	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]

