



The Warwick School



Key Stage 3 PE subject skills and topics

This document outlines the topics and skills that Key Stage 3 students will study through Years 7-9, in PE. For a more detailed breakdown of subject criteria please refer to the KS3 progress grids on the website; <http://www.warwick.surrey.sch.uk/for-parents/key-stage-3-progress-grids/>

Curriculum year	Topics and/or skills studied
Year 7	<ul style="list-style-type: none">• Components of physical and skill-related fitness• Training methods• Training principles• Fitness tests• Practical activities from a variety of invasion games. net games, striking and fielding games, athletic activities, OAA, dance and gymnastic activities
Year 8	<ul style="list-style-type: none">• Components of physical and skill-related fitness and how to apply them• Training methods• Training principles• Fitness tests• Practical activities from a variety of invasion games. net games, striking and fielding games, athletic activities, dance and gymnastic activities
Year 9	<ul style="list-style-type: none">• Components of physical and skill-related fitness and how to plan for improvements in them• Training methods• Training principles• Fitness tests• Practical activities from a variety of invasion games. net games, striking and fielding games, athletic activities, dance and gymnastic activities