

Saffron Valley Collegiate KS3 Curriculum Map
September 2025 to July 2026
Subject: Physical Education and Sport

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Introduction to Invasion Game Skills (Hand Ball/dodgeball)</p> <p>Key focus: Agility; Coordination; teamwork.</p>	<p>Introduction to Invasion Game Skills (Dodgeball, Tag.)</p> <p>Key focus: Upper Body Coordination, Agility.</p>	<p>Further introduction to Invasion Game Skills (Small sided games.)</p> <p>Key focus: Aerobic & anaerobic fitness; teamwork.</p>	<p>Further introduction to Invasion Game Skills (Small sided games.)</p> <p>Key focus: Aerobic & anaerobic fitness; teamwork.</p>	<p>Introduction to Net/Wall Game Skills (Tennis) & Striking and Fielding Games (Rounders)</p> <p>Key focus: Game & Skill Basics; varied shots and returns, serving (Tennis). Batting and Fielding (Rounders) (Coordination)</p>	<p>Introduction to Net/Wall Game Skills (Tennis) & Striking and Fielding Games (Rounders)</p> <p>Key Focus: Varied shots/strikes, (Coordination) & decision making (Strategy)</p>
Year 8	<p>Development of Invasion Games (Hand Ball/Dodgeball) Game Play</p> <p>Key focus: Agility; Coordination; Teamwork; Strategy</p>	<p>Development of Invasion Games (Dodgeball, Tag) Game Play</p> <p>Key focus: Upper Body, Coordination, Communication, Agility.</p>	<p>Development of Invasion Games/Track & Field (Small sided games, relays.) Game Play</p> <p>Key focus: Cardiovascular and Muscular Endurance and teamwork, anaerobic fitness.</p>	<p>Development of Invasion Games/Track & Field (Small sided games, Relays & Fitness) Game Play</p> <p>Key focus: Cardiovascular and Muscular Endurance and teamwork, anaerobic fitness.</p>	<p>Development of Net/Wall Game Play (Tennis) & Striking and Fielding Games (Rounders)</p> <p>Key focus: Serving & returns; striking and catching (Coordination); Decision making (Strategy).</p>	<p>Development of Net/Wall Game Play (Tennis) & Striking and Fielding Games (Rounders)</p> <p>Key focus: Serving, returning, back hands. Striking (including backhand) , catching and decision making (Strategy)</p>
Year 9	<p>Performance in Invasion Games (Hand Ball/Dodgeball) and Net/Wall Games (Tennis)</p> <p>Key focus: Agility; Coordination; Teamwork; Strategy; Performance.</p>	<p>Performance in Invasion Games (Dodgeball, Tag.)</p> <p>Key focus: Upper body & hand eye coordination; cognitive skills (Strategy, psychological control); Performance</p>	<p>Performance in Invasion Games/Track & Field (Small sided games, relays) and leadership.</p> <p>Key focus: Cardiovascular and Muscular Endurance and teamwork. Leadership skills.</p>	<p>Performance in Invasion Games/Track & Field (Small sided games, relays) and leadership.</p> <p>Key focus: Anaerobic fitness & Leadership skills.</p>	<p>Performance in Net/Wall Game Play (Tennis) & Striking and Fielding Games (Rounders)</p> <p>Key focus: Serving returning (Coordination) and doubles; teamwork.</p>	<p>Performance in Net/Wall Game Play (Tennis) & Striking and Fielding Games (Rounders)</p> <p>Key focus: Serving, varied shots (Coordination) and working in pairs.</p>