Physical Education department – KS3 IS Excellence

Autumn 1	Rugby and Netball
Autumn 2	Volleyball and trampolining
Spring 1	Football and basketball
Spring 2	Tennis and Health related exercise
Summer 1	Athletics
Summer 2	Cricket and rounders





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What could you do to improve your knowledge and understanding and core skills in rugby and netball? (Autumn 1)

Watch		Read		Listen	(()
Rugby	Netball	Legacy — James Kerr THE INTERNATIONAL BETSELLER JAMES KERR LEGACY WHAT THE ALL BLACKS CAN TEACH US ABOUT THE BUSINESS OF LIFE ANYELSEN ANYELSEN	Leap – Geva Mentor LEAP Linguis Alle Ling	Rugby pod cast RUGBY RUGBY NION WEEKLY 5	Netball pod cast NETBATE SHOW
Practice		What?		Who?	
Use the hyperlinks below to go to BBC bitesize to practise core skills		What is the most important position? Can you justify your view?			
1	•		•	Who is	



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What could you do to improve your knowledge and understanding and core skills in rugby and netball? (Autumn 2)

Watch		Read		Listen	()
2018 · PG · 1h 41m + PER PONT NEW YORK OAKE, DERFY MACH VOIS for Har THE MIRACLE SEASON APPLICATION OF THE PROPERTY OF THE	Volleyball – Miracle season	Taylor Reed MENTAL TOUGHNESS FOR YOUNG VOLLEYBALL PLAYERS TAYLOR REED	Jack Kelly Over & Above Is repose dymatics Tomack Mr. 10 Jack Felly Over & Above	Therapeutic effects	The Volleyball podcast
Practice		What?		Who?	
Volleyball	Trampolining	What are the different types of trampoline routines, and how are they judged in competitions? What are the most important skills for success in volleyball?		Who is Wilfredo Leon	Bryony Page