

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


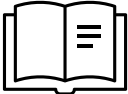



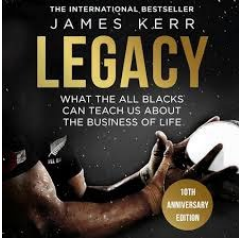
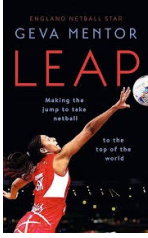






CAISTER ACADEMY
Creative Education Trust
School of Literature
and Performing Arts

Be An Excellent Sportsperson

#LovetoLearn

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

Watch 	Read 	Listen 
<div> <div>Rugby</div>  </div> <div> <div>Netball</div>  </div>	<div> <div>Legacy – James Kerr</div>  </div> <div> <div>Leap – Geva Mentor</div>  </div>	<div> <div>Rugby pod cast</div>  </div> <div> <div>Netball pod cast</div>  </div>
Practice	What?	Who?
<p>Use the hyperlinks below to go to BBC bitesize to practise core skills</p> <div> <div>Rugby techniques</div> <div>Netball techniques</div> </div>	<p>What is the most important position? Can you justify your view?</p> <p>What components of fitness are essential to improve your performance?</p>	<p>Who is.....</p> <div>  <div>Maro Itoje</div> </div> <div>  <div>Fran Williams</div> </div>


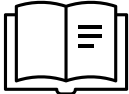

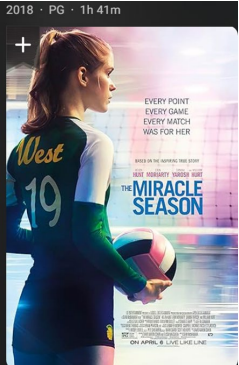
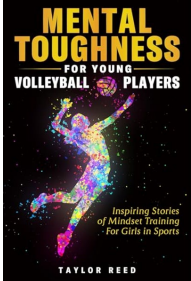
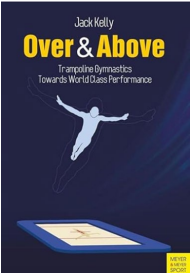
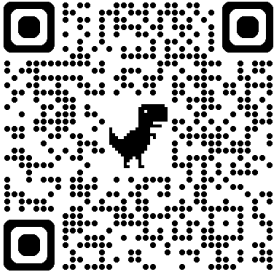
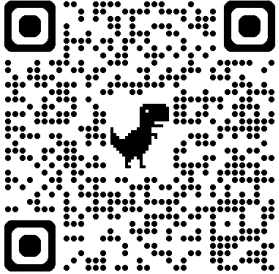
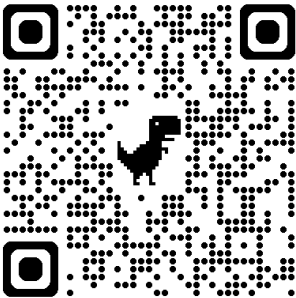





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What could you do to improve your knowledge and understanding and core skills in rugby and netball? (Autumn 2)

Watch 	Read 	Listen 
 <p>Volleyball – Miracle season</p>	<p>Taylor Reed</p>  <p>Jack Kelly</p> 	<p>Therapeutic effects</p>  <p>The Volleyball podcast</p> 
Practice	What?	Who?
<p>Volleyball</p>  <p>Trampolining</p> 	<p>What are the different types of trampoline routines, and how are they judged in competitions?</p> <p>What are the most important skills for success in volleyball?</p>	<p>Who is.....</p>  <p>Wilfredo Leon</p>  <p>Bryony Page</p>