



WESTBOURNE  
ACADEMY



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# The Westbourne Academy KS3 Physical Education Journey

## Embedding Skills & Knowledge within Physical Education

### Yr 9 Progression Evening



#### Cricket

Yr 7 - Throwing/Catching/Hitting  
Yr 8 - Shot Making/Fielding/Throwing at Wickets  
Yr 9 - Fielding Positions/Running/Rules/Scoring

#### Leadership

Yr 9 - Top Leader/Role of Leader/  
Organising an event



### Show Your Commitment!

#### Extracurricular Clubs

- Netball
- Futsal
- Trampolining
- Hip Hop
- Table Tennis
- Fitness
- Basketball
- Cricket
- Rounders

#### Handball

Yr 7 - Throwing/Catching/Moving with ball  
Yr 8 - Principles of attack and defence  
Yr 9 - Tactics & Strategies of game play



#### Inter-House Competition



#### Tennis

Yr 7 - Footwork/Forehand strokes/Volleying/Serve  
Yr 8 - Backhand/Rules/Singles Scoring  
Yr 9 - Doubles Scoring/Forehand/Backhand Strokes



#### Inter-House Competition



#### Fitness

Yr 7 - HIIT/AMRAP/TABATA  
Yr 8 - HIIT/AMRAP/TABATA  
Yr 9 - Fitness Suite/HIIT/Boxfit



Year  
9

#### Basketball

Yr 7 - Dribbling/Passing/Lay ups/Shooting  
Yr 8 - Breaks/Zone/MtoM/Adopting roles  
Yr 9 - Attacking & Defending as a team



#### Football

Yr 7 - Passing/Receiving/Outwitting/Defending  
Yr 8 - Travel/Space/Maintaining Possession  
Yr 9 - Defence → Attack/Formations/Positions



#### Athletics

Yr 7 - Throws/Jumps/Runs  
Yr 8 - Phases of Throws/Jumps/Runs  
Yr 9 - Event Pacing/Relays/Technical Improvement



Personal Excellence ☒

Respect & Friendship ☒

Inspiration ☒

Determination ☒

Equality ☒

Year  
8



#### Badminton

Yr 7 - Underarm Serve/Drop Shot/Smash/Overhead Clear  
Yr 8 - Umpiring and Scoring  
Yr 9 - Singles / Doubles strategies and Tactics



#### Dodgeball

Yr 7 - Throwing/Catching/Dodging  
Yr 8 - Target Throwing/Teamwork  
Yr 9 - Strategy/Tactics/Gameplay

#### Netball

Yr 7 - Passing/Space/Footwork/Defending  
Yr 8 - Dodging/Marking/Attacking  
Yr 9 - Attacking/Regaining possession/Teamwork



#### Trampolining

Yr 7 - Jumps/Drops/Twists → Routine composition  
Yr 8 - Twisting drops/Rotation → Routine performance  
Yr 9 - Drop Analysis/Rotation/Tariffing → Routine  
Performance & Coaching



### Fixtures Each Year

- Athletics
- Football
- Table Tennis
- Netball
- Cross Country
- Futsal
- Trampolining



Year  
7

#### Physical Assessment



#### Inter-House Competition

#### Rugby

Yr 7 - Passing/Ball Presentation/Tackling  
Yr 8 - Rucking/Kicking/Tackling/Games  
Yr 9 - Mauling/Positions/Games



## Your Key Stage 3 Physical Education Journey