



WESTBOURNE
ACADEMY



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@WestbournePE

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

Rounders

Yr 7 - Throwing/Catching/Hitting
Yr 8 - Fielding/Post Running/Rules
Yr 9 - Target Hitting/Deep Catching



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 9 - Fitness Suite/HIIT/Boxfit



Inter-House Competition

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

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

Dance

Yr 7 - Style/Genre/Devices/Sequences
Yr 8 - Stimuli/Motifs/Group Pieces



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



Rugby

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

Inter-House Competition



Physical Assessment



Your Key Stage 3 Physical Education Journey