



ABINGDON

HOUSE SCHOOL

Curriculum map overview for KS3: 2025/26

Term (Weeks)	Topic/Unit (weeks)	Key Objectives	Type of assessment
Week 1 (First full week)	Initial evaluation	This is the time to establish routines with the children, fostering positive relationships, and gaining a clear understanding of their individual learning needs.	
Autumn 1 (7)	British Dodgeball (7)	<ol style="list-style-type: none">1. Throwing - Develop throwing variations and throwing as part of a team.2. Catching - Develop catching technique and decision making.3. Dodging - Develop dodging strategies and fluid movement.4. Blocking - Develop directional blocking technique.5. Tactics - Develop strategies for attacking	Observation in Match

		<p>as a team.</p> <p>6. Performance - Apply skills and tactics learned in game situations.</p>	
Autumn 1 (7)	Health & Fitness (7)	<ol style="list-style-type: none"> 1. Fitness Components - Identify the components of fitness (e.g., cardiovascular, muscular strength). 2. Principles of Training - Understand the principles of training (FITT, overload, progression) 3. Health and Safety - Use gym and fitness equipment safely and effectively. 4. Fitness - Design and follow a personal fitness plan. 5. Health - Monitor and evaluate heart rate and performance data. 6. Health - Understand how lifestyle choices affect health and wellbeing. 7. Types of Training - To understand how different types of physical activity affect the body and contribute to overall health and fitness. 	Observation and project
Autumn 2 (7)	Football (7)	<ol style="list-style-type: none"> 1. Passing - Develop accurate passing using both feet over short and long distances. 2. Dribbling & Ball Control - Improve dribbling control under pressure from opponents. 3. Tactics - Apply basic attacking and defending tactics in small-sided games. 4. Shooting - Demonstrate correct shooting technique using different parts of the foot. 5. Tactics - Understand and apply the rules of the game, including offside 	Observation in Match

		<p>and fouls.</p> <p>6. Tactics - Develop communication and teamwork in a match setting</p> <p>7. Performance - Reflect on performance and identify personal areas for improvement.</p>	
Autumn 2 (7)	Basketball (7)	<ol style="list-style-type: none"> 1. Passing - Perform basic passing techniques (chest, bounce, overhead) accurately. 2. Dribbling - Dribble with control under pressure. 3. Shooting - Demonstrate correct shooting technique (set shot, lay-up). 4. Tactics - Apply attacking and defending strategies in small-sided games. 5. Ruling - Understand and follow the basic rules and scoring system. 6. Tactics - Develop communication and teamwork in competitive play. 7. Performance - Analyse performance and suggest ways to improve skills or tactics. 	Observation in Match
Spring 1 (6)	Netball (6)	<ol style="list-style-type: none"> 1. Basics - Develop Fundamental Netball Skills 2. Ruling - Apply Rules and Regulations of Netball and apply basic rules of Netball 3. Tactics - Enhance Tactical Awareness implement offensive and defensive strategies 4. Teamwork - Improve Teamwork and Communication both verbal and non-verbal to 	Observation in Match

		<p>work collaboratively</p> <ol style="list-style-type: none"> Fitness - Develop Physical Fitness and Agility that applies specifically to Netball Tactics - Understand Roles and Responsibilities of Each Position Performance - Reflect on Performance and Set Goals for Improvement 	
Spring 1 (6)	Athletics (Cross-Country, Long and Middle Distance) (6)	<ol style="list-style-type: none"> Understand the importance of pacing - distribute effort effectively over a middle-distance or cross-country course. Develop correct running technique - including posture, arm movement, breathing control, and stride efficiency. Improve cardiovascular endurance and muscular stamina - through consistent training and participation in running activities. Set personal goals and monitor progress - using timing and distance to track performance and improvement. Demonstrate resilience and perseverance - completing running challenges and pushing through physical and mental fatigue. Apply warm-up and cool-down routines - appropriately, understanding their importance for injury prevention and recovery. Evaluate and reflect on performance - identifying strengths and areas to improve technique, pacing, or fitness. 	Observation in Event and Project
Spring 2 (6)	Handball (6)	<ol style="list-style-type: none"> Passing - Perform accurate passing and catching under pressure. Shooting - Develop effective shooting techniques from different positions. 	Observation in Match

		<ol style="list-style-type: none"> Tactics - Understand and apply offensive and defensive tactics. Basics - Demonstrate correct footwork and movement with the ball. Tactics - Develop spatial awareness and decision-making during gameplay. Tactics - Work cooperatively in teams to achieve success. Performance - Reflect on team and individual performance and suggest improvements. 	
Spring 2 (6)	Hockey (6)	<ol style="list-style-type: none"> Dribbling and Ball Control - Perform basic dribbling and ball control with a hockey stick. Passing - Pass and receive the ball accurately using push and slap passes. Tactics - Understand and apply the rules of hockey safely. Defending - Develop basic tackling techniques. Tactics - Apply simple attacking and defensive strategies in games. Tactics - Use spatial awareness and teamwork in match play. Performance - Analyse game play and suggest areas for improvement. 	Observation in Match
Summer 1 (5)	Athletics (Sprints and Field Events) (5)	<ol style="list-style-type: none"> Develop correct sprinting technique - Perform a range of running events with proper technique (sprints, middle distance). Develop correct jumping technique - Demonstrate correct techniques for jumping 	Observation in Event and Project

		<p>events (e.g; long jump and triple jump).</p> <ol style="list-style-type: none"> Develop throwing technique - Perform throwing events with appropriate technique (shot put, javelin). Performance - Improve personal bests through focused practice and effort. Ruling - Understand and apply rules and safety considerations. Fitness - Recognise how different training affects performance. Performance - Evaluate own performance and identify strengths and areas for development. 	
Summer 1 (5)	Football (5)	<ol style="list-style-type: none"> Passing - Develop accurate passing using both feet over short and long distances. Dribbling and Ball Control - Improve dribbling control under pressure from opponents. Tactics - Apply basic attacking and defending tactics in small-sided games. Shooting - Demonstrate correct shooting technique using different parts of the foot. Tactics - Understand and apply the rules of the game, including offside and fouls. Tactics - Develop communication and teamwork in a match setting. Performance - Reflect on performance and identify personal areas for improvement. 	Observation in Match

Summer 2 (6)	OOA (6)	<ol style="list-style-type: none"> 1. Map Reading - Develop basic map reading and orienteering skills. 2. Problem Solving - Demonstrate teamwork and problem-solving in outdoor tasks. 3. Teamwork - Communicate effectively within a group to achieve a common goal. 4. Resilience - Show resilience and adaptability in unfamiliar environments. 5. Health and Safety - Understand and manage risk and safety in outdoor settings. 6. Teamwork - Work collaboratively to complete navigation or physical challenges. 7. Performance - Reflect on group dynamics and personal contribution to tasks 	Observation in Lesson
Summer 2 (6)	Rounders (6)	<ol style="list-style-type: none"> 1. Batting and Fielding - Develop and apply fundamental batting and fielding techniques 2. Ruling - Understand and apply the rules and scoring system of Rounders 3. Tactics - Improve decision-making tactical awareness 4. Tactics - Demonstrate teamwork and communication skills 5. Performance - Evaluate and improve personal performance 6. Fitness - Understand the importance of warm-ups, cool-downs and fitness in rounders 7. Ruling - Participate safely and fairly, showing respect for rules and others 	Observation in Match

Dance and Gymnastics hire someone who can teach wednesday enrichment or lunch club