

KS3 Curriculum Overview



Subject: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Fitness baseline <ul style="list-style-type: none"> Speed Agility Fitness Muscular endurance Basketball <ul style="list-style-type: none"> Passes Bounce the ball whilst moving Shoot towards the goal Catching the ball 	Dance <ul style="list-style-type: none"> Performs a basic routine or sequence Can begin to understand timing and spatial awareness Can copy a routine Health related fitness <ul style="list-style-type: none"> Following instructions Perform a warmup routine Following health and safety instructions Use a range of fitness related equipment 	Trampolining <ul style="list-style-type: none"> Straight bounces Safety Perform a pike jump Perform a straddle jump Stopping Twist Target games <ul style="list-style-type: none"> Kurling Boccia Archery Frisbee Golf 	Outdoor and adventurous activities <ul style="list-style-type: none"> Basic map reading Developing team building skills Outdoor Safety Badminton <ul style="list-style-type: none"> Racquet familiarisation Moving and receiving a shot Forehand serve Overhead clear 	Swimming <ul style="list-style-type: none"> Water confidence Developing basic stroke technique Exploring floating and moving Going under water Getting their face wet Going into the swimming pool Moving around independently in the pool Front and back floating and swimming Correcting body position in the pool from floating 	Athletics <ul style="list-style-type: none"> Running Throwing Jumping Athletic skills Taking part in athletic competitions Rounder's <ul style="list-style-type: none"> Contact with the ball Bowling Fielding Batting Knowledge development
Links to RRS / PFA and SMSC:	PFA -Employment, Community Inclusion, Health SMSC - Spiritual , Social development, Cultural development RRS - 13, 15, 23, 24, 28, 29, 31					
Year 8	Fitness baseline <ul style="list-style-type: none"> Speed Agility Fitness Muscular endurance 	Tag rugby <ul style="list-style-type: none"> Develop passing skills Apply passing skills to a game situation To demonstrate how to score in tag rugby 	Target games <ul style="list-style-type: none"> Kurling Boccia Archery Frisbee Golf 	Badminton <ul style="list-style-type: none"> Hold badminton racket using the correct grip 	Cricket <ul style="list-style-type: none"> Defensive shot Backward defensive shot Front foot drive Cut shot 	Athletics <ul style="list-style-type: none"> Running Throwing Jumping Athletic skills

	<p>Basketball</p> <ul style="list-style-type: none"> • Dribble one handed with left and right hand • Perform a chest and bounce pass • Perform a set shot • Perform a lay up • Place attack and defensive positions 	<ul style="list-style-type: none"> • Beating an opponent • Compete in a game of tag rugby <p>Health related fitness</p> <ul style="list-style-type: none"> • Operate gym equipment safely • following Preparing for exercise • Follow safety procedures • Gym etiquette • Introduction to different types of fitness activities 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Linking movements • Perform a jump from two feet • Perform using one prop • Combine movements to develop an entire routine <p>Trampolining</p> <ul style="list-style-type: none"> • Perform a seat drop • Perform a full twist • Seat drop half twist • Front drop 	<ul style="list-style-type: none"> • Change between backhand and forehand grips • Perform different strokes • Perform different actions <p>Outdoor and adventurous activities</p> <ul style="list-style-type: none"> • Basic map reading • Developing team building skills • Outdoor Safety • Den building 	<p>Football</p> <ul style="list-style-type: none"> • Understanding the rules in football • Take part in football sessions • Explain the correct passing technique • Control the ball 	<ul style="list-style-type: none"> • Taking part in athletic competitions <p>Rounder's</p> <ul style="list-style-type: none"> • Bowl with appropriate grip, stance, balance and timing • Bowl with appropriate grip, direction and footwork • Field by catching retrieving and throwing.
<p>Links to RRS / PFA and SMSC</p>	<p style="text-align: center;">PFA-Employment, Community Inclusion, Health SMSC- Spiritual , Social development, Cultural development RRS- 13, 15, 23, 24, 28, 29, 31</p>					
<p>Year 9</p>	<p>Football</p> <ul style="list-style-type: none"> • Passing and moving • Controlling the ball • Attacking skills • Defending • Shooting • Developing skills and game play <p>Fitness baseline</p> <ul style="list-style-type: none"> • Speed 	<p>Tag rugby</p> <ul style="list-style-type: none"> • To developing tag rugby skills through play • Developing 2v1 techniques • Developing attacking skills • To apply skills and tactics to a game <p>Health related fitness</p>	<p>Table tennis</p> <ul style="list-style-type: none"> • Ready position and racket familiarisation • Forehand push • Backhand push • Serving • Tactics • Game play <p>Trampolining</p>	<p>Hockey</p> <ul style="list-style-type: none"> • To develop tactics • To outwit opponents • To develop attacking and defending skills • To develop knowledge on the different passes in Hockey 	<p>Cricket</p> <ul style="list-style-type: none"> • Perform a variety of batting shots • Run between wickets and back up effectively • Bowl overarm • Field the ball in at least four ways <p>Tennis</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Running • Throwing • Jumping • Athletic skills • Taking part in athletic competitions <p>Rounders</p> <ul style="list-style-type: none"> • Warm up appropriately

	<ul style="list-style-type: none"> • Agility • Fitness • Muscular endurance 	<ul style="list-style-type: none"> • Run on the treadmill 25 minutes • Use the cross trainer for 12 minutes • Row on the machines for 6 minutes • Perform ten muscle movements 	<ul style="list-style-type: none"> • Perform half twist to seat drop • Perform front drop • Perform a backdrop • Hands and knees forward turnover 	<p>Outdoor and adventurous activities</p> <ul style="list-style-type: none"> • Orienteering • Identify three locations by looking at given photographs • Identifying locations • Creating own map • Mountain biking 	<ul style="list-style-type: none"> • Know how to outwit and opponent • Be able to rally • Doubles play • Return the ball cross court • Ground strokes 	<ul style="list-style-type: none"> • Plan tactics and strategies to outwit an opponent • Grasp the principal rules and etiquette of the game
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