

Key Stage 3 Curriculum Journey: Physical Education

The KS3 curriculum in PE will provide pupils with the opportunity to develop their physical fitness, technical skills, tactical understanding, and decision making. We aim to broaden pupils' sporting experience by completing a range of sports during their KS3 journey in PE. Y7 focuses on the development of predominantly core skills across a range of sports and activities. Please note- The curriculum journey and activities that each class follows will vary slightly based on the teaching area available to them at that time. Below is just an example

YEAR 7 CURRICULUM JOURNEY							
	Half Term I	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6	
Topic	TARMAK THANK	TARMAK NETSALL—SOOL				ORIEN RERING	
	Baseline assessment	Football- Core skills & Netball- Core skills	Developing physical fitness & Gymnastics	Table Tennis- core skills &Athletics	Badminton	Orienteering	
Key Knowledge, Skills & Understanding	 Pupils will take part in 4 different sports in 8 weeks to allow teachers to gain a baseline of pupil's ability Pupils will demonstrate their core skills during this period. Develop an understanding of the basic rules and regulations of 4 sports. Know how to lead an effective warm up to their peers. 	Pupils will learn core skills including Football Passing and receiving. Passing, receiving (movement), turning. Defending IvI Maintaining possession to score Netball Passing and footwork Creating space/outwitting opponents Defending/ 3 stages of defence Positional responsibilities	Pupils will learn core skills including Fitness Safety & Importance of Warm Up & Cool Down. Heart Rates Before, During and After Exercise Progressive Overload Components of a fitness session Rugby PTB / Marker Systems, Defensive structure. Tackling safety Ball Control: Grip, Catch and Carry Passing Decision Making	Pupils will learn core skills including Table tennis Grip and backhand push Service and forehand push Forehand topspin Backhand topspin Athletics Sprinting technique and starts Relay technique Shot putt Long Jump	Pupils will learn core skills including Badminton Racket familiarisation and footwork. Low serve (backhand) and overhead clear. Overhead drop and long serve Net lift/clear	Pupils will learn core skills including Orienteering Coordinates Map reading Team orienteering Problem solving Dance Motif replication/Lyrical genre. Motif replication Jazz/modern genre Range of movements to replicate Motif replication/Commercial	
KS3 National Curriculum Links	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Take part in intellectual and physical challenges Team, building on trust and developing skills to solve problems, either individually or as a group Perform dances using advanced dance techniques within a range of dance styles and forms 	
MAPs	Students will be continually assessed over the course of the first 8 weeks.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	



Key Stage 3 Curriculum Journey: Physical Education

The KS3 curriculum in PE will provide pupils with the opportunity to develop their physical fitness, technical skills, tactical understanding, and decision making. We aim to broaden pupils' sporting experience by completing a range of sports during their KS3 journey in PE. Y8 builds directly on the curriculum in Y7 and focuses on core and advanced skills across a range of sports and activities Please note- The curriculum journey and activities that each class follows will vary slightly based on the teaching area available to them at that time. Below is just an example

YEAR 8 CURRICULUM JOURNEY							
	Half Term I	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6	
Topic		TARMAK NETROLL METODAL				OFFICIAL	
	Football & Rugby	Netball and fitness	Handball	Table Tennis & Athletics	Badminton	Sports Season	
Key Knowledge, Skills & Understanding	Pupils will learn Football Playing out from the back. Defending principles Attacking principles Shooting Rugby Offloading & attacking space Tackling Efficiency and Wrestle. Defending strategies & Tactics Attacking strategies, manipulating the defence.	Pupils will learn Netball Timing, support play and footwork. Attacking play Marking/defending principles Positional responsibilities Fitness Circuit training Boxercise Training Zones & Maximum HR Cardiovascular Training	Pupils will learn Handball Ball familiarisation and possession Defending principles Jump Shot Attacking principles	Pupils will learn Table Tennis Grip and backhand push Forehand topspin Backhand topspin Tactical play Athletics Endurance running 800m Sprint hurdles Javelin High jump	Pupils will learn Badminton Service variety /disguise and smash Net shot and shot variety Shots in combination tactical play	Pupils will learn The role of a coach The role of an official The role of fitness coach The role of a manager Leadership skills Communication skills Develop confidence	
KS3 National Curriculum Links	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Take part in intellectual and physical challenges Team, building on trust and developing skills to solve problems, either individually or as a group 	
MAPs	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	



Key Stage 3 Curriculum Journey: (Subject)

The KS3 curriculum in PE will provide pupils with the opportunity to develop their physical fitness, technical skills, tactical understanding, and decision making. We aim to broaden pupils sporting experience by completing a range of sports during their KS3 journey in PE. Y9 focuses on the development of core skills, advanced skills and students tactical understanding and decision making across a range of sports and activities. Please note- The curriculum journey and activities that each class follows will vary slightly based on the teaching area available to them at that time. Below is just an example

YEAR 9 CURRICULUM JOURNEY							
	Half Term I	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6	
Topic		TARMAK NETBALL MATERIAL				*	
_	Football & Rugby	Netball and fitness	Handball	Gaelic football & Hockey	Badminton	Dance	
Key Knowledge, Skills & Understanding	Pupils will learn Football High press v low/medium block. Transition Counterattacking Finishing Rugby Attacking and defending strategies Decision making in and out of contact Field position	Pupils will learn Netball Use of space and court linkage Centre pass principles Tactics in attack and defence Fitness Fitness Analysing data Applying training methods to improve fitness	Pupils will learn Handball Attacking principles Defending principles Advanced shooting technique Transitions	Pupils will learn Gaelic Football Hand passing the ball and possession Hand passing the ball and possession Kick pass Possession and dispossession Hockey Grip, dribbling and handling Passing and receiving Outwitting opponent Defending	Pupils will learn Badminton Core and advanced skills Attacking strategy Defensive strategy Shot selection	Pupils will learn Dance Jazz based replication of professional work Executions of choreography Lyrical based replication of professional work	
KS3 National Curriculum Links	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	 Learn to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports 	Perform dances using advanced dance techniques within a range of dance styles and forms	
MAPs	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	Students will be assessed practically at the end of each scheme of work.	