


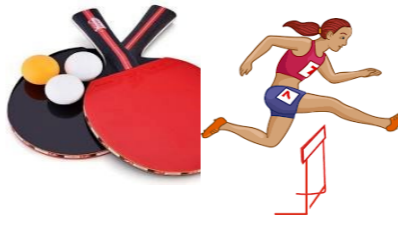




Key Stage 3 Curriculum Journey: Physical Education

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 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic						
	Baseline assessment	Football- Core skills & Netball- Core skills	Developing physical fitness & Gymnastics	Table Tennis- core skills & Athletics	Badminton	Orienteering
Key Knowledge, Skills & Understanding	<ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Passing and receiving. Passing, receiving (movement), turning. Defending lvl Maintaining possession to score Netball <ul style="list-style-type: none"> Passing and footwork Creating space/outwitting opponents Defending/ 3 stages of defence Positional responsibilities 	Pupils will learn core skills including Fitness <ul style="list-style-type: none"> Safety & Importance of Warm Up & Cool Down. Heart Rates Before, During and After Exercise Progressive Overload Components of a fitness session Rugby <ul style="list-style-type: none"> PTB / Marker Systems, Defensive structure. Tackling safety Ball Control: Grip, Catch and Carry Passing Decision Making 	Pupils will learn core skills including Table tennis <ul style="list-style-type: none"> Grip and backhand push Service and forehand push Forehand topspin Backhand topspin Athletics <ul style="list-style-type: none"> Sprinting technique and starts Relay technique Shot putt Long Jump 	Pupils will learn core skills including Badminton <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Coordinates Map reading Team orienteering Problem solving Dance <ul style="list-style-type: none"> Motif replication/Lyrical genre. Motif replication Jazz/modern genre Range of movements to replicate Motif replication/Commercial
KS3 National Curriculum Links	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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.

