

KS3 Curriculum Plan

| Year 7 | TOPIC | LP1 | LP2 | LP3 | LP4 | LP5 |
|-----------|--|---|---|--|---|---|
| | | <i>Healthy Active Lifestyles & Expectations and standards Fitness focus.</i> | <i>Fundamentals of movement through outwitting opponents Basketball and Netball focus.</i> | <i>Strategies to overcome opponents and respect Football and Rugby focus</i> | <i>Physical challenge and resilience Athletics focus</i> | <i>Technique sport specific skills and evaluation of performance Striking and fielding focus.</i> |
| Knowledge | Expectations and standards within the PE department including gym inductions. Effective and safe use of equipment in PE. The components of physical fitness and the responses to the body as a result of exercise. | Developing and securing fundamental movements skills of catching, throwing, running and kicking. Rules, regulations and scoring systems of football and rugby. The basic principles of attack and defence in invasion games and the values of teamwork, leadership and compassion | Developing and securing fundamental movements skills of catching, throwing, running and kicking, Rules, regulations and scoring systems of netball and basketball. Principles of attack and defence in court games and the values of respect, work ethic and overcoming adversity | The principles of track and field events and effective and safe use of the athletics equipment. Taking part in competitive sport and performing at maximum levels. The bodies response to exercise and the components of physical fitness needed to be successful. | Developing and securing fundamental movement skills of catching, throwing and batting. Rules, regulations and scoring systems of baseball, rounders and cricket. The principles of striking and fielding and the values of resilience, discipline and confidence. | |
| Skills | Safe and effective use of all equipment in the PE department. Knowledge and understanding of the body and fundamental movements skills needed to progress in sport. | | | | | |
| Key Vocab | Cardiovascular Endurance, Muscular Endurance, Agility, Coordination, Balance, Strength, Speed, Power, Reaction Time. | Outwit, Overcome, Dodge, Pass, Control, Leadership, Fluency, Agility, Speed, Power, Strength. | Passing, Receiving, Dodging, Shooting, Rebounding, Marking, Zone, Man to man, Footwork, Movement | Muscular Endurance, Cardiovascular Endurance, Power, Agility, Speed, Throw, Sprint, Race, Start. | Striking, Fielding, Post, Stump, Base, Bat, Bowling, Resilience, Discipline, Confidence, Spin, Accuracy, Power. | |

| Year 8 | TOPIC | LP1 | LP2 | LP3 | LP4 | LP5 |
|-----------|---|--|--|--|--|---|
| | | <i>Healthy active lifestyles and training for personal fitness Fitness focus.</i> | <i>Outwitting opponents and partnership Basketball and Netball focus.</i> | <i>Strategies to overcome opponents and respect Football and Rugby focus</i> | <i>Physical challenge and resilience Athletics focus</i> | <i>Technique sport specific skills and evaluation of performance Striking and fielding focus.</i> |
| Knowledge | Developing knowledge of the components of physical and skill related fitness and their role in training for personal fitness. The role of fitness testing and the effective use of fitness testing data. The responses and adaptations to the body as a result of exercise. | Developing proficiency of fundamental movements skills of catching, throwing, running and kicking. Advanced rules of Netball and Basketball and their scoring systems, in cooperating how to be a successful leader. Using skills and tactics as part of principles of attack and defence. Effective ways of outwitting opponents. | Developing proficiency of fundamental movements skills of catching, throwing, running and kicking. Advanced rules of netball and basketball and their scoring systems, in cooperating how to be a successful leader. Using skills and tactics as part of principles of attack and defence. Effective ways of outwitting opponents. | Performing and analysing performance in track and field events. Effective and safe set up and adherence to safety rules in track and field events. Components of skill-related and physical fitness required for track and field events. The body responses to performing at maximum levels. | Developing proficiency of fundamental movement skills of catching, throwing, batting and fielding. Advanced rules and regulations of baseball, rounders and cricket. Principles of batting and improving accuracy and power. Bowling techniques and the values of resilience, discipline and confidence. | |
| Skills | Skills and knowledge to lead a healthy active lifestyle. Sport specific skills in invasion games and competitive play | | | | | |
| Key Vocab | Cardiovascular Endurance, Muscular Endurance, Agility, Coordination, Balance, Strength, Speed, Power, Reaction Time. | Outwit, Overcome, Dodge, Pass, Control, Leadership, Fluency, Agility, Speed, Power, Strength. | Improve, Expert Movement, Techniques, Advanced, Game Knowledge, Scoring System, Command, Tactics, Outwit | Evaluate, Athletes, Technique, Agility, Strength, Power, Body, Maximal Levels, Perform | Stance, Extension/flexion, Tactical awareness, Striking/fielding, Power. | |

| Year 9 | TOPIC | LP1 | LP2 | LP3 | LP4 | LP5 |
|-----------|---|---|---|---|---|---|
| | | <i>Independence in sport and personal training Fitness focus.</i> | <i>Application of technique Basketball and Netball focus.</i> | <i>Tactics to overcome opponents</i> | <i>Analysis and improvement</i> | <i>Physical Challenge and communication</i> |
| Knowledge | Preparing and conducting fitness test independently. Analysing and evaluating personal fitness test data. Planning and delivering a 4 week training programme to improve performance. Reviewing effectiveness of training programme and introduction to principles of training. | The principles of sportsmanship and gamesmanship. The application of techniques learnt throughout KS3 to competitive play. Principles of tactics and how to use tactics to improve performance. Principles of set plays and their use in a competitive game. Understanding formation more complex sport specific skills | The principles of sportsmanship and gamesmanship. The application of techniques learnt throughout KS3 to competitive play. Principles of tactics and how to use tactics to improve performance. Principles of set plays and their use in a competitive game. Understanding formation more complex sport specific skills | Performing and analysing performance in track and field events. Effective and safe set up and adherence to safety rules in track and field events. Components of skill-related and physical fitness required for track and field events. The body responses to performing at maximum levels. The history of the Olympics and modern day sport evolution | Developing proficiency of fundamental movement skills of catching, throwing, batting and fielding. Advanced rules and regulations of baseball, rounders and cricket. Tactics for fielding and strategies for successful gameplay. Principles of batting and improving accuracy and power. Bowling techniques and the values of resilience, discipline and confidence. | |
| Skills | Analysis of sources, apply knowledge and understanding of historical concepts, terms and issues to contexts and actions. Demonstrate knowledge and understanding of Historical concepts, terms and issues. | | | | | |
| Key Vocab | Cardiovascular Endurance, Muscular Endurance, Agility, Coordination, Balance, Strength, Speed, Power, Reaction Time. | Outwit, Overcome, Dodge, Pass, Control, Leadership, Fluency, Agility, Speed, Power, Strength. | Fairness, Equity, Good or Fair Behaviour, Skills, Ambition, Desire, Tactics, Positioning, Competence, Specific Expertise | Examine, Performance, Secure, Reaction Time, Balance, Flexibility, Cardiovascular Endurance | Enhance, Advanced Skills, Movement, Procedure, Sports, Technique, Tactics, Throwing, Speed, Strength, Belief, Adaptability | |