

PE Department Key Stage 3 – Curriculum Map

<u>Sept 2018</u>	Year 7	Year 8	Year 9
Athletics	<p>Key Skills: In this unit pupils will accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances</p> <p>Key Words: Running, Jumping Throwing, Individual Performance. Personal Best.</p> <p>Assesment: Performing and improving their skills and personal bests in relation to speed, height and distances.</p>	<p>Key Skills: Pupils begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance.</p> <p>Key Words: speed, height, distance and accuracy.</p> <p>Assesment: In athletic activities, pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy.</p>	<p>Key Skills: Pupils will further enhance replication and performance across all disciplines. Pupils to gain a further understanding of fitness and its relationship to performance.</p> <p>Key Words: Competition, personal and collective bests in relation to speed, height and distance.</p> <p>Assesment: In athletic activities, pupils will engage in performing skills and personal and collective bests in relation to speed, height and distance.</p>
Badminton	<p>Key Skills Pupils will focus on learning the basic individual techniques for forehand and backhand shots. They will become more confident in hitting the shuttle to the front and rear of their opponent’s court.</p> <p>Key Words: Grip on Racquet. Forehand and Backhand shots. Shot selection.</p> <p>Assessment: Pupils will be able to demonstrate the essential elements of attack and defence through a conditioned game</p>	<p>Key Skills Pupils will focus on developing their individual techniques as well as implementing and refining strategic play to outwit opponents. They will become more confident in positioning the shuttle in relation to their opponent.</p> <p>Key Words: Strategies to beat opponent. Weight of shot, Shot selection.</p> <p>Assessment: Pupils will be able to demonstrate the essential elements of attack and defence through a conditioned game</p>	<p>Key Skills Pupils will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents.</p> <p>Key Words: Attack and defence. Tactics and Strategies.</p> <p>Assessment: Pupils will be able to demonstrate the essential elements of attack and defence through full sided game.</p>
Basketball	<p>Key Skills: Pupils focus on ball familiarisation through dribbling, passing and shooting. Pupils will apply these skills with the intention of outwitting opposition in a small sided game.</p> <p>Key Words: Catching, Passing, Dribbling, Body position, footwork, team work.</p> <p>Assessment: Through small sided conditioned games</p>	<p>Key Skills: Pupils focus on ball familiarisation through dribbling, passing and shooting within a game situation. Pupils will apply these skills under some pressure with the intention of outwitting opposition in a small sided game.</p> <p>Key Words: Catching, Passing, Dribbling, Body position, footwork, team work, attack, defence.</p> <p>Assessment: Through small sided conditioned games</p>	<p>Key Skills: Pupils focus on outwitting opponents through more advanced dribbling, passing and shooting within a game situation. Pupils will apply these skills under more pressure with the intention of outwitting opposition in a full sided game.</p> <p>Key Words: Catching, Passing, Dribbling, Body position, footwork, team work, attack, defence.</p> <p>Assessment: Through larger sided games.</p>

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Health Related Fitness	<p>Key Skills: In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities.</p> <p>Key Words: warm ups, cool down, health, recovery, pulse, Beats Per Minute.</p> <p>Assessment: Pupils ability to measure and record pulse in Beats per Minute (BPM). Pupils complete a series of fitness tasks and tests and record results.</p>	<p>Key Skills: In this unit pupils will start to learn to complete fitness tasks and test and understand which components of fitness relate to different sports.</p> <p>Key Words: warm ups, cool down ,health, recovery, pulse, Beats Per Minute, oxygen,</p> <p>Assessment: Pupils ability to measure and record pulse in Beats per Minute (BPM) and can draw some conclusions about the various levels of fitness within the class. Pupils complete a series of fitness tasks and tests and accurately record results.</p>	<p>Key Skills: Pupils will develop an understanding of the five components of Health Related Exercise and the six components of Skill Related Fitness used in GCSE PE.</p> <p>Key Words: Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition. Agility, Balance, Coordination, Power, Reaction Time, Speed.</p> <p>Assessment: Pupils will safely and accurately perform a number of physical fitness activities and tests, recording their heart rates and results.</p>
Football	<p>Key Skills: Can successfully move towards the ball and control the ball on the floor in a game. Can accelerate with the ball whilst dribbling in isolation and show 2 types of turn.</p> <p>Can perform side foot and lofted pass with power and accuracy in a stationary practice over different distances.</p> <p>Can shoot the ball accurately in a game.</p> <p>Can lose a marker in practice with speed.</p> <p>Attempts to lose marker in the game</p> <p>Correct side on position when marking the player, has eye on player and ball, has some success intercepting the ball in practice and game.</p> <p>Keeps up with the play are able to make the next good pass and perform a run into space</p> <p>Keywords: Dribbling, Control, Passing, Shooting, Attacking and Defending play, Communication, Sportsmanship, Team work</p> <p>Assessment: Small Sided games. Knowledge of sport and tactics in games.</p>	<p>Key Skills: Can control/dribble the ball in the air and on the move with foot, thigh, chest and head in a no pressure drill. Can perform all passes in practice and attempts all 3 types of turn. Can use the side foot pass in game without losing possession. Can shoot the ball accurately with power in a game. Can use change of speed and direction to lose active marker in practice. Has some success getting free in the game</p> <p>Side on position 1st man marking in practice and game. Has success at intercepting the ball in practice and game. Can perform 2nd man marking in practice but slow to react in the game</p> <p>Able to get free from a similar opponent. Plays effectively in the game. Able to maintain basic skills under pressure. Starting to anticipate movement of the ball</p> <p>Keywords: Dribbling, Control, Passing, Shooting, Attacking and Defending play, Communication, Sportsmanship, Team work</p> <p>Assessment: Small Sided games. Knowledge of sport and tactics in games.</p>	<p>Key Skills: Can confidently control the ball with any part of the body and both feet, even from a poor pass in a game. Dribbling they will be able to feint/trick with some success of beating an opponent.</p> <p>Can pass on the move accurately to a moving teammate.</p> <p>Can use all foot passes and make a head or chest pass in game.</p> <p>Can shoot the ball on sight accurately with power in a game and his weak foot shows accuracy but lacks power.</p> <p>Can evade defender on most occasions in practice, using dynamic movement and a range of techniques to lose marker. Plays attacking role well in the game.</p> <p>Strong technique and presence marking the player in both practice and game. Confident in 2nd man defence in practice and will attempt in the game.</p> <p>Keywords: Dribbling, Control, Passing, Shooting, Attacking and Defending play, Communication, Sportsmanship, Team work</p> <p>Assessment: Small Sided games. Knowledge of sport and tactics in games.</p>

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Gymnastics	<p>Key Skills: Pupils will demonstrate skills and agilities individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner.</p> <p>Key Words: balance, travel, movement, aesthetics, control, precision..</p> <p>Assesment: Through a gymnastic sequence showing a range of the key words above.</p>	<p>Key Skills: Pupils will demonstrate skills and agilities individually and in combination. Pupils will incorporate control, precision and aesthetics into sequences showing creativity.</p> <p>Key Words: balance, travel, movement, aesthetics, control, precision, creativity and originality.</p> <p>Assesment: Through a gymnastic sequence showing a range of the key words above.</p>	<p>Key Skills: Pupils will demonstrate skills and agilities individually and in more advanced combinations. Pupils will consistently show control, precision and aesthetics into sequences showing creativity.</p> <p>Key Words: balance, travel, movement, aesthetics, control, precision, creativity and originality.</p> <p>Assessment: Through a gymnastic sequence showing a range of the key words above.</p>
Hockey	<p>Key skills: Moving with the ball, Passing and receiving, game play.</p> <p>Keywords: Indian dribble, push pass, slap pass.</p> <p>Assessment: Dribble round cones and shoot. Small sided games</p> <p>Differentiation: increase/decrease speed and space</p>	<p>Key skills: Hitting the ball. Tackling opponents successfully. Basic strategies of game play in attack and defence to enable team to outwit opponents.</p> <p>Keywords: Hand position, block tackle, foot position, head position.</p> <p>Assessment: Small sided games looking at movement to outwit opponents. Quality of passes/shots.</p>	<p>Key Skills: Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent.</p> <p>Keywords: Teamwork, consistency, accuracy, fluency, influence on the game.</p> <p>Assessment: Through games. Pupils should be able to show several strategies for attach and defence to enable them to outwit opponents. Individual skills are also assessed.</p>
Netball	<p>Key Skills: Pupils focus on how to use basic principles of attack and defence to plan strategies and tactics for Netball. Pupils will work on improving the quality of their skills with the intention of outwitting opposition.</p> <p>Key Words: Catching, Passing, Body position, footwork, team work.</p> <p>Assessment: Through small sided conditioned games.</p>	<p>Key Skills: Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with intent to outwit the opposition.</p> <p>Key Words: Catching, Passing, Body position, footwork, team work, tactics and strategies.</p> <p>Assessment: Through small sided conditioned games.</p>	<p>Key Skills: Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition.</p> <p>Key Words: Catching, Passing, Body position, footwork, team work, tactics and strategies.</p> <p>Assessment: Through small sided conditioned games.</p>

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Striking and fielding</p>	<p>Key Skills: Pupils will replicate and improve individual technique in batting, bowling and fielding.</p> <p>Key Words: Batting, Bowling, Fielding. Some specific terminology.</p> <p>Assessment: The use of batting, bowling and fielding skills through small sided striking and fielding games</p>	<p>Key Skills: Pupils will replicate, improve and refine their individual technique in batting, bowling and fielding. They will also begin to understand how to deceive or avoid the fielders when batting. Development of tactical awareness in both batting and fielding in response to the game scenario – defending a lead/chasing a total.</p> <p>Key Words: Batting, Bowling, Feilding. Control, Accuracy, Consistency, Team work, Tactics, positioning and further specific terminology.</p> <p>Assessment: Assessment: The use of batting, bowling and fielding skills through small sided striking and fielding games. Some pupils will have specific roles for scenarios within those games e.g. bowler, backstop/wicket keeper.</p>	<p>Key Skills: Pupils will replicate, improve and refine their individual technique in batting, bowling and fielding. Pupils will demonstrate consistency, timing and fluency in the execution of techniques for batting, bowling and fielding. They will also begin to understand how to deceive or avoid the fielders when batting. They will become confident in outwitting the opponents from the various positions within Rounder's. Development of tactical awareness in both batting and fielding and a greater understanding of how to influence the game.</p> <p>Key Words: Advanced techniques in Batting, Bowling, Fielding. Control, positioning, outwitting opponents through attacking/defensive play.</p> <p>Assessment: The use of batting, bowling and fielding skills through larger conditioned or full sided striking and fielding games. Some pupils will have specific roles for scenarios within those games. Pupils should be able to umpire and score at a basic level for a small sided game</p>
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Rugby	<p>Key Skills: Handling the ball with success using both hands whilst in controlled drills. Catches passes moving at different speed and at different heights.</p> <p>Passes the rugby ball to strong and weaker side.</p> <p>Tackling using side and front tackle.</p> <p>Attack and Defence.</p> <p>Creating try scoring opportunities within a game.</p> <p>Develop a basic understanding of the importance of positional and support play.</p> <p>Develop understanding of how to effectively Ruck and Maul in a game.</p> <p>Keywords: Passing, catching, tackling, maul, ruck, offside/onside, communication, sportsmanship.</p> <p>Assessment: Small sided game scenarios 3v3.</p>	<p>Key Skills: Develop confidence to handle the ball with both hands in most situations including catching most good passes at different speeds and height over a range of distances.</p> <p>Developing their ability to tackle effectively most of the time in a controlled game situation.</p> <p>Understanding how to be an effective team player when Attacking and Defending.</p> <p>Increasing confidence when trying to create effective try scoring opportunities.</p> <p>Developing a better understanding of the positional requirements when in attack and defence. Better understanding how to be effective in Rucks and Mauls.</p> <p>Keywords: Passing, catching, tackling, maul, ruck, offside/onside, communication, sportsmanship, game play, influence.</p> <p>Assessment: Small sided game scenarios 3v3, 4v4, 5v5</p>	<p>Key Skills: Becoming more confident when handling the ball with both or a single hand in most competitive situations.</p> <p>Developing an increased consistency of passes including the spin pass, from both hands over a range of distances with accuracy whilst in competitive situations.</p> <p>Developing confident tackling with either shoulder from front, side and behind.</p> <p>Developing the ability to read the game well when in Attack and Defence. Understanding how to create an overlap in attack and the drift defence to reduce its effectiveness.</p> <p>Develop a greater understanding of the tactics involved in Rugby games both in attack and in defence which includes good support and positional play. Developing effective communication with team mates.</p> <p>Good understanding of playing position.</p> <p>Keywords: Passing, catching, tackling, maul, ruck, offside/onside, communication, sportsmanship, game play, influence.</p> <p>Assessment: Small sided game scenarios 3v3, 4v4, 5v5, half pitch matches, positional requirements.</p>
Table Tennis	<p>Key Skills: Pupils will focus on developing basic techniques for the forehand and backhand shots. Introduction to the serve. Pupils will be able to demonstrate the essential elements of attack and defence.</p> <p>Basic introduction to the scoring system.</p> <p>Key Words: Forehand, Backhand, Topspin, Backspin, Creating space, applying pressure.</p> <p>Serving to apply pressure.</p> <p>Assessment: Small task based assessment for shot selection and serving.</p>	<p>Key Skills: Pupils will focus on developing basic techniques for the forehand and backhand shots. Introduction to the serve. Pupils will be able to demonstrate the essential elements of attack and defence. Basic introduction to the scoring system.</p> <p>Key Words: Forehand, Backhand, Topspin, Backspin, Creating space, applying pressure.</p> <p>Serving to apply pressure.</p> <p>Assessment: Small task based assessment for shot selection and serving.</p>	<p>Key Skills: Pupils will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. Further development of tactics within the game. Introduction to doubles.</p> <p>Key Words: Forehand, Backhand, Topspin, Backspin, Creating space, applying pressure.</p> <p>Serving to apply pressure.</p> <p>Assessment: Through playing singles game of Table Tennis.</p>

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Tennis	<p>Key Skills Pupils will develop grip, basic shot selection to enable them to play a short game of tennis. Pupils will focus on replicating and developing these techniques.</p> <p>Key Words: Grip, Racquet position. Anticipating ball.</p> <p>Assessment: Pupils will be able to demonstrate the techniques of tennis within a small game or conditioned drill.</p>	<p>Key Skills Pupils will develop shot selection to enable them to play a short game of tennis. They will also be able to start these games by replicating a tennis serve closer to the baseline.</p> <p>Key Words: Grip, Racquet position. Anticipating ball, body position, serve..</p> <p>Assessment: Pupils will be able to demonstrate the techniques of tennis within a small game or conditioned drill.</p>	<p>Key Skills Pupils will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents.</p> <p>Key Words: Attack and defence. Tactics and Strategies.</p> <p>Assessment: Pupils will be able to demonstrate the essential elements of attack and defence through full sided game.</p>
Trampoline	<p>Key Skills: In this unit pupils will focus on the basic safety issues around the trampoline. Pupils will accurately replicate skills and movements individually and in combination focusing on the correct techniques.</p> <p>Key Words: creativity, control, fluency, aesthetics, sequences.</p> <p>Assessment: Pupils will be able to perform a short sequence on the trampoline.</p>	<p>Key Skills: Pupils will further develop their accuracy when replicating skills and movements individually and in combinations. They will further develop using the correct techniques especially when performing a short routine.</p> <p>Key Words: creativity, control, fluency, aesthetics, sequences, transitions,</p> <p>Assessment: Pupils will be able to perform a short sequence on the trampoline.</p>	<p>Key Skills: In this unit pupils will further develop their individual skills and confidence on the trampoline. Pupils will accurately replicate skills and movements individually and in combination focusing on control and the correct techniques.</p> <p>Key Words: creativity, control, fluency, aesthetics, sequences, transitions, confidence.</p> <p>Assessment: Pupils will be able to perform a longer sequence on the trampoline showing more control and consistency.</p>

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<p style="text-align: center;">Volleyball</p>	<p>Key Skills: Pupils will focus on understanding and developing their ability to Serve, Set and Dig the volleyball. They will be able to work together with team mates to pass the ball using various techniques. Development of individual and team skills for use with small sided games.</p> <p>Key Words: Body Position, Shot selection, technique, anticipating, team work, attack, defence.</p> <p>Assessment: Pupils will be able to demonstrate basic skills of serve, set and dig.</p>	<p>Key Skills: Pupils will focus on a greater understanding and developing their ability to Serve, Set and Dig the volleyball. They will understand how to support their team mates within a conditioned drill and game. They will be able to work together with team mates to pass the ball using various techniques. Development of individual and team skills for use with small sided games. Develop an understanding of attack and defence.</p> <p>Key Words: Body Position, Shot selection, technique, anticipating, team work, attack, defence, supporting team mates.</p> <p>Assessment: Pupils will be able to demonstrate basic skills of serve, set and dig. Team work will be assessed through small sided games.</p>	<p>Key Skills: Pupils will focus on a greater understanding and developing their ability to Serve, Set and Dig the volleyball. They will understand how to support their team mates within a conditioned drill and game. They will be able to work together with team mates to pass the ball using more advanced techniques. Development of individual and team skills for use with small sided games. Develop a greater understanding of attack and defence and influence this within games. Develop ability to support the initial ball player within game. Understanding of service rotation.</p> <p>Key Words: Body Position, Shot selection, technique, anticipating, team work, attack, defence, supporting team mates,</p> <p>Assessment: Pupils will be able to demonstrate basic skills of serve, set and dig. Team work will be assessed through full sided games.</p>
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Assessment Methods – Using the Head, Heart, Hands Model	<p>Year 7</p> <p>Head – Pupils are assessed on their <u>understanding and knowledge</u> within one individual and one team sport for the Rules, Safety, Technique and Tactics of the sports being covered.</p> <p>Heart – Pupils are assessed for their Team work, Participation, Positivity and for giving ‘Our Best Effort’. They will <u>lead a warm-up</u> for a small group of their peers in the lesson when they are confident to do this.</p> <p>Hands – Pupils are assessed in each sport studied for their Skills, Performance, Control and Consistency.</p>	<p>Year 8</p> <p>Head – Pupils are assessed on their <u>understanding and knowledge</u> within one individual and one team sport for the Rules, Safety, Technique and Tactics of the sports being covered.</p> <p>Heart – Pupils are assessed for their Team work, Participation, Positivity and for giving ‘Our Best Effort’. They will <u>lead a warm-up</u> for a small group of their peers in the lesson when they are confident to do this.</p> <p>Hands – Pupils are assessed in each sport studied for their Skills, Performance, Control and Consistency.</p>	<p>Year 9</p> <p>Head – Pupils are assessed on their <u>understanding and knowledge</u> within one individual and one team sport for the Rules, Safety, Technique and Tactics of the sports being covered.</p> <p>Heart – Pupils are assessed for their Team work, Participation, Positivity and for giving ‘Our Best Effort’ in all the sports studied. They will <u>lead a warm-up</u> for a small group of their peers in the lesson when they are confident to do this.</p> <p>Hands – Pupils are assessed in all sports studied for their Skills, Performance, Control and Consistency. Their <u>best individual</u> and <u>best team sport</u> are used to determine their</p>
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