

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	Not studied in Year 7	Not studied in Year 8	<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	Not studied in Year 7	<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>	Not studied in Year 9

PE Department Key Stage 3 – Curriculum Map

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Health Related Fitness</p>	<p><u>PHYSICAL BASELINE TESTING</u> Key Skills: In this unit, pupils will perform a series of physical tests to determine pupils physical ability. Key Words: warm ups, cool down, speed, agility, coordination, power, endurance, recovery, pulse, Beats Per Minute. Assessment: Pupils record a score in each test. These are compared to our ‘benchmark’ scores to generate a Physical ability starting point.</p>	<p>Key Skills: In this unit, pupils will start to learn to complete fitness tasks and tests and understand which components of fitness relate to different sports. Key Words: warm ups, cool down ,health, recovery, pulse, Beats Per Minute, oxygen, 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><u>FITNESS THROUGH DODGEBALL</u> Key Skills: Pupils will develop an understanding of the six Physical Components and five Skill related components of Fitness used in KS4 BTEC SPORT Key Words: Aerobic Endurance, Muscular Endurance, Muscular Strength, Flexibility, Speed, Body Composition. Agility, Balance, Coordination, Power, Reaction Time. Assessment: Pupils safely and accurately perform a variety of dodgeball training activities recording their heart rates and rate of perceived exertion. They will understand and link the components of fitness and how they transfer to Dodgeball and other sports.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Football</p>	<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. Can perform side foot and lofted pass with power and accuracy in a stationary practice over different distances. Can shoot the ball accurately in a game. Can lose a marker in practice with speed. Attempts to lose marker in the game Correct side on position when marking the player, has eye on player and ball, has some success intercepting the ball in practice and game. Keeps up with the play are able to make the next good pass and perform a run into space Keywords: Dribbling, Control, Passing, Shooting, Attacking and Defending play, Communication, Sportsmanship, Team work 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 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 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 Keywords: Dribbling, Control, Passing, Shooting, Attacking and Defending play, Communication, Sportsmanship, Team work 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. Can pass on the move accurately to a moving teammate. Can use all foot passes and make a head or chest pass in game. Can shoot the ball on sight accurately with power in a game and his weak foot shows accuracy but lacks power. 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. 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. Keywords: Dribbling, Control, Passing, Shooting, Attacking and Defending play, Communication, Sportsmanship, Team work Assessment: Small Sided games. Knowledge of sport and tactics in games.</p>

PE Department Key Stage 3 – Curriculum Map

Gymnastics	<p>Key Skills: Pupils will demonstrate skills and techniques 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>Assessment: Through a gymnastic sequence showing a range of the key words above.</p>	<p>Key Skills: Pupils will demonstrate skills and techniques 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>Assessment: Through a gymnastic sequence showing a range of the key words above.</p>	Not studied in Year 9
Hockey	Not studied in Year 7	<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 attack 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>

PE Department Key Stage 3 – Curriculum Map

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Striking and fielding</p>	<p><u>ROUNDERS</u></p> <p>Key Skills: Pupils will replicate and improve individual technique in batting, bowling and fielding.</p> <p>Key Words: <i>Batting, Bowling, Fielding. Some specific terminology.</i></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: <i>Batting, Bowling, Feilding. Control, Accuracy, Consistency, Team work, Tactics, positioning and further specific terminology.</i></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: <i>Advanced techniques in Batting, Bowling, and Fielding. Control, positioning, outwitting opponents through attacking/defensive play.</i></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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<p style="text-align: center; color: blue; font-weight: bold;">Rugby</p>	<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. Passes the rugby ball to strong and weaker side. Tackling using side and front tackle. Attack and Defence. Creating try scoring opportunities within a game. Develop a basic understanding of the importance of positional and support play. Develop understanding of how to effectively Ruck and Maul in a game. Keywords: Passing, catching, tackling, maul, ruck, offside/onside, communication, sportsmanship. 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. Developing their ability to tackle effectively most of the time in a controlled game situation. Understanding how to be an effective team player when Attacking and Defending. Increasing confidence when trying to create effective try scoring opportunities. Developing a better understanding of the positional requirements when in attack and defence. Better understanding how to be effective in Rucks and Mauls. Keywords: Passing, catching, tackling, maul, ruck, offside/onside, communication, sportsmanship, game play, influence. 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. Developing an increased consistency of passes including the spin pass, from both hands over a range of distances with accuracy whilst in competitive situations. Developing confident tackling with either shoulder from front, side and behind. 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. 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. Good understanding of playing position. Keywords: Passing, catching, tackling, maul, ruck, offside/onside, communication, sportsmanship, game play, influence. Assessment: Small sided game scenarios 3v3, 4v4, 5v5, half pitch matches, positional requirements.</p>
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<p>Assessment Methods – Using the Head, Heart, Hands Model</p>	<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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