KS3 Curriculum Map

PE

and

Skills Descriptors

Decision making

Execution of skills

Tactical awareness

Application of ideas

Develop expertise

Evaluating and analysing performance

	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 7	Netball (girls)	PASSING	Decision making
Autumn Term		FOOTWORK & PIVOTING	Execution of skills
		ATTACKING & DODGING	Decision making
		DEFENDING	Decision making
		SHOOTING	Execution of skills/techniques
		POSITIONING & RULES (BASIC GAME PLAY)	Tactical awareness
Year 7 Autumn Term	Rugby (boys)	TACKLING	Execution of skills/decision making
7.444		PASSING	Execution of skills/decision making
		BALL IN CONTACT/PRESENTATION	
		RUCK	Application of tactical and strategic ideas
		BASIC RULES & CONDITIONED GAME PLAY	Knowledge/strategies/tactical awareness
Year 7 Autumn Term	Healthy Lifestyles (boys and girls)	YOGA (LESSON 1) YOGA (LESSON 2)	Develop knowledge
			Develop breathing techniques and range of stretches
		FITNESS ACTIVITIES (TEACHER LEAD) FITNESS ACTIVITIES (STUDENT LEAD)	Evaluating & analysing performance/engage & persist/healthy lifestyle choices
		FITNESS TESTING (1) FITNESS TESTING (2)	
		METHODS OF TRAINING (1) METHODS OF TRAINING (2)	Evaluating & analysing performance/engage & persist/healthy lifestyle choices
		SPINNING (LESSON 1) SPINNING (LESSON 2)	Evaluating & analysing performance/engage & persist/healthy lifestyle choices
	Unit of Work	CORE KNOWLEDGE	KEY SKILLS

Year 7	Handball (boys and girls	PASSING	Execution of skills/decision making
Spring Term	mixed)	DRIBBLING	Execution of skills/decision making
		SHOOTING	Execution of skills/decision making
		CREATING SPACE BY DODGING, FEINTING	Execution of skills/decision making
		DEFENDING & JOCKEYING	Execution of skills/decision making
		GAME PLAY/ASSESSMENT TO INCLUDE BASIC RULES	Tactics/strategies/technique/decision making
Year 7	Basketball (boys and	PASSING	Execution of skills/decision making
Spring Term	girls mixed)	DRIBBLING	Execution of skills/decision making
		SHOOTING (set shot)	Execution of skills/decision making
		ATTACKING PLAY (individual and team)	Execution of skills/decision making
		DEFENDING (Individual)	Execution of skills/decision making
		GAME PLAY/ASSESSMENT TO INCLUDE BASIC RULES	Tactics/strategies/technique/decision making
Year 7	Swimming (boys and	FRONT CRAWL	Execution of skills
Spring Term	girls mixed)	BACK STROKE	Execution of skills
		BREAST STROKE	Execution of skills
		ENTRY INTO WATER (dives, jumps)	Execution of skills

Unit of Work	CORE KNOWLEDGE	KEY SKILLS

Year 7	Gymnastics (boys and	BALANCE	Execution of skills/Application of compositional, tactical & strategic
Spring Term	girls mixed)		ideas
		TRAVEL	Execution of skills / Application of compositional, tactical & strategic ideas
		ROTATIONS AND ROLLS	Execution of skills/Application of compositional, tactical & strategic ideas
		SEQUENCE DEVELOPMENT	Execution of skills/Application of compositional, tactical & strategic ideas
		FLIGHT	Execution of skills/Application of compositional, tactical & strategic ideas
		SEQUENCE DEVELOPMENT TO INCLUDE FLIGHT/ASSESSMENT	Execution of skills/Application of compositional, tactical & strategic ideas
Year 7	Introduction to	INTRODUCTION TO LEADERSHIP	To understand LEADERSHIP skills
Spring Term	Leadership	TEACHER LEAD ACTIVITIES	Demonstrate skills required
	(Multiple Sports)		·
		STUDENT LEAD WARM UPS	To gain confidence when leading
		STUDENT LEAD MINI GAMES WITH TEACHER SUPPORT	To understand how effective leaders work
		STUDENT LEAD MINI GAMES – INDEPENDENTLY LEAD	To evaluate leaders
		STUDENTS TO WORK IN SMALL GROUPS LEADING SESSIONS	Where can we go from here?
			Qualifications, gaining experience etc
	Unit of Work	CORE KNOWLEDGE	KEY SKILLS

Year 7	Athletics (boys and	SPRINTING	Execution of skills/techniques
Summer term	girls mixed)		
	Order & content to	JUMPING	Execution of skills/techniques
	vary depending on weather – all	THROWS	Execution of skills/techniques
	students to complete	Timows	Execution of skins/ teeriniques
	all possible track &	MIDDLE DISTANCE	Execution of skills/techniques
	field events up to		
	800m.	RELAY	Execution of skills/techniques
Year 7	Cricket (boys and girls	FIELDING (CATCHING, THROWING, GROUND FIELDING)	Execution of skills/techniques
Summer term	mixed)	BOWLING	Execution of skills/techniques
		BOWLING	Execution of skins/techniques
		BATTING	Execution of skills/techniques/decision making
		RUNNING BETWEEN WICKETS/COMMUNICATION	Execution of skills/techniques/decision making
		CONDITIONED GAME PLAY (PAIRS CRICKET)	Execution of skills/techniques/decision making
		CONDITIONED GAME LEAT (LAINS CHICKET)	Application of compositional, tactical & strategic ideas
Year 7	Rounders (boys and	THROWING & CATCHING	Execution of skills/techniques
Summer term	girls mixed)		
		BATTING	Execution of skills/techniques
		FIELDING	Execution of skills/techniques
		THE ESTATE OF TH	Execution of skinsy teeriniques
		BOWLING	Execution of skills/techniques
		ACCECCAMENT. CANAE DI AVVINCI LIDING DOCITIONAL DI AVVIDILI EC	For each on a field the foreign of the state of most trans
		ASSESSMENT: GAME PLAY INCLUDING POSITIONAL PLAY/RULES	Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas
Year 7	Tennis (boys and girls	RACKET AND BALL FAMILIARISATION	Execution of skills/techniques
Summer term	mixed)		The state of the s
		FOREHAND	Execution of skills/techniques
		BACKHAND	Evacution of chille/techniques
		DACKHAIND	Execution of skills/techniques
		SERVE	Execution of skills/techniques
		ASSESSMENT THROUGH GAME PLAY INCLUDING RULES/SCORING	Execution of skills/techniques/decision making
	11-24-534/1	CODE VAIONII EDGE	Application of compositional, tactical & strategic ideas
l	Unit of Work	CORE KNOWLEDGE	KEY SKILLS

Year 8	Netball (girls)	PASSING & MOVEMENT	Execution of skills/Decision making
Autumn Term		DODGING & CREATING CARCE	Evaporation of chille / Decision making
		DODGING & CREATING SAPCE	Execution of skills/Decision making
		DEFENDING & INTERCEPTING	Decision making
		ATTACKING/MOVING THE BALL DOWN THE COURT	Decision making
		COMMUNICATION/KEEPING POSSESSION	Decision making
		GAME DEVELOPMENT	Tactics/strategies/technique/decision making
		FINAL ASSESSMENT FULL COURT GAME PLAY	Application of tactical and strategic ideas
			Tactics/strategies/technique/decision making Application of tactical and strategic ideas
			Application of tactical and strategic lideas
Year 8	Rugby (boys)	TACKLING RECAP	Execution of skills/decision making
Autumn Term		DEFENSIVE LINE WORK	Execution of skills/decision making
		PASSING:BEATING DEFENDERS WITH BALL	Execution of skills/decision making
		RUCK DEVELOPMENT	Execution of skills/decision making
		3 MAN SCRUMS	Execution of skills/decision making
		PATTERN OF PLAY	Execution of skills/decision making
		ASSESSMENT THROUGH GAME SITUATIONS	Tactics/strategies/technique/decision making Application of tactical and strategic ideas
			Knowledge/strategies/tactical awareness
	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
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Year 8			
Autumn Term	Healthy Lifestyles (boys and girls)	YOGA (LESSON 1) YOGA (LESSON 2)	Develop knowledge
			Develop breathing techniques and range of stretches
		FITNESS ACTIVITIES (TEACHER LEAD) FITNESS ACTIVITIES (STUDENT LEAD)	Evaluating & analysing performance/engage & persist/healthy lifestyle choices
		FITNESS TESTING (1) FITNESS TESTING (2)	
		METHODS OF TRAINING (1) METHODS OF TRAINING (2)	Evaluating & analysing performance/engage & persist/healthy lifestyle choices
		SPINNING (LESSON 1) SPINNING (LESSON 2	Evaluating & analysing performance/engage & persist/healthy lifestyle choices
Year 8	Handball (boys and	PASSING – DEVELOPING A RANGE, LONG, SHORT, DISGUISE	Execution of skills/decision making
Spring Term	girls mixed)	DRIBBLING, SPEED, ZIG ZAG, DECISION MAKING	Execution of skills/decision making
		SHOOTING	Execution of skills/decision making
		ATTACKING PLAY (individual and team)	Execution of skills/decision making
		DEFENDING (Individual and team)	Execution of skills/decision making
		GAME PLAY/ASSESSMENT TO INCLUDE BASIC RULES	Tactics/strategies/technique/decision making
Year 8 Spring Term	Basketball (boys and girls mixed)	PASSING (develop a range of passes, when to use them in game situations)	Execution of skills/decision making
		DRIBBLING (two handed, speed dribble, decision making	Execution of skills/decision making
		SHOOTING (lay up)	Execution of skills/decision making
		ATTACKING PLAY (individual and team)	Execution of skills/decision making
		DEFENDING (team – zonal, man to man, half and full court)	Execution of skills/decision making

		GAME PLAY/ASSESSMENT TO INCLUDE ALL MAIN RULES	Tactics/strategies/technique/decision making
	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 8	Swimming (boys and	FRONT CRAWL	Execution of skills
Spring Term	girls mixed)	BACK STROKE	Execution of skills
		BREAST STROKE	Execution of skills
		BUTTERFLY (MA students only)	Execution of skills
		ENTRY INTO WATER (dives, jumps)	Execution of skills
		SURVIVAL TECHNIQUES & RETREVAL	
Year 8	Gymnastics (boys and	GROUP BALANCES	Execution of skills/Application of compositional, tactical & strategic ideas
Spring Term	girls mixed)	TRAVEL – USING EQUIPMENT	Execution of skills / Application of compositional, tactical & strategic ideas
		INVERTED BALANCES (HEADSTANDS, HANDSTANDS)	Execution of skills/Application of compositional, tactical & strategic ideas
		TRAMPOLINING	Execution of skills/Application of compositional, tactical & strategic ideas
		ASSESSMENT TRAMPOLING & FLOOR	Execution of skills/Application of compositional, tactical & strategic ideas
Year 8 Spring Term	Sports Leadership	RECAP OF LEADERSHIP	What makes a successful leader
		TEACHER LEAD ACTIVITIES	Demonstrate skills required
		STUDENT LEAD WARM UPS	To gain confidence when leading
		STUDENT LEAD MINI GAMES WITH TEACHER SUPPORT	To understand how effective leaders work

	STUDENT LEAD MINI GAMES – INDEPENDENTLY LEAD	To evaluate leaders
	STUDENTS TO WORK IN SMALL GROUPS LEADING SESSIONS	Where can we go from here?
	MORE ABLE STUDENTS TO LEAD SESSIONS ON OWN	Qualifications, gaining experience etc

	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 8	Athletics (boys and	SPRINTING	Execution of skills/techniques
Summer Term	girls mixed)		
	Order & content to	JUMPING	Execution of skills/techniques
	vary depending on		
	weather – all	THROWS	Execution of skills/techniques
	students to complete		
	all possible track &	MIDDLE DISTANCE	Execution of skills/techniques
	field events up to 800m.	RELAY	Evacution of chills /tochniques
	800111.	RELAT	Execution of skills/techniques
Year 8	Cricket (boys and girls	FIELDING (THROWING, GROUND FIELDING, HIGH CATCHES)	Execution of skills/techniques
Summer Term	mixed)		Zhoution of Shinis, teel iniques
		BOWLING	Execution of skills/techniques
		BATTING	Execution of skills/techniques/decision making
		RUNNING BETWEEN WICKETS/COMMUNICATION	Execution of skills/techniques/decision making
		CONDITIONED GAME PLAY (PAIRS CRICKET)	Execution of skills/techniques/decision making
		CONSTRONES GAMETER (FAING CHICKET)	Application of compositional, tactical & strategic ideas
		FULL SIDED GAMES (TO INCLUDE UMPURES) MAIN RULES LBW, WIDES,	Execution of skills/techniques/decision making
		NO BALLS ETC)	Application of compositional, tactical & strategic ideas
Year 8	Rounders (boys and	FIELDING (TO INCLUDE POSITIONS, FIELDING PLAYS, TACTICS)	Execution of skills/techniques/ decision making
Summer Term	girls mixed)		

		BATTING	Execution of skills/techniques
		BOWLING	Execution of skills/techniques
		GAME PLAY INCLUDING POSITIONAL PLAY/RULES	Execution of skills/techniques/decision making
			Application of compositional, tactical & strategic ideas
Year 8	Tennis (boys and girls	FOREHAND (INCLUDING LOB, TOPSPIN)	Execution of skills/techniques
Summer Term	mixed)	BACKHAND (INCLUDING SLICE, TOPSPIN)	Execution of skills/techniques
		VOLLEY	Execution of skills/techniques
		SERVE	Execution of skills/techniques
		SINGLES GAME PLAY INCLUDING RULES/SCORING	Execution of skills/techniques/decision making
		DOUBLES GAME PLAY INCLUIDING RULES/SCORING	Application of compositional, tactical & strategic ideas

	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 9	Term 1	PASSING & MOVEMENT	Execution of skills/Decision making
Autumn Term	Netball (girls)	DODGING & CREATING SAPCE	Execution of skills/Decision making
		DEFENDING & INTERCEPTING	Decision making
		ATTACKING/MOVING THE BALL DOWN THE COURT	Decision making
		COMMUNICATION/KEEPING POSSESSION	Decision making
		GAME DEVELOPMENT	Tactics/strategies/technique/decision making Application of tactical and strategic ideas
		FINAL ASSESSMENT FULL COURT GAME PLAY	
			Tactics/strategies/technique/decision making Application of tactical and strategic ideas
		GCSE LINK	
		MAJOR BONES/MUSCLES/JOINTS	
		SKILL CLASSIFICATION	
Year 9	Rugby (boys)	TACKLING RECAP	Execution of skills/decision making
Autumn Term		DEFENSIVE LINE WORK	Execution of skills/decision making
		PASSING:BEATING DEFENDERS WITH BALL	Execution of skills/decision making

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		RUCK DEVELOPMENT	Execution of skills/decision making	
		3 MAN SCRUMS	Execution of skills/decision making	
		PATTERN OF PLAY	Execution of skills/decision making	
		ASSESSMENT THROUGH GAME SITUATIONS	Tactics/strategies/technique/decision making Application of tactical and strategic ideas	
		GCSE LINK MAJOR BONES/MUSCLES/JOINTS		
		SKILL CLASSIFICATION		
Unit of Work		CORE KNOWLEDGE	KEY SKILLS	
Year 9 Autumn Term	Handball (boys and girls mixed)	PASSING – DEVELOPING A RANGE, LONG, SHORT, DISGUISE	Execution of skills/decision making	
		DRIBBLING, SPEED, ZIG ZAG, DECISION MAKING	Execution of skills/decision making	
		SHOOTING	Execution of skills/decision making	
		ATTACKING PLAY (individual and team)	Execution of skills/decision making	
		DEFENDING (Individual and team)	Execution of skills/decision making	
		GAME PLAY/ASSESSMENT TO INCLUDE BASIC RULES	Tactics/strategies/technique/decision making	
Year 9	TABLE TENNIS	SERVE	Execution of skills/decision making	
Autumn Term				
		BACKHAND (TO INCLUDE SLICE & TOPSPIN)	Execution of skills/decision making	
		FOREHAND (TO INCLUDE LOB, TOPSPIN & DRIVE)	Execution of skills/decision making	
		GAME PLAY – (SINGLES & DOUBLES)	Tactics/strategies/technique/decision making	

Year 9	Heath Related Fitness	COMPONENTS OF FITNESS (THEORY & PRACTICAL)	Execution of skills	
Spring Term		FITNESS TESTING (PHYSICAL RELATED)	Execution of skills	
		FITNESS TESTING (SKILL RELATED)	Execution of skills Execution of skills	
		INTERPRETATION OF RESULTS ANALYSIS		
		METHODS OF TRAINING (THEORY & PRACTICAL)	Execution of skills	
	Unit of Work	CORE KNOWLEDGE	KEY SKILLS	
Year 9 Spring Term	Sports psychology – linked to various	Classification of skills	Execution of skills/Application of compositional, tactical & strategic ideas	
	sports eg swimming/gym/	Goal Setting	Execution of skills / Application of compositional, tactical & strategic ideas	
	Trampolining/ Basketball/	SMART Targets		
	Football	Information processing Model	Execution of skills/Application of compositional, tactical & strategic ideas	
		Guidance	Execution of skills	
		Feedback		
		Arousal	Execution of skills/Application of compositional, tactical & strategic ideas	
		Personality types	Execution of skills/Application of compositional, tactical & strategic ideas	
		Motivation		

Year 9	Athletics (boys and	SPRINTING Execution of skills/techniques			
Summer Term	girls mixed)				
Order & content to vary depending on weather – all		JUMPING	Execution of skills/techniques		
		THROWS Execution of skills/techniques			
	students to complete		Execution of skins, techniques		
	all possible track &	MIDDLE DISTANCE	Execution of skills/techniques		
	field events up to				
	800m.	RELAY	Execution of skills/techniques		
		FIFE DINC /TO INCLUDE DOCITIONS FIFE DINC DLAVE TACTICE)			
Year 9 Summer Term	Rounders (boys and girls mixed)	FIELDING (TO INCLUDE POSITIONS, FIELDING PLAYS, TACTICS)	Execution of skills/techniques/ decision making		
Summer Term	giris illixeuj	BATTING	Execution of skills/techniques		
		BOWLING	Execution of skills/techniques		
		GAME PLAY INCLUDING POSITIONAL PLAY/RULES	Execution of skills/techniques/decision making		
		OTHER EXTENSION OF STRONGER EXTENSION	Application of compositional, tactical & strategic ideas		
	Unit of Work	CORE KNOWLEDGE	KEY SKILLS		
Year 9	Tennis (boys and girls FOREHAND (INCLUDING LOB, TOPSPIN)		Execution of skills/techniques		
Summer Term	mixed)	BACKHAND (INCLUDING SLICE, TOPSPIN)	Execution of skills/techniques		
		VOLLEY	Execution of skills/techniques		
		SERVE	Execution of skills/techniques		
		SINGLES GAME PLAY INCLUDING RULES/SCORING DOUBLES GAME PLAY INCLUIDING RULES/SCORING	Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas		
		DOUBLES GAIVIL PLAT INCLUIDING NOLES/SCOKING	Application of compositional, tactical & strategic liveas		