

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

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

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

Year 7 Summer term	Athletics (boys and girls mixed) Order & content to vary depending on weather – all students to complete all possible track & field events up to 800m.	SPRINTING JUMPING THROWS MIDDLE DISTANCE RELAY	Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques
Year 7 Summer term	Cricket (boys and girls mixed)	FIELDING (CATCHING, THROWING, GROUND FIELDING) BOWLING BATTING RUNNING BETWEEN WICKETS/COMMUNICATION CONDITIONED GAME PLAY (PAIRS CRICKET)	Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques/decision making Execution of skills/techniques/decision making Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas
Year 7 Summer term	Rounders (boys and girls mixed)	THROWING & CATCHING BATTING FIELDING BOWLING ASSESSMENT: GAME PLAY INCLUDING POSITIONAL PLAY/RULES	Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas
Year 7 Summer term	Tennis (boys and girls mixed)	RACKET AND BALL FAMILIARISATION FOREHAND BACKHAND SERVE ASSESSMENT THROUGH GAME PLAY INCLUDING RULES/SCORING	Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas
	Unit of Work	CORE KNOWLEDGE	KEY SKILLS

<p>Year 8 Autumn Term</p>	<p>Netball (girls)</p>	<p>PASSING & MOVEMENT</p> <p>DODGING & CREATING SAPCE</p> <p>DEFENDING & INTERCEPTING</p> <p>ATTACKING/MOVING THE BALL DOWN THE COURT</p> <p>COMMUNICATION/KEEPING POSSESSION</p> <p>GAME DEVELOPMENT</p> <p>FINAL ASSESSMENT FULL COURT GAME PLAY</p>	<p>Execution of skills/Decision making</p> <p>Execution of skills/Decision making</p> <p>Decision making</p> <p>Decision making</p> <p>Decision making</p> <p>Tactics/strategies/technique/decision making Application of tactical and strategic ideas</p> <p>Tactics/strategies/technique/decision making Application of tactical and strategic ideas</p>
<p>Year 8 Autumn Term</p>	<p>Rugby (boys)</p>	<p>TACKLING RECAP</p> <p>DEFENSIVE LINE WORK</p> <p>PASSING:BEATING DEFENDERS WITH BALL</p> <p>RUCK DEVELOPMENT</p> <p>3 MAN SCRUMS</p> <p>PATTERN OF PLAY</p> <p>ASSESSMENT THROUGH GAME SITUATIONS</p>	<p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Tactics/strategies/technique/decision making Application of tactical and strategic ideas</p> <p>Knowledge/strategies/tactical awareness</p>
	<p>Unit of Work</p>	<p>CORE KNOWLEDGE</p>	<p>KEY SKILLS</p>

<p>Year 8 Autumn Term</p>	<p>Healthy Lifestyles (boys and girls)</p>	<p>YOGA (LESSON 1) YOGA (LESSON 2)</p> <p>FITNESS ACTIVITIES (TEACHER LEAD) FITNESS ACTIVITIES (STUDENT LEAD)</p> <p>FITNESS TESTING (1) FITNESS TESTING (2)</p> <p>METHODS OF TRAINING (1) METHODS OF TRAINING (2)</p> <p>SPINNING (LESSON 1) SPINNING (LESSON 2)</p>	<p>Develop knowledge</p> <p>Develop breathing techniques and range of stretches</p> <p>Evaluating & analysing performance/engage & persist/healthy lifestyle choices</p> <p>Evaluating & analysing performance/engage & persist/healthy lifestyle choices</p> <p>Evaluating & analysing performance/engage & persist/healthy lifestyle choices</p>
<p>Year 8 Spring Term</p>	<p>Handball (boys and girls mixed)</p>	<p>PASSING – DEVELOPING A RANGE, LONG, SHORT, DISGUISE</p> <p>DRIBBLING, SPEED, ZIG ZAG, DECISION MAKING</p> <p>SHOOTING</p> <p>ATTACKING PLAY (individual and team)</p> <p>DEFENDING (Individual and team)</p> <p>GAME PLAY/ASSESSMENT TO INCLUDE BASIC RULES</p>	<p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Tactics/strategies/technique/decision making</p>
<p>Year 8 Spring Term</p>	<p>Basketball (boys and girls mixed)</p>	<p>PASSING (develop a range of passes, when to use them in game situations)</p> <p>DRIBBLING (two handed, speed dribble, decision making)</p> <p>SHOOTING (lay up)</p> <p>ATTACKING PLAY (individual and team)</p> <p>DEFENDING (team – zonal, man to man, half and full court)</p>	<p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p> <p>Execution of skills/decision making</p>

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

		<p>STUDENT LEAD MINI GAMES – INDEPENDENTLY LEAD</p> <p>STUDENTS TO WORK IN SMALL GROUPS LEADING SESSIONS</p> <p>MORE ABLE STUDENTS TO LEAD SESSIONS ON OWN</p>	<p>To evaluate leaders</p> <p>Where can we go from here?</p> <p>Qualifications, gaining experience etc</p>
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	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 8 Summer Term	Athletics (boys and girls mixed) Order & content to vary depending on weather – all students to complete all possible track & field events up to 800m.	<p>SPRINTING</p> <p>JUMPING</p> <p>THROWS</p> <p>MIDDLE DISTANCE</p> <p>RELAY</p>	<p>Execution of skills/techniques</p> <p>Execution of skills/techniques</p> <p>Execution of skills/techniques</p> <p>Execution of skills/techniques</p> <p>Execution of skills/techniques</p>
Year 8 Summer Term	Cricket (boys and girls mixed)	<p>FIELDING (THROWING, GROUND FIELDING, HIGH CATCHES)</p> <p>BOWLING</p> <p>BATTING</p> <p>RUNNING BETWEEN WICKETS/COMMUNICATION</p> <p>CONDITIONED GAME PLAY (PAIRS CRICKET)</p> <p>FULL SIDED GAMES (TO INCLUDE UMPURES) MAIN RULES LBW, WIDES, NO BALLS ETC)</p>	<p>Execution of skills/techniques</p> <p>Execution of skills/techniques</p> <p>Execution of skills/techniques/decision making</p> <p>Execution of skills/techniques/decision making</p> <p>Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas</p> <p>Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas</p>
Year 8 Summer Term	Rounders (boys and girls mixed)	FIELDING (TO INCLUDE POSITIONS, FIELDING PLAYS, TACTICS)	Execution of skills/techniques/ decision making

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

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

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

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

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

