

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	Football (boys and girls) taught separately	PASSING & CONTROL DRIBBLING ATTACKING & OUTWITTING OPPONENT DEFENDING/TACKLING SHOOTING GAME PLAY/ASSESSMENT INCLUDING BASIC RULES	Execution of skills/ decision making Execution of skills/ decision making Tactical awareness Execution of skills/ decision making Execution of skills/ decision making Tactics/strategies/technique

	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
Year 7 Spring Term	Gymnastics (boys and girls mixed)	<p>BALANCE</p> <p>TRAVEL</p> <p>ROTATIONS AND ROLLS</p> <p>SEQUENCE DEVELOPMENT</p> <p>FLIGHT</p> <p>SEQUENCE DEVELOPMENT TO INCLUDE FLIGHT/ASSESSMENT</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> <p>Execution of skills/Application of compositional, tactical & strategic ideas</p>
Year 7 Spring Term	HRF (boys & girls mixed)	<p>INTRODUCTION TO COMPONENTS OF FITNESS</p> <p>COMPONENTS OF FITNESS CONTINUED</p> <p>INTRO TO FITNESS TESTING</p> <p>FITNESS TESTING CONTINUED</p> <p>METHODS OF TRAINING</p> <p>METHODS OF TRAINING CONTINUED</p>	<p>Develop expertise</p> <p>Develop expertise</p> <p>Evaluating & analysing performance/engage & persist/healthy lifestyle choices</p> <p>Evaluating & analysing performance/engage & persist/healthy lifestyle choices</p>

	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
Year 8 Autumn Term	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	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 8 Autumn Term	Rugby (boys)	TACKLING RECAP DEFENSIVE LINE WORK PASSING:BEATING DEFENDERS WITH BALL RUCK DEVELOPMENT 3 MAN SCRUMS PATTERN OF PLAY ASSESSMENT THROUGH GAME SITUATIONS	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 Execution of skills/decision making Tactics/strategies/technique/decision making Application of tactical and strategic ideas Knowledge/strategies/tactical awareness

	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 8 Autumn Term	Football (boys and girls) taught separately	<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>GAME PLAY/ASSESSMENT TO INCLUDE ALL MAIN 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 8 Spring 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 8 Spring Term	Basketball (boys and girls mixed)	<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>GAME PLAY/ASSESSMENT TO INCLUDE ALL MAIN 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>

	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 8 Spring Term	Swimming (boys and girls mixed)	FRONT CRAWL BACK STROKE BREAST STROKE BUTTERFLY (MA students only) ENTRY INTO WATER (dives, jumps) SURVIVAL TECHNIQUES & RETREVAL	Execution of skills Execution of skills Execution of skills Execution of skills Execution of skills
Year 8 Spring Term	Gymnastics (boys and girls mixed)	GROUP BALANCES TRAVEL – USING EQUIPMENT INVERTED BALANCES (HEADSTANDS, HANDSTANDS) TRAMPOLINING ASSESSMENT TRAMPOLING & FLOOR	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 8 Spring Term	HRF (boys & girls mixed)	SAQ TRAINING FITNESS TESTING (PHYSICAL RELATED) FITNESS TESTING (SKILL RELATED) METHODS OF TRAINING METHODS OF TRAINING CONTINUED	Develop expertise Develop expertise Evaluating & analysing performance/engage & persist/healthy lifestyle choices Evaluating & analysing performance/engage & persist/healthy lifestyle choices

	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.	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 8 Summer Term	Cricket (boys and girls mixed)	FIELDING (THROWING, GROUND FIELDING, HIGH CATCHES) BOWLING BATTING RUNNING BETWEEN WICKETS/COMMUNICATION CONDITIONED GAME PLAY (PAIRS CRICKET) FULL SIDED GAMES (TO INCLUDE UMPURES) MAIN RULES LBW, WIDES, NO BALLS ETC)	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 Execution of skills/techniques/decision making Application of compositional, tactical & strategic ideas
Year 8 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
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)	<p>PASSING & MOVEMENT</p> <p>DODGING & CREATING SPACE</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>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>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>
Year 9 Autumn Term	Rugby (boys)	<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>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>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	<p>COMPONENTS OF FITNESS (THEORY & PRACTICAL)</p> <p>FITNESS TESTING (PHYSICAL RELATED)</p> <p>FITNESS TESTING (SKILL RELATED)</p> <p>INTERPRETATION OF RESULTS ANALYSIS</p> <p>METHODS OF TRAINING (THEORY & PRACTICAL)</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>

	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