



PE

Key Stage 3

Curriculum Overview

Year 7 Girls	<div> <div>Week 1</div> <div>←</div> <div>→</div> <div>Week 20</div> </div>					
	Netball	Functional fitness / gymnastics balance	Football	OAA	Basketball	Trampoline
Key content	Perform correct footwork <ul style="list-style-type: none"> 2 footed landing 1 – 2 landing Pivoting Get Free from opponent <ul style="list-style-type: none"> Sprint dodge Single dodge Passing/ catching (short distance) <ul style="list-style-type: none"> Bounce Chest Shoulder Overhead Shooting <ul style="list-style-type: none"> Stationary short distance Defend an opponent <ul style="list-style-type: none"> Player with the ball 	Core strength <ul style="list-style-type: none"> High plank Superman plank Low plank V sit hold Shoulder taps Perform individual balances Point and patch balances Partner balances Upper body strength <ul style="list-style-type: none"> Bear crawls Lower body strength <ul style="list-style-type: none"> Wall sit 	Control the ball <ul style="list-style-type: none"> Both feet Chest Thigh Dribble the ball <ul style="list-style-type: none"> Both feet Close control Pass the ball Dominant foot <ul style="list-style-type: none"> Short Long Lofted Driven Shoot the ball <ul style="list-style-type: none"> Short Long 	<ul style="list-style-type: none"> Work as part of a team Communication skills Follow guidance and directions Show creativity How to read a map and give directions Navigate Problem solve 	Stand in a triple threat position and pivot. <ul style="list-style-type: none"> Passing/ Catching: Chest/ bounce Shooting: <ul style="list-style-type: none"> Set shot Rebounding Dribbling: <ul style="list-style-type: none"> Use of dominant hand/ use of either hand Defend an opponent: <ul style="list-style-type: none"> Player with the ball 	Shapes <ul style="list-style-type: none"> Tuck / Straddle / Pike Twists <ul style="list-style-type: none"> Half twist / Full twist Seat Landing <ul style="list-style-type: none"> Half turn in / Half turn out / Swivel Hips

Prior knowledge	Participated in activities to varying degrees at primary school. Prior knowledge will be mixed, depending on primary school provision, expertise and attendance at clubs outside of school.					
KS3 National Curriculum links	Use a range of tactics and strategies to overcome opponents Develop technique and improve performance in competitive sports Analyse performances compared to previous ones	Develop technique and improve performance in competitive sports. Analyse performances compared to previous ones	Use a range of tactics and strategies to overcome opponents Develop technique and improve performance in competitive sports Analyse performances compared to previous ones	Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Use a range of tactics and strategies to overcome opponents Develop technique and improve performance in competitive sports Analyse performances compared to previous ones	Develop technique and improve performance in competitive sports. Analyse performances compared to previous ones.
Take part in competitive sports and activities outside school through community links or sports clubs						
Assessments	<p>Component Assessment – ongoing each lesson, verbal feedback used to move learning forward, with specific targets to improve.</p> <p>Composite assessment – at the end of each unit the full range of core and advanced knowledge is assessed. Pupils are assessed on the range, quality and application of the knowledge they have covered.</p>					

Year 7 Girls	<div> <div>Week 21</div> <div>←</div> <div>→</div> <div>Week 39</div> </div>					
	Badminton	Dance	Sports Education	Striking and fielding	Athletics	Handball
Key content	Use Forehand <ul style="list-style-type: none"> Overhead clear Drop shot Smash Use Backhand Flick serve Select appropriate shot Footwork/Stance Positioning Serve Return serve Apply rules and regulations	Cannon Unison Turns Jumps Leaps Gesture Pauses / balances Travel/step patterns Change in speed Sharp dynamic Soft dynamics Fluency Posture Body tension Timing Performance Confidence	Session: <ul style="list-style-type: none"> Help plan activities Help set up activities. Evaluation: <ul style="list-style-type: none"> Suggests some strengths and weaknesses. Qualities: <ul style="list-style-type: none"> Encourage participants. 	<ul style="list-style-type: none"> Underarm throwing/catching Overarm throwing/catching Basic fielding – stumping out opponents Batting stance Base running 	Sprint <ul style="list-style-type: none"> Standing start Positional start Leg action, arm action, head position Finishing Posture Run <ul style="list-style-type: none"> stride pattern / pacing Jump <ul style="list-style-type: none"> Approach Take off Flight Landing Hitting appropriate speed for take-off Throw: <ul style="list-style-type: none"> Initial stance Grip & release phase Recovery phase /follow through Appropriate angle of release 	Catch <ul style="list-style-type: none"> Two handed front Two handed side Dribble <ul style="list-style-type: none"> Dominant hand Either hand Pass <ul style="list-style-type: none"> Overhead Bounce Standing Running Shoot <ul style="list-style-type: none"> Standing
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KS3 National Curriculum links	Use a range of tactics and strategies to overcome opponents Develop technique and improve performance in competitive sports Analyse performances compared to previous ones	Perform dances using advanced dance techniques within a range of dance styles and forms .	Understand what makes a performance effective and how to apply these principles to their own and others' work. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	Use a range of tactics and strategies to overcome opponents Develop technique and improve performance in competitive sports Analyse performances compared to previous ones	Develop technique and improve performance in competitive sports. Analyse performances compared to previous ones.	Use a range of tactics and strategies to overcome opponents Develop technique and improve performance in competitive sports Analyse performances compared to previous ones
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	Badminton	Trampoline	Table Tennis	Striking and fielding	Athletics	Handball
Key content	Use Forehand Overhead clear Drop shot Smash Use Backhand Flick serve Select appropriate shot Footwork/Stance Positioning Serve Return serve Apply rules and regulations	Shapes Tuck / Straddle / Pike Twists Half twist / Full twist Seat Landing Half turn in / Half turn out / Swivel Hips	Use Forehand Push/slice Hit Use Backhand Push/slice Impart top spin Select appropriate shot Footwork/Stance Positioning Impart spin Serve Return serve Apply rules and regulations	Underarm throwing/catching Overarm throwing/catching Basic fielding – stumping out opponents Batting stance Base/wicket running	Sprint Standing start Positional start Leg action, arm action, head position Finishing Posture Run stride pattern / pacing Jump Approach Take off Flight Landing Hitting appropriate speed for take-off Throw: Initial stance Grip & release phase Recovery phase /follow through Appropriate angle of release	Catch Two handed front Two handed side Dribble Dominant hand Either hand Pass Overhead Bounce Standing Running Shoot Standing
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	Netball	Dance	Rugby	Basketball	OAA	Trampoline
Key content	In addition to previous year... Get Free from opponent Double dodge Passing/ catching (long distance) Catching the ball on the run Shooting Varied angles Defend an opponent Intercept	In addition to previous year... Mirroring Levels Contact work Lifts Floor work Formations Fragmenting Flair Originality	In addition to previous year... Play the ball Dummy Half Pass Passing on the move in one direction 1 on 1 tackling Grubber kick Picking up a stationary ball Running with the ball Receiving the ball Carrying the ball Understanding rules and regulations	In addition to previous year... Passing/ Catching: overhead Shooting: Jump shot Dominant hand lay up Defend an opponent: Intercepting passes	Work as part of a team Communication skills Follow guidance and directions Show creativity How to read a map and give directions Navigate Problem solve	In addition to previous year... Front landing Seat landing to front landing Front landing to seat landing / Twist in / Twist out Back landing Twist in / Twist out
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	Functional fitness / gymnastics travel – flight	Badminton	Sports education	Striking and fielding	Athletics	Handball
Key content	In addition to previous year... Rolls Leaps Axis of rotation Transverse Frontal Press ups Tricep dips Squats / squat jumps Lunges / lunge jumps	In addition to previous year... Use Forehand Drive Use Backhand Overhead clear Drop shot Smash Drive Serve – Long and Short	In addition to previous year... Session: Planned relevant activities Targeted to improve performance Qualities: Organised Clear communication	In addition to previous year... Long barrier Batting – shot placement/ power Bowling – basic grip and technique Apply basic rules	In addition to previous year... Running Foot strike Cadence Bend running Jumping Efficient transition between technical phases of the movements Appropriate elevation Throwing Travel: use of cross step / glide	In addition to previous year... Pass Vertical jump shot Striding/jump shot Use Offensive and defensive movement Feinting a shot Feinting a pass Use Defensive plays Man to man marking Zonal marking
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	Badminton	Trampoline	Table Tennis	Striking and fielding	Athletics	Handball
Key content	In addition to previous year... Use Forehand Drive Use Backhand Overhead clear Drop shot Smash Drive Serve – Long Short	In addition to previous year... Front landing Seat landing to front landing Front landing to seat landing / Twist in / Twist out Back landing Twist in / Twist out	In addition to previous year... Use Forehand Drive Chop Use Backhand Chop Impart back spin Impart side spin	In addition to previous year... Long barrier Batting – shot placement/ power Bowling – basic grip and technique Apply basic rules	In addition to previous year... Running Foot strike Cadence Bend running Jumping Efficient transition between technical phases of the movements Appropriate elevation Throwing Travel: Use of cross step Glide	In addition to previous year... Pass Vertical jump shot Striding/jump shot Use Offensive and defensive movement Feinting a shot Feinting a pass Use Defensive plays Man to man marking Zonal marking
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	Netball	Volleyball	Rugby	Basketball	OAA	Trampoline
Key content	In addition to previous year... Get Free from opponent Roll Passing/ catching Short distance and long distance Receiving the ball in the air Shooting Changing angles with step From one foot Defend an opponent Without the ball	In addition to previous year... Use Overhead techniques: Volley Setting Use Teamwork and communication Use underhand techniques Dig Receiving serve Anticipate/React to ball Use Footwork & court positioning Back court play Serve Underarm	In addition to previous year... Play the ball after contact Dummy Half Pass on either side Passing on the move to both directions High kick Place kicks Drop kicks Picking up a ball – stationary and on the move Receiving the ball on the move Carrying the ball into contact Beating opponents using swerve, hand off, sidestep Selecting appropriate kick Positioning Applying rules and regulations	In addition to previous year... Shooting: Non dominant hand Lay up Hook shot	In addition to previous year... Reflective conversations	In addition to previous year... Front landing Front to back Back landing Back to front Cradle. Half turntable. Front somersault./ back somersault
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	Functional fitness	Badminton	Sports education	Striking and fielding	Athletics	Handball
Key content	Methods of training Circuit Continuous Fartlek Apply to different sports	In addition to previous year... Use Forehand Kill Tumbles Lifts Use Backhand Kills Tumbles Lifts Select appropriate shot – Exploiting oppositions weaknesses Doubles rules – recognising formations	In addition to previous year... Evaluation: Carefully pinpoint strengths and weaknesses Feedback on strengths and weaknesses	In addition to previous year... Bowling – Spin Pace Donkey Drop High catches Effective decision making Understanding of tactics and applied tactical awareness	In addition to previous year... Jump Movement of the body beyond initial point of contact Efficient transition between technical phases of the movements	In addition to previous year... Pass Forward jumping Use Offensive and defensive movement Stealing the ball Screening an opponent without the ball Screening an opponent with the ball Piston movement
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	Football	Volleyball	Rugby	OAA	Functional Fitness / Gymnastics	Sports Education
Key content	In addition to previous year... Non dominant foot Long Lofted Driven Shoot the ball Volley Mark Player with the ball	In addition to previous year... Use Underhand techniques Emergency retrieve Rebound Serve Jump-topspin Jump-float	In addition to previous year... 2 on 1 tackling Lines of running	In addition to previous year... Reflective conversations	Methods of training Circuit Continuous Fartlek Apply to different sports	In addition to previous year... Evaluation: Carefully pinpoint strengths and weaknesses Feedback on strengths and weaknesses
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