

Key Stage 3: Year 7

Overall Curriculum Goals

LEARN

“Through PE I will continue to develop and learn how to apply, combine and refine fundamental movements skills and sports skills. I will learn through a range of increasingly challenging activities and sports”

Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8	Activity 9	Activity 10	Activity 11	Activity 12	Activity 13
Grouping	Netball	Rugby	Softball	Athletics	Fitness/Teambuilding	Dance	Basketball	Handball	Rounders	Gymnastics	Badminton	Competition Block

Key Vocabulary/Concepts/Ideas

Pupils will trial a number of activities from different areas of the curriculum to demonstrate their skill set. This will include fitness activities, team games to outwit opponents and aesthetic activities to demonstrate creativity and flair.	Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also learn how to improve their own and others' performance.	Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also learn how to improve their own and others' performance.	Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also learn how to improve their own and others' performance.	Pupils will learn how to develop their technique in a range of running, jumping and throwing events (100m, 200m, 800m, 1500m, relay, shot putt, discus, javelin, standing long jump). Pupils will also learn how to improve their own and others' performance.	Pupils will learn how to exercise safely and effectively to improve health and wellbeing. They will also learn how to work together as a team to solve problems.	Pupils will learn how to develop their technique and how to communicate ideas and concepts. Pupils will also learn how to improve their own and others' performance.	Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also learn how to improve their own and others' performance.	Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also learn how to improve their own and others' performance.	Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also learn how to improve their own and others' performance.	Pupils will learn key skills, how to develop their technique and how to communicate ideas and concepts. Pupils will also learn how to improve their own and others' performance.	Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also learn how to improve their own and others' performance.	Pupils will learn how to apply their skills learnt this year to a number of different sports. They will work together as a team to demonstrate key values.
	Passing Footwork Receiving Defending Attacking Spatial Awareness Intercepting Sequencing	Backwards Passing Knock-On Play-the-ball Try Receiving Running into space Positioning Touch Grapple Tackle Off side 6 tackles Marker Setting in Defensive line Attacking line	Pitcher Catcher Fielding Batting Diamond Tag Base Pitching plate Home run Strike Ball Foul ball Walk Strike out	Track Field Safety rules PB Official	Components of fitness; Cardiovascular fitness Strength Flexibility Muscular Endurance Agility Balance Power Cooperation Teamwork	Canon Unison Transitions Choreography Motif Dynamics Extension Focus Gesture Jump Leap Levels Relationship Travel Turn Balance Control Precision Fluency Pathways Timing Coordination Formations	Dribbling Lay-up Jump Shot Bank shot Free throw 3 point line Key Balance Control Double Dribble Balance Foul Travel Man v Man Defence Tactics/strategies	Passing Receiving Shooting Dribbling Blocking Attacking Defending Pressing Marking Man v man Spatial awareness Tactics/strategies Foul Travel Double dribble Free throw Sin bin	Bowler Backstop First base Second base Third base Fourth base Batting Fielding Rounder Half rounder	Weight on hands Weight transfer Travel Roll Jump Leap Balance Tension Extension Control Aesthetically pleasing Fluency Transitions	Backcourt Baseline Centre Line Centre Court Clear/Overhead Clear Court Drop-Shot Fault Let Racket Rally Serve/Service Shuttlecock Smash	Fair play Teamwork Sportsmanship

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Links on Bloodle:

- Clubs in the local area
- University courses
- Careers

Key Stage 3: Year 8

Overall Curriculum Goals

DEVELOP

“Through PE I will develop my competence and confidence in applying techniques to a breadth of sports. I will understand what makes an effective performance and will learn through physically and intellectually challenging activities”

Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8	Activity 9	Activity 10			Activity 11
Football	Netball	Rugby	Softball	Athletics	Fitness/Teambuilding	Dance	Basketball	Handball	Rounders	Gymnastics	Badminton	Competition Block

Key Vocabulary/Concepts/Ideas
<p> 1. Definition: A metaphor is a figure of speech that compares two unrelated things, suggesting a resemblance or symbolic relationship. </p> <p> 2. Example: "The world is a stage." (Shakespeare's <i>As You Like It</i>) </p> <p> 3. Function: Metaphors are used to create vivid imagery, convey complex ideas, and evoke emotions. </p> <p> 4. Types: <ul style="list-style-type: none"> Simile: A comparison using "like" or "as" (e.g., "Her smile was like sunshine"). Implicit: A metaphor where the comparison is implied rather than stated directly. Explicit: A metaphor where the comparison is stated directly (e.g., "He is a lion"). </p> <p> 5. Importance: Metaphors are essential in literature, poetry, and everyday communication, helping to make abstract concepts more relatable and memorable. </p>

<p>Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>Offside Marking – man to man, zone Passing Control Dribbling Positions Shooting Jockeying tackling</p>	<p>Pupils will revisit and further develop key skills and tactical concepts and will learn how to effectively apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: 3 stage defence Centre pass tactics Back/side line tactics</p>	<p>Pupils will revisit and further develop key skills and tactical concepts and will learn how to effectively apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: Kicking Conversion Drop goal Grubber kick Cross field kick Under the high ball Chip and chase</p>	<p>Pupils will revisit and further develop key skills and tactical concepts and will learn how to effectively apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: Short stop Forced Grand slam Illegal Slow pitch</p>	<p>Pupils will learn how to further develop their technique in a range of running, jumping and throwing events (100m, 200m, 800m, 1500m, relay, shot putt, discus, javelin, standing long jump). Pupils will also continue to learn how to improve their own and others' performance.</p>	<p>Pupils will continue to learn how to exercise safely and effectively to improve health and wellbeing. They will also continue to learn how to work together as a team to solve problems.</p> <p>In addition to Y7 concepts: Heart rate Max heart rate Target Zone RPE Methods of training Cardiovascular training (continuous, interval, fartlek) Resistance training (machines, free weights, circuits) Power training (interval, plyometrics, acceleration sprint training) Flexibility training (static (passive and active), dynamic) Agility training (ladders & hurdles) Balance training (balance board, exercise ball)</p>	<p>Pupils will continue to learn how to develop their technique and how to communicate ideas and concepts. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: Isolation Acceleration Deceleration</p>	<p>Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: Cross Over Creating space Fake Drive Positioning</p>	<p>Pupils will learn and develop key skills and tactical concepts and will learn to apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: Tactical positioning</p>	<p>Pupils will revisit and further develop key skills and tactical concepts and will learn how to effectively apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: Squat on Squat through Straddle through Handspring Headspring ½ on ½ on & off Safe landings Power Flight on Flight off</p>	<p>Pupils will learn key skills and techniques in relation to vaulting. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 skills/concepts: Squat on Squat through Straddle through Handspring Headspring ½ on ½ on & off Safe landings Power Flight on Flight off</p>	<p>Pupils will revisit and further develop key skills and tactical concepts and will learn how to effectively apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p>	<p>Pupils will learn how to apply their skills learned this year to a number of different sports. They will work together as a team to demonstrate key values.</p> <p>In addition to Y7 concepts: Etiquette</p>
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Links on Bloodle:

- Clubs in the local area
- University courses
- Careers

Key Stage 3: Year 9

Overall Curriculum Goals

MASTER

“Through PE I will further develop my competence and confidence in applying techniques to a breadth of sports. I will understand what makes an effective performance and will learn through physically and intellectually challenging activities”

Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8			Activity 9		Activity 10
Football	Netball	Rugby	Softball	Athletics	Fitness/Teambuilding	Dance	Basketball	Handball	Rounders	Trampolining	Table Tennis	Competition Block

Key Vocabulary/Concepts/Ideas

<p>Pupils will revisit and develop/master key skills and tactical concepts and will learn to apply these effectively to a game situation to successfully outwit opponents. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y8 skills/concepts: Set plays; Indirect & direct free kicks Formations Offside trap Heading Volleying</p>	<p>Pupils will revisit and develop/master key skills and tactical concepts and will learn to apply these effectively to a game situation to successfully outwit opponents. Pupils will also continue to learn how to improve their own and others' performance.</p>	<p>Pupils will revisit and develop/master key skills and tactical concepts and will learn to apply these effectively to a game situation to successfully outwit opponents. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 and Y8 skills/concepts: Actual positions</p>	<p>Pupils will revisit and develop/master key skills and tactical concepts and will learn to apply these effectively to a game situation to successfully outwit opponents. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 and Y8 skills/concepts: In field fly Obstruction</p>	<p>Pupils will revisit and develop/master their technique in a range of running, jumping and throwing events (100m, 200m, 800m, 1500m, relay, shot putt, discus, javelin, standing long jump). Pupils will also continue to learn how to improve their own and others' performance.</p>	<p>Pupils will continue to learn how to exercise safely and effectively to improve health and wellbeing. They will also continue to learn how to work together as a team to solve problems.</p> <p>In addition to Y7 and Y8 concepts: Aerobic threshold Anaerobic threshold Principles of training; Progression/progressive overload FITTA – frequency, intensity, time, type, adherence Specificity Reversibility/regression Moderation Variance</p> <p>Those who choose PE as an option will further develop their knowledge of fitness concepts and will use this knowledge to create a training programme.</p> <p>Additional concepts: Fitness testing Planning an effective programme Data collection and analysis Adjusting a programme</p>	<p>Pupils will continue to learn/master key skills and how to develop their technique. Pupils will learn how to communicate ideas and concepts to apply into a routine. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 and Y8 skills/concepts: Retrograde Fragmentation Accumulation</p>	<p>Pupils will revisit and develop/master key skills and tactical concepts and will learn to apply these effectively to a game situation to successfully outwit opponents. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 and Y8 skills/concepts: Zone defence Screening Tactical plays</p>	<p>Pupils will revisit and develop/master key skills and tactical concepts and will learn to apply these effectively to a game situation to successfully outwit opponents. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>In addition to Y7 and Y8 skills/concepts: Tactical plays</p>	<p>Pupils will revisit and develop/master key skills and tactical concepts and will learn how to effectively apply these to a game situation to successfully outwit opponents. Pupils will also continue to learn how to improve their own and others' performance.</p>	<p>Pupils will learn key skills and how to develop their technique. Pupils will also learn how to improve their own and others' performance.</p> <p>Landings Height Twist Rotation Travel Gain Aesthetically Pleasing Tension Extension Control Comfort Zone Spotting Tuck Straddle Pike Seat landing Front landing Back landing</p> <p>Some pupils will progress onto more advanced skills, including: Turntable Roller Cradle Front turnover Back turnover Front somersault Back somersault</p> <p>Some pupils will link skills together to perform a routine.</p>	<p>Pupils will learn and develop key skills and tactical concepts and will learn how to effectively apply these to a game situation. Pupils will also continue to learn how to improve their own and others' performance.</p> <p>Forehand Backhand Drive Safety Serve</p>	<p>Pupils will learn how to apply their skills learnt this year to a number of different sports. They will work together as a team to demonstrate key values.</p> <p>#In addition to Y7 and Y8 concepts: Gamesmanship Collective responsibility</p>
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