

SUBJECT: KS3 PE



KS3 CURRICULUM PLAN  
2020-21

\*may not take place due to Covid 19

| YEAR 7           | AUTUMN 1  | Autumn 2 to Spring  |   | SUMMER 1 to Summer 2  |  |
|------------------|---|---|---|---|--|
| TOPIC            | Baseline  | Winter Games, Gymnastics*, Fitness, Swimming*   |   | Athletics, Striking and Fielding Games  |  |
| <b>Knowledge</b> | Parts of a warm up. Names of core skills in rotation of sports to include: netball, football, basketball, badminton, rugby, handball, hockey*, gymnastics* and basic technique. | Theory: Parts of a warm up and a cool down. Names and locations of main muscles and bones in the body. Components of fitness. Skill knowledge : Technique of key core skills. Basic rules and scoring systems in games. |   | Theory: Components of fitness. Knowledge of safety, rules & techniques. Introduction to rules, skills & scoring. Safety: hydration                          |  |
| <b>Skills</b>    | 12 minute cooper run- Demonstrate skills in isolation in selected sports. Work co-operatively with small team relays and demonstrate skills under time pressure.                | Leadership: Ability to lead parts of a warm to a small peer group. Teamwork & Skill Development. Focus on skills in isolation.  | Invasion Games – exploiting space, knowledge, rules & skills. Net Game - Badminton - skill development & basic rules. Skills developed in modified, small sided games<br>Fitness – knowledge of healthy active lifestyles. Identify components of fitness in variety of sports. | Gymnastics and dance: Focus on Body Awareness & Control, creativity and performance. Individual & Paired work*, small apparatus*. Basic Trampoline skills*. | Athletics – Introduction to all of the athletics activities in preparation for sports day. Knowledge of safety, rules & techniques. Striking & Fielding – Rounders, Cricket, Softball. Introduction to rules, skills & scoring. Net Games – Tennis – Introduction to core skills |
| <b>Key Vocab</b> | Aerobic. Warm up. Pulse raiser. Stretches. Mobilisation. Heart rate. Pace. Passing. Dribbling.  | Warm up. Pulse raiser. Stretches. Mobilisation. Heart rate. Agility. Cardiovascular Endurance. Muscular Endurance. Speed. Flexibility.  | Attack. Defence. Health. Fitness. Spatial awareness. Co-operative. Competitive.   | Control. Fluency. Aesthetically pleasing. Sequence. Mirror. Match. Cannon. Unison. Travel. Levels.  | Aerobic. Anaerobic. Cardiovascular endurance. Power. Speed. Strength. Acceleration. Pace. Relay. Intensity. Duration. Dehydration. Approach. Grip. Flight. Landing. Safety. Fielding. Batting. Bowling. Long barrier. Short barrier.   |

KS1 and 2 Knowledge and Key skills

Key Knowledge Transfer

\*may not apply 2020 due to Covid

| YEAR 8           | Autumn 1 to Spring  |  | SUMMER 1 to Summer 2  |   |
|------------------|---|--|---|---|
| TOPIC            | Winter Games, Gymnastics*, Fitness, Swimming*   |  | Athletics, Striking and Fielding Games  |   |
| <b>Knowledge</b> | Theory: Reasons for warm up/cool down. Components of fitness applied to sporting situations. Fitness Testing. Skill knowledge : Technique of key core skills and knowledge of tactics and strategies in various games. Rules and scoring systems in games.  |  | Application of Components of Fitness in relation to athletics/ striking and fielding games. Knowledge of strategies and tactics in striking and fielding games.   |   |
| <b>Skills</b>    | Leadership: Ability to lead full warm up to a peer group. Develop coaching of a skill in pairs/small groups. Ability to analyse own and others performance. Teamwork & Skill Development. Focus on skills increasingly challenging situations. Interpret fitness test scores against national averages. | Invasion Games: Football, Hockey, Netball, Basketball, Handball. Net Games: Badminton<br>Re-visit core skills and develop advanced skills. Skills to be progressively challenged and put into fully competitive contexts. Strategies & tactics | *Individual Activities<br>Gymnastics & Trampoline<br>Focus on Body Awareness & Control, creativity and performance. Paired & Group work, large apparatus. More advanced skills developed on the trampoline. | Athletics – Re-visiting all of the athletics activities in preparation for sports day, with increased challenge. Focus on measuring & timing skills. Striking & Fielding – Rounders, Cricket, Softball. More advanced skills taught with added pressure. Focus on strategies & tactics. Net Games – Tennis – More advanced shots taught with strategies & tactics of beating an opponent. |
| <b>Key Vocab</b> | ommunication. Leadership. Verbal. Non-verbal. Illinois agility test. Speed. Cardiovascular Endurance. Interpret. Compare. Normative data.   | Space. Depth. Width. Evade. exploit. pressure.   | Balance. Co-ordination. Fluency. Musicality.  | Aerobic. Aerodynamic. Anaerobic. Energy. Measure. Record. Interpret. Meters. Reaction Time. Fielders. Position. Batter. Bowler/Pitcher. Fielder. Spin.  |

| YEAR 9           | AUTUMN 1   | AUTUMN 2   | SPRING 1   | SPRING 2  | SUMMER 1  | SUMMER 2 |
|------------------|--|--|--|---|---|----------|
| TOPIC            | Winter Games, Gymnastics*, Fitness, Swimming*.   |  |  | Winter Games. Sport Education (Learner-centre approach)   |   |          |
| <b>Knowledge</b> | Methods/types of training. Principles of training. Skill knowledge : Technique of key core/advanced skills and knowledge of tactics and strategies in various games/ modified games. Rules and scoring systems in games.                               |  |  | Different roles in sport through participation. Rules of Sport through officiating and participation in a particular winter sport.  | More complex rules and regulations of athletics and striking/fielding games.  |          |
| <b>Skills</b>    | Games: Re-visit core and advanced skills in progressively challenging practices. Fully competitive contexts to be managed by students in the role of a coach & official. Recognise and participate in progressive skill practices for specific sports. | Leadership: Ability to lead warm ups/cold downs. Develop leadership skill through officiating games. | Fitness: Applying FITT principles to circuit training. Able to explain how FITT can be used in other training types/methods. | Develop leadership skills through Sport Education focusing on varying roles- official, coach, leader, manager, captain, stats analyst, time-keeper. Develop skills through role as participant. | Athletics – Re-visiting all of the athletics activities in preparation for sports day, with increased challenge. Focus on role of a coach & official, and on tactics as a participant. Striking & Fielding – Rounders, Cricket, Softball. More advanced skills taught with added pressure. Focus on role of a coach & official. Net Games – Tennis – More advanced shots taught, with increased challenge , fully competitive games. Focus on role of a coach & official. |          |
| <b>Key Vocab</b> | Spacial awareness. Tactic. Strategy. Challenging. Outwit. Decision making.   | Commence. Foul. Penalty. Obstruction. Contact. Advantage. Sportsmanship. Etiquette.                  | Specificity. Progression. Continuous. Fartlek. Interval. Weight. Circuit. Frequency. Intensity. Time. Type.                  | Organisation. Participation. Coach. Official. Umpire. Manager. Analyst.   | Fosbury. Technique. Approach. Foul. Drive. Pacing. Glide. Explosive. Wind up. Hang. Lactate. Intensity.   |          |