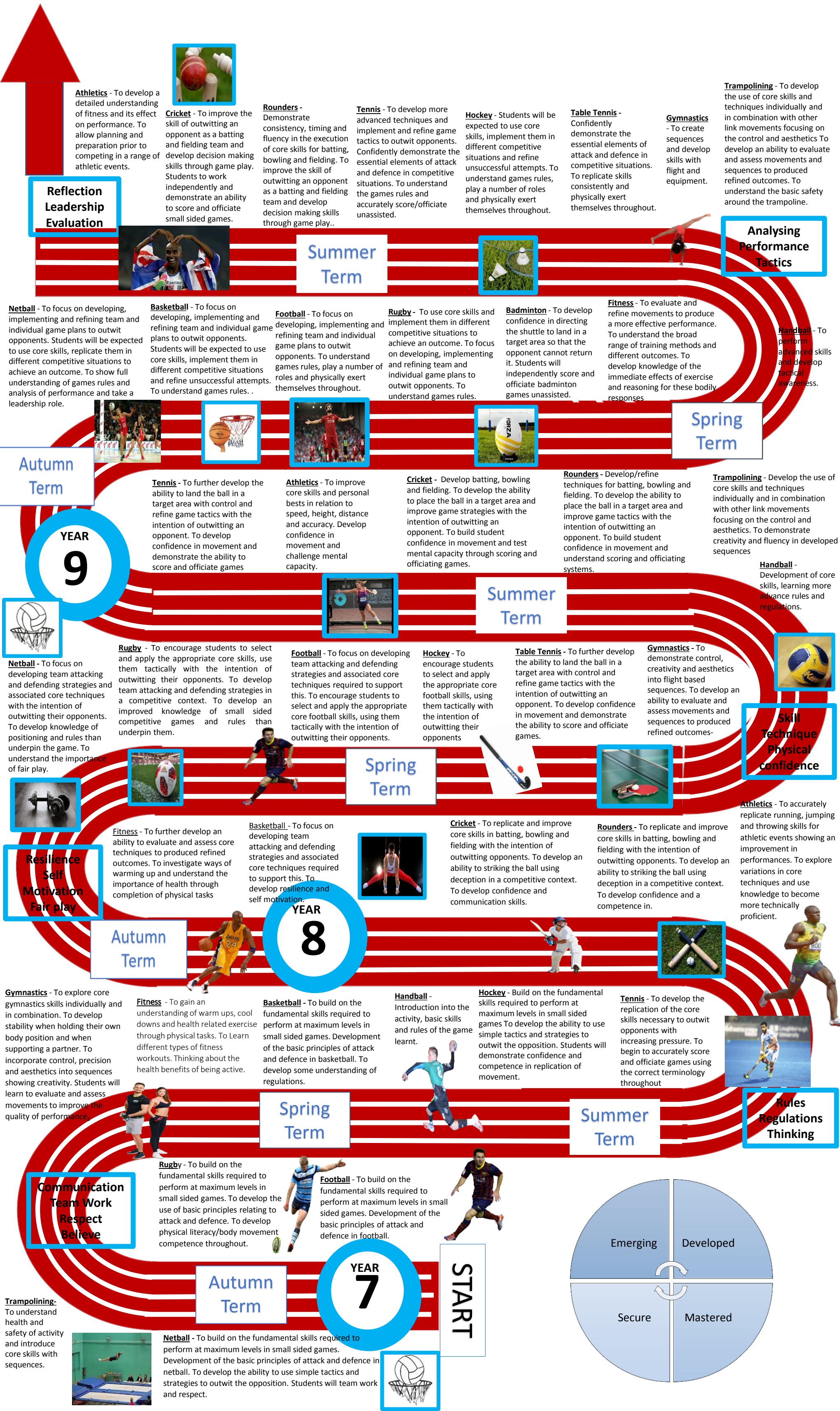


KS3 PE Curriculum Route Map

Sports Studies & GCSE



Athletics - To develop a detailed understanding of fitness and its effect on performance. To allow planning and preparation prior to competing in a range of athletic events.



Cricket - To improve the skill of outwitting an opponent as a batting and fielding team and develop decision making skills through game play. Students to work independently and demonstrate an ability to score and officiate small sided games.

Rounders - Demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. To improve the skill of outwitting an opponent as a batting and fielding team and develop decision making skills through game play..

Tennis - To develop more advanced techniques and implement and refine game tactics to outwit opponents. Confidently demonstrate the essential elements of attack and defence in competitive situations. To understand the games rules and accurately score/officiate unassisted.

Hockey - Students will be expected to use core skills, implement them in different competitive situations and refine unsuccessful attempts. To understand games rules, play a number of roles and physically exert themselves throughout.

Table Tennis - Confidently demonstrate the essential elements of attack and defence in competitive situations. To replicate skills consistently and physically exert themselves throughout.

Gymnastics - To create sequences and develop skills with flight and equipment.

Trampolining - To develop the use of core skills and techniques individually and in combination with other link movements focusing on the control and aesthetics To develop an ability to evaluate and assess movements and sequences to produced refined outcomes. To understand the basic safety around the trampoline.

Reflection Leadership Evaluation



Summer Term



Analysing Performance Tactics

Netball - To focus on developing, implementing and refining team and individual game plans to outwit opponents. Students will be expected to use core skills, replicate them in different competitive situations to achieve an outcome. To show full understanding of games rules and analysis of performance and take a leadership role.

Basketball - To focus on developing, implementing and refining team and individual game plans to outwit opponents. Students will be expected to use core skills, implement them in different competitive situations and refine unsuccessful attempts. To understand games rules. .

Football - To focus on developing, implementing and refining team and individual game plans to outwit opponents. To understand games rules, play a number of roles and physically exert themselves throughout.

Rugby - To use core skills and implement them in different competitive situations to achieve an outcome. To focus on developing, implementing and refining team and individual game plans to outwit opponents. To understand games rules.

Badminton - To develop confidence in directing the shuttle to land in a target area so that the opponent cannot return it. Students will independently score and officiate badminton games unassisted.

Fitness - To evaluate and refine movements to produce a more effective performance. To understand the broad range of training methods and different outcomes. To develop knowledge of the immediate effects of exercise and reasoning for these bodily responses

Handball - To perform advanced skills and develop tactical awareness.



Spring Term

Autumn Term

YEAR 9

Tennis - To further develop the ability to land the ball in a target area with control and refine game tactics with the intention of outwitting an opponent. To develop confidence in movement and demonstrate the ability to score and officiate games

Athletics - To improve core skills and personal bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity.

Cricket - Develop batting, bowling and fielding. To develop the ability to place the ball in a target area and improve game strategies with the intention of outwitting an opponent. To build student confidence in movement and test mental capacity through scoring and officiating games.

Rounders - Develop/refine techniques for batting, bowling and fielding. To develop the ability to place the ball in a target area and improve game tactics with the intention of outwitting an opponent. To build student confidence in movement and understand scoring and officiating systems.

Trampolining - Develop the use of core skills and techniques individually and in combination with other link movements focusing on the control and aesthetics. To demonstrate creativity and fluency in developed sequences

Handball - Development of core skills, learning more advance rules and regulations.



Summer Term

Netball - To focus on developing team attacking and defending strategies and associated core techniques with the intention of outwitting their opponents. To develop knowledge of positioning and rules than underpin the game. To understand the importance of fair play.

Rugby - To encourage students to select and apply the appropriate core skills, use them tactically with the intention of outwitting their opponents. To develop team attacking and defending strategies in a competitive context. To develop an improved knowledge of small sided competitive games and rules than underpin them.

Football - To focus on developing team attacking and defending strategies and associated core techniques required to support this. To encourage students to select and apply the appropriate core football skills, using them tactically with the intention of outwitting their opponents.

Hockey - To encourage students to select and apply the appropriate core football skills, using them tactically with the intention of outwitting their opponents

Table Tennis - To further develop the ability to land the ball in a target area with control and refine game tactics with the intention of outwitting an opponent. To develop confidence in movement and demonstrate the ability to score and officiate games.

Gymnastics - To demonstrate control, creativity and aesthetics into flight based sequences. To develop an ability to evaluate and assess movements and sequences to produced refined outcomes-

Skill Technique Physical confidence



Spring Term

Resilience Self Motivation Fair play

Fitness - To further develop an ability to evaluate and assess core techniques to produced refined outcomes. To investigate ways of warming up and understand the importance of health through completion of physical tasks

Basketball - To focus on developing team attacking and defending strategies and associated core techniques required to support this. To develop resilience and self motivation.



Cricket - To replicate and improve core skills in batting, bowling and fielding with the intention of outwitting opponents. To develop an ability to striking the ball using deception in a competitive context. To develop confidence and communication skills.

Rounders - To replicate and improve core skills in batting, bowling and fielding with the intention of outwitting opponents. To develop an ability to striking the ball using deception in a competitive context. To develop confidence and a competence in.

Athletics - To accurately replicate running, jumping and throwing skills for athletic events showing an improvement in performances. To explore variations in core techniques and use knowledge to become more technically proficient.

Autumn Term

YEAR 8

Gymnastics - To explore core gymnastics skills individually and in combination. To develop stability when holding their own body position and when supporting a partner. To incorporate control, precision and aesthetics into sequences showing creativity. Students will learn to evaluate and assess movements to improve the quality of performance.

Fitness - To gain an understanding of warm ups, cool downs and health related exercise through physical tasks. To Learn different types of fitness workouts. Thinking about the health benefits of being active.

Basketball - To build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in basketball. To develop some understanding of regulations.

Handball - Introduction into the activity, basic skills and rules of the game learnt.

Hockey - Build on the fundamental skills required to perform at maximum levels in small sided games To develop the ability to use simple tactics and strategies to outwit the opposition. Students will demonstrate confidence and competence in replication of movement.

Tennis - To develop the replication of the core skills necessary to outwit opponents with increasing pressure. To begin to accurately score and officiate games using the correct terminology throughout



Spring Term



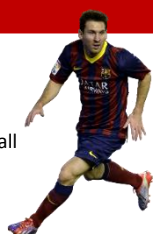
Summer Term

Rules Regulations Thinking

Communication Team Work Respect Believe

Rugby - To build on the fundamental skills required to perform at maximum levels in small sided games. To develop the use of basic principles relating to attack and defence. To develop physical literacy/body movement competence throughout.

Football - To build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in football.



Autumn Term

YEAR 7

START

Trampolining - To understand health and safety of activity and introduce core skills with sequences.



Netball - To build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in netball. To develop the ability to use simple tactics and strategies to outwit the opposition. Students will team work and respect.

