**\*\*\*\*\* CURRICULUM PLAN**

**KEY STAGE 3**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | AUTUMN 1 | AUTUMN 2 | SPRING 1  | SPRING 2 | SUMMER 1 | SUMMER 2 |
| GROUP 1Scheme of Work | Health related fitness | Badminton | Rounder’s | Basketball | Athletics | Rugby/Football  |
| Key learning Questions and examples of task/s | To understand components of fitness involved in performance.**Example of Tasks*** To accurately replicate the basic technique at each station.
* To sustain performance over 2 laps. To understand how to make the circuit harder.
* To accurately replicate a sustained running technique for 6 minutes.
* To understand the relationship between heart rate recovery and fitness level.
 | Pupils will identify different areas of the court.Pupils will learn and perform core badminton skills. Identify the correct grip for pupils play style.**Example of Tasks** Pairs; demo grip and ready position.Shuttle keepy uppy.To perform and replicate overhead and underarm clear with control and accuracy. | To develop an understanding and knowledge of the basic fundamentals of Rounders.**Example of Tasks*** Fielding-Fielding game. Small teams. 2 rounder’s posts either end of grid. Can’t run with ball. Must pass between fielders to get close enough to stump posts.
* Bowling-Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3’s; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball
 | To be able to perform the fundamental basketball skill of ball handling.**Example of Tasks*** To be able to perform these in a small sided game to maintain ball possession.
* To develop their understanding and knowledge of the basic rules of Basketball.
 | * Introduction of running style (100/200/400m).
* To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action.
* Throwing – shot putt. To accurately replicate the technique for an effective shot putt.
* Throwing – javelin, to accurately replicate the technique for an effective javelin throw.
 | Introduce basic rules of rugby league. How to correctly hold a rugby ball.Introduce passing techniques. Introduce the correct technique to perform the front tackle.**Example of Tasks**. * 2 vs 1 attack and defence drill.
* 2 hand passing hip drive.
* 1 v 1 tackle grid.
 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1**  | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 2****Scheme of Work** | **Health related fitness** | **Badminton** | **Rounder’s** | Basketball | Athletics  | Rugby/Football |
| **Key learning Questions and examples of task/s** | To understand components of fitness involved in performance.**Example of Tasks*** To accurately replicate the basic technique at each station.
* To sustain performance over 2 laps. To understand how to make the circuit harder.
* To accurately replicate a sustained running technique for 6 minutes.

To understand the relationship between heart rate recovery and fitness level. | Pupils will identify different areas of the court.Pupils will learn and perform core badminton skills. Identify the correct grip for pupils play style.**Example of Tasks**Pairs; demo grip and ready position.Shuttle keepy uppy.To perform and replicate overhead and underarm clear with control and accuracy.  | To develop an understanding and knowledge of the basic fundamentals of Rounders.**Example of Tasks*** Fielding-Fielding game. Small teams. 2 rounder’s posts either end of grid. Can’t run with ball. Must pass between fielders to get close enough to stump posts.
* Bowling-Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3’s; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball
 | To be able to perform the fundamental basketball skill of ball handling.**Example of Tasks*** To be able to perform these in a small sided game to maintain ball possession.
* To develop their understanding and knowledge of the basic rules of Basketball.
 | * Introduction of running style (100/200/400m).
* To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action.
* Throwing – shot putt**.** To accurately replicate the technique for an effective shot putt.
* Throwing – javelin,to accurately replicate the technique for an effective javelin throw.
 | Introduce basic rules of rugby league. How to correctly hold a rugby ball.Introduce passing techniques. Introduce the correct technique to perform the front tackle.**Example of Tasks.** * 2 vs 1 attack and defence drill.
* 2 hand passing hip drive.
* 1 v 1 tackle grid.
 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | AUTUMN 1 | AUTUMN 2 | SPRING 1  | SPRING 2 | SUMMER 1 | SUMMER 2 |
| GROUP 3Scheme of Work | Health related fitness | Badminton | Rounder’s | Basketball | Athletics | Rugby/Football |
| Key learning Questions and examples of task/s | To accurately replicate skill related fitness tests. **Example of Tasks** * To perform and record levels achieved.
* To understand the relationship between test scores and strengths as a performer.
* Coordination-throw + catch test. Reaction time- ruler drop. Agility- illionis agility run, timed. Balance-stork test. Speed- 10m sprint. Power-vertical high jump.
* Discuss good scores/strengths and relevance to pupils sports.
 | Pupils will identify different areas of the court and be able to move between these areas using a variety of techniques.Pupils will learn and perform more basic badminton skills with accuracy and control.**Example of Tasks** * Singles basic games, 1v1 half court competition.
* Recap basic rules of badminton, court lines & scoring.
* Be able to undertake a game of doubles and differentiate between the different rules and court markings
 | Pupils will further develop the ability to outwit opponents using strategies and tactics.To accurately replicate long barrier and use effectively in a game.To demonstrate knowledge and understanding of the rules of rounders**Example of tasks.*** In pairs – Coordination catching game. Pupils to stand 2 metres apart. Bend knees.
* In 5’s 1 batter, bowler, backstop, base and fielder. Set up 2 posts. Batter to hit + run to base and back
 | Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to combine and perform further developed basketball skills.**Examples of tasks** A game of endball. Recap basic techniques- handling skills, passing + receiving effectively. Pupils investigate the best ways of passing to attack. Pupils develop analytical skills.Shadow dribbling. B’s follow A’s Dribbling, must always stay arm length away but never make contact. (may be adapted to a teacher led activity) | * Introduction of running style (100/200/400m).
* To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action.
* Throwing – shot putt. To accurately replicate the technique for an effective shot putt.
* Throwing – javelin, to accurately replicate the technique for an effective javelin throw
 | * Learn the basic principles of attack and defence.
* Undertake different roles including attacker and defender.
* Learn and apply rules of rugby league and Use them in competitive setting.

**Example of tasks*** 2 V 1 attack and defence drill.
* 2 v 1 decision making drill.
* Attack the space
* Keep Ball
 |

 

**\*\*\*\*\* CURRICULUM PLAN**

**KEY STAGE 4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | AUTUMN 1 | AUTUMN 2 | SPRING 1  | SPRING 2 | SUMMER 1 | SUMMER 2 |
| GROUP 4Scheme of Work | Health related fitness | Badminton | Rounder’s | Basketball | Athletics. | Rugby/Football |
| Key learning Questions and examples of task/s | Pupil will be introduced to basic fitness activities and develop an accurate replication of the required techniques.Pupils will develop and refine skills in order to complete set tasks.Revisit the components of fitness and demonstrate each of them. **Example of tasks** * Bleep test
* Stalk Test
* Ruler drop test
* 1 rep max
* 10 metre sprint
* Vertical Jump
 | Pupils will identify different areas of the court. Pupils will learn and perform more basic badminton skills with accuracy and control.Pupils will begin to understand how to outwit opponents using different strategies and tactics during game play.**Example of tasks** In pairs perform rallies from the certain positions using a variety of shots (overhead clear, underarm clear, backhand). Be able to accurately replicate a smash shot.Round the court relay runs. | Develop a range of batting, bowling and fielding techniques.Continued Development of strategies tactics.Learn to apply consistency & timing in the use of techniques for batting, bowling and fielding.**Example of tasks** Batting – four player rotationSpot hits  Rugby rounder’sLow catch Rounder’s golf | How to perform passing, receiving, dribbling, shooting techniques to outwit opposition.To be able to perform a combination of these skills in a small sided game with success.**Example of tasks*** Shooting first to 21
* 1-5 Post Passing
* 3 man passing drill.
* Beat the chair
* 2 v 1 attack and defence
 | Accurately replicate techniques in both track and field events to achieve the desired outcome.Understand that different events demand different skill types and be able to adapt their skills to the needs of different events.**Example of tasks** Practice the shuffle technique (shotput). 20 metre sprints from push up start. Tennis ball/vortex throw. Discuss 12 minute cooper run.  | * Learn the basic principles of attack and defence.
* Undertake different roles including attacker and defender.
* Learn and apply rules of rugby league and Use them in competitive setting.

**Example of tasks*** 2 V 1 attack and defence drill.
* 2 v 1 decision making drill.
* Attack the space

Keep Ball |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1**  | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 5****Scheme of Work** | Health related fitness | Badminton | Rounder’s | Basketball | Athletics. | Rugby/Football |
| **Key learning Questions and examples of task/s** | Pupil will be introduced to basic fitness activities and develop an accurate replication of the required techniques.Pupils will develop and refine skills in order to complete set tasks.Revisit the components of fitness and demonstrate each of them. **Example of tasks** * Bleep test
* Stalk Test
* Ruler drop test
* 1 rep max
* 10 metre sprint
* Vertical Jump
 | Pupils will identify different areas of the court. Pupils will learn and perform more basic badminton skills with accuracy and control.Pupils will begin to understand how to outwit opponents using different strategies and tactics during game play.**Example of tasks** In pairs perform rallies from the certain positions using a variety of shots (overhead clear, underarm clear, backhand). Be able to accurately replicate a smash shot.Round the court relay runs. | Develop a range of batting, bowling and fielding techniques.Continued Development of strategies tactics.Learn to apply consistency & timing in the use of techniques for batting, bowling and fielding.**Example of tasks** Batting – four player rotationSpot hits  Rugby rounder’sLow catch Rounder’s golf | How to perform passing, receiving, dribbling, shooting techniques to outwit opposition.To be able to perform a combination of these skills in a small sided game with success.**Example of tasks*** Shooting first to 21
* 1-5 Post Passing
* 3 man passing drill.
* Beat the chair
* 2 v 1 attack and defence
 | Techniques in both track and field events to achieve the desired outcome.Understand that different events demand different skill types and be able to adapt their skills to the needs of different events.**Example of tasks** Practice the shuffle technique (shotput). 20 metre sprints from push up start. Tennis ball/vortex throw. Discuss 12 minute cooper run. | * Learn the basic principles of attack and defence.
* Undertake different roles including attacker and defender.
* Learn and apply rules of rugby league and Use them in competitive setting.

**Example of tasks*** 2 V 1 attack and defence drill.
* 2 v 1 decision making drill.
* Attack the space

Keep Ball |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1**  | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 6****Scheme of Work** | The functions of the skeletal and muscular systems | The functions of the skeletal and muscular systems | Know the functions of the cardiorespiratory systems | Know the functions of the cardiorespiratory systems | Know the requirements of a healthy diet | Know the requirements of a healthy diet |
| **Key learning Questions and examples of task/s** | Identify the structure and functions of the skeleton.**Tasks** Label the human skeleton correctly.Identify the different functions of the human skeleton (protection, support, blood production, movement, mineral storage).   | Identify the structure and functions of the muscular system.**Tasks**Label a diagram of the human body correctly by identifying all major muscles. Identify the major functions of the muscular system (Movement, posture, heat production, pumps blood around the human body).  | Identify the structure and functions of the heart. **Tasks** Correctly identify the structure of the human heart. By labelling a diagram, or creating your own. List the major functions of the human heart (pumps blood around body, transports oxygen to organs, protects against disease, regulates body temperature). | Identify the structure and functions of the lungs.**Tasks** Correctly identify the structure of the lungs. By labelling a diagram, or creating your own. List the major functions of the Lungs (breathing; oxygen delivery; carbon dioxide disposal).  | Identify the different nutrients for a healthy diet.**Tasks** Produce handouts that identify the different nutrients needed for optimum health and performance. | Identify functions of each nutrient for a healthy diet.**Tasks.** Create a diet plan for a chosen athlete. Highlighting what they need in their diet to perform at their peak performance, and also recover after an event. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 7****Scheme of Work** | The functions of the skeletal and muscular systems | The functions of the skeletal and muscular systems | Know the functions of the cardiorespiratory systems | Know the functions of the cardiorespiratory systems | Know the requirements of a healthy diet | Know the requirements of a healthy diet |
| **Key learning Questions and examples of task/s** | Identify the structure and functions of the skeleton.**Tasks** Label the human skeleton correctly.Identify the different functions of the human skeleton (protection, support, blood production, movement, mineral storage).  | Identify the structure and functions of the muscular system.**Tasks**Label a diagram of the human body correctly by identifying all major muscles. Identify the major functions of the muscular system (Movement, posture, heat production, pumps blood around the human body).  | Identify the structure and functions of the heart. **Tasks** Correctly identify the structure of the human heart. By labelling a diagram, or creating your own. List the major functions of the human heart (pumps blood around body, transports oxygen to organs, protects against disease, regulates body temperature). | Identify the structure and functions of the lungs.**Tasks** Correctly identify the structure of the lungs. By labelling a diagram, or creating your own. List the major functions of the Lungs (breathing; oxygen delivery; carbon dioxide disposal). | Identify the different nutrients for a healthy diet.**Tasks** Produce handouts that identify the different nutrients needed for optimum health and performance | Identify functions of each nutrient for a healthy diet.**Tasks.** Create a diet plan for a chosen athlete. Highlighting what they need in their diet to perform at their peak performance, and also recover after an event. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 8****Scheme of Work**  | The functions of the skeletal and muscular systems | Know the functions of the cardiorespiratory systems | Know the requirements of a healthy diet | Know about different exercise and fitness activities | Be able to demonstrate work skills through participation in exercise and fitness activities | Be able to review own performance |
| **Key learning Questions and examples of task/s** | Identify the structure and functions of the skeleton.Identify the structure and functions of the muscular system.**Tasks**Label the human skeleton correctly.Identify the different functions of the human skeleton.Label a diagram of the human body correctly by identifying all major muscles. Identify the major functions of the muscular system | Identify the structure and functions of the heart. Identify the structure and functions of the lungs.**Tasks** Correctly identify the structure of the human heart. By labelling a diagram, or creating your own. Correctly identify the structure of the lungs. By labelling a diagram, or creating your own.  | Identify the different nutrients for a healthy diet.Identify functions of each nutrient for a healthy diet.**Tasks** Produce handouts that identify the different nutrients needed for optimum health and performance.Create a diet plan for a chosen athlete. Highlighting what they need in their diet to perform at their peak performance, and also recover after an event. | Identify different indoor exercise and fitness activities.Identify different outdoor exercise and fitness activities.**Tasks** Internet researchIndependent research Visits to local gyms, sporting arenas, and leisure centres.  | Actively participate in exercise and fitness activities and demonstrate:**Tasks** • time-management skills • appropriate dress for the activity • following instructions provided by the activity leader • following health and safety guidelines before, during and after activities | Identify own strengths and areas for improvement in exercise and fitness activities.**Tasks**Complete a self-assessment for your chosen sports highlighting what went well, areas to improve on, and how you kept yourself safe.  |