

Off to Cambridge National

Summer 2:
Striking and
Fielding

Summer 1:
Athletics

Spring Term:
Trampolining
Volleyball
Handball
Fitness/ OAE

Autumn 2:
Hockey
Basketball

Autumn 1:
Netball
Football

Using a broad range of activities, students will develop the following knowledge:

- Application of all core and most advanced skills in competitive situations.
- Evaluating the principles of effective performance and being able to analyse their own and others' performance.
- Evaluate the effectiveness of a range of tactics needed to outwit opponents in competitive situations through team and individual games; giving suggestions on how to improve.
- Show confidence in their own performance and become an expert in their field.
- Use Cambridge National Sports Studies language for learning to articulate long-term health benefits of physical activity.

Year 9:

Developing analytical and evaluation skills with the progression towards Cambridge National, Sports Studies key terminology

Autumn 1:
Netball
Football

Autumn 2:
Hockey
Basketball

Spring Term:
Trampolining
Volleyball
Handball
Fitness/ OAE

Summer 1:
Athletics

Summer 2:
Striking and
Fielding

Year 8:

Application of core skills in a competitive game with the aim of developing confidence and a progression towards advanced skills

Using a broad range of activities, students will develop the following knowledge:

- Application of core and advanced skills in competitive situations and understand what is needed for effective performance.
- Applying the principles of effective performance to their own and others' work and being able to articulate this to others.
- Discuss the effectiveness of a range of tactics needed to outwit opponents in competitive situations through team and individual games.
- Develop resilience and problem-solving strategies in a range of team and individual activities.
- Develop confidence in becoming an expert with specific sports/ activities.
- Apply knowledge of the long-term health benefits of physical activity.

Summer 2:
Striking and
Fielding

Summer 1:
Athletics

Spring Term:
Trampolining
Volleyball
Handball
Fitness/ OAE

Autumn 2:
Hockey
Basketball

Autumn 1:
Rules and
expectations
Baseline testing
Netball
Football

Year 7:

Developing core skills, knowledge and understanding with the aim to grow in confidence.

Using a broad range of activities, students will develop the following knowledge:

- Learn core and advanced skills needed for effective performance and embed the physical development and skills learned at KS2.
- Understand what makes a successful performance and apply these principles to their own and others' work.
- Use a range of tactics to outwit opponents in competitive situations through team and individual games.
- Develop resilience and problem-solving strategies in a range of team and individual activities.
- Identify own personal attributes that can contribute to successful performances.
- Understand the long-term health benefits of physical activity.

KS3 PE

3-year
curriculum
map

