

# KS3 'Physical Education' Curriculum Coverage: 2023-2024



Year 9

Sequenced	Athletics	Badminton	Basketball	Fitness	Football
<b>Key Knowledge</b>	<p><b>To know the teaching points:</b>                      100m                      Relay 4x100m and 4x400m                      800m                      1500m                      Shot Putt                      Javelin                      Discus                      Long and Triple Jump                      High Jump                      Carrying and using any equipment safely</p>	<p><b>To know the teaching points:</b>                      Overhead clear                      Forehand-high serve                      Forehand-low serve                      Net shot                      Drop shot                      Forehand smash  <b>Know the rules of:</b>                      Doubles                      Scoring system for doubles                      Doubles tactics</p>	<p><b>To know the teaching points:</b>                      Chest Pass                      Bounce Pass                      Shoulder Pass                      Jump Stop                      Stride Stop                      Stealing                      Lay Up from a received pass                      Defending                      Free Throws  <b>Know the rules of:</b>                      Tip off                      Travelling                      Double dribble                      Back court violation                      Backline passes                      Side-line passes                      Contact                      Timing Rules                      Three seconds in the key                      24 seconds to shoot                      8 seconds to get the ball into the opponents half</p>	<p><b>To know:</b>                      That different athletes may require different training methods to suit their sport and fitness levels                      Different components of fitness and how they link to different sporting activities  <b>To know how to:</b>                      Calculate MHR                      Calculate aerobic &amp; anaerobic training zones</p>	<p><b>To know the teaching points:</b>                      Short passing                      Long passing                      Shooting                      Tackling                      Jockeying                      Movement off the ball                      Heading                      Goal keeper  <b>To the know the rules of:</b>                      Offside                      throw ins                      Goal kicks                      Centre kick                      Fouls</p>
<b>Key Skills</b>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>                      100m                      Relay 4x100m and 4x400m                      800m                      1500m                      Shot Putt                      Javelin                      Discus                      Long and Triple Jump                      High Jump                      Carrying and using any equipment safely                      Leadership for roles within the lessons e.g. timing/recording results etc.</p>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>                      Overhead clear                      Forehand-high serve                      Forehand-low serve                      Net shot                      Drop shot                      Forehand smash                      In isolation, rallies and competition</p>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>                      Chest Pass                      Bounce Pass                      Shoulder Pass                      Jump Stop                      Stride Stop                      Stealing                      Lay Up from a received pass                      Defending                      Free Throws                      In isolation, small sided games and competition</p>	<p><b>To be able to:</b>                      Use equipment safely and effectively                      Calculate MHR                      Calculate Aerobic &amp; anaerobic training zones                      Calculate heart rate                      Record and monitor their progress                      Perform exercises safely                      Lead a warm up                      Design and administer their own training programme</p>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>                      Short passing                      Long passing                      Shooting                      Tackling                      Jockeying                      Movement off the ball                      Heading                      Goal keeper                      In isolation, small sided games and competition</p>
	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>
<b>Subject specific</b>	Trajectory Elite athlete body types – ectomorph, mesomorph, endomorph Approach Take off Release Extension	Drop shot Smash shot Trajectory Varying serve Tactics Forehand grip Backhand grip Racket arm, non racket arm Follow through Umpiring	Chest pass Bounce pass Overarm pass Travelling Double dribble Pivoting Back court violation Tip off Set shot Jump shot Lay up Shot clock Key Stealing Interception Turnover	Sprints, Burpees, Plank, Skipping, Ab Crunches, Press Ups, Wall Sit, Mountain Climbers, Bear Crawls, Squats, Triceps Dips, High Knees, Frog Jumps, Sprints, In and outs, High Knees, Plank V Sit, Ab Crunches, Torso Twists, Power Jumps Hopping on left, Hopping on right, Power Squats Inverted push ups, High Knees, Triceps Dips Sprints, Tabata, Grape vine, Around the world Box Steps, Squats, Lunges, Take Overs, Leg Curls Star Jumps, Spotty Dogs, Globe Jumps, Zombie Kicks, Weighted lunges, Pad work, Wall sit, Kettle bell swings, Plyometric box jumps, Ab crunches Step Ups, Weighted press ups, Weighted bag squats, Skipping, Side Plank, Sprints	Loft pass Curling the ball Clean sheet Heading the ball Volleying the ball Side foot volley

Sequenced	Handball	Netball	OAA	Rounders	Rugby Union
<b>Key Knowledge</b>	<p><b>To know the teaching points:</b>            Square on position to allow for defensive block            How to be prepared for a shot as a goalkeeper            How to narrow the angle as a goalkeeper            Each position in a team</p>	<p><b>To know the teaching points:</b>            Effective attacking play            Effective defensive play            Pivoting            Shooting            Defending (stage 1, 2 or 3)            Set plays            Passing            Footwork            Attacking            Positional play            Running pass            Split leg landing  <b>To know the rules of:</b>            Three seconds            Centre Passes            Passing Over a Third            Footwork            Obstruction            Contact and Contest            Offside            Replaying the ball</p>	<p><b>To know how to:</b>            Orientate a map            Identify a control point</p>	<p><b>To know the teaching points:</b>            Catching (1 and 2 handed)            Throwing (over and underarm)            Backhand batting            Positional batting            Bowling (All types)            Long barrier            To know how to tactically score rounders</p>	<p><b>To know the teaching points:</b>            Running with ball and effective passing            Tackling            Rucking/Mauling            Types of kicking and when to perform in a competitive situation            Lineouts            Positional play - attacking/defensive line/(re)start of game after score  <b>To know:</b>            Organisation at a lineout            Positional play - defending &amp; attacking            Offences and decision made by referee            Safe and effective tackling of opponents</p>
<b>Key Skills</b>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>            Defensive Block            Defensive jockeying &amp; marking            Body/Ball Feint on the move            Fast Break            Jump/Skill Shot            Goalkeeper - Ready Position            Goalkeeper - Narrowing the Angle            In isolation, small sided games and competition</p>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>            Pivoting            Shooting            Defending (stage 1, 2 or 3)            Set plays            Passing            Footwork            Attacking            Positional play            Running pass            Split leg landing            In isolation, small sided games and competition</p>	<p><b>To be able to demonstrate:</b>            Teamwork skills            Map Orientation            Problem Solving skills            Communication skills            Leadership skills            Complete a number of orienteering courses varying in difficulty</p>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>            Catching (1 and 2 handed)            Throwing (over and underarm)            Backhand batting            Positional batting            Bowling            Long barrier            In isolation, small sided games and competition</p>	<p><b>To be able to demonstrate and use effectively the technique needed for:</b>            Running with ball and effective passing            Tackling            Rucking/Mauling            Types of kicking and when to perform in a competitive situation            Lineouts            Positional play - attacking/defensive line/(re)start of game after score</p>
	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>	<b>Tier 3 key vocabulary</b>
<b>Subject specific</b>	Blocking Passive blocking Body feints Jump shot blocking Passive defence Active defence Wrist pass Grip Narrowing angles Timed shooting Right/left half Right/left wing Line player Centre back Positional play	Powerful pass Attacking centre set play Split leg landing Running Pass Obstruction Over a third Offside Delaying Replaying Contact Contest	Teamwork Communication Evaluate Orienteering Control point Star course Orientate	Back spin Donkey drop Fast bowl Anticlockwise Transfer weight Power	Scrum Attacking Line Protecting the ball Poaching the ball Mark Lineout Turnover Offside Knock-on Conversion Penalty Clearing kick