

KS3 Curriculum Overview 2024-25

Subject: PE

Rationale of KS3 Curriculum:

Initial Baseline Assessment to gather information regarding ability and level of fundamental skills as no prior data for PE.
 Assume academic levels on entry correct and build on prior knowledge and attainment allowing students to continue to make rapid progress.
 students to begin to build on an understanding of why Warming up and Cooling Down is important as well as introducing official rules of play, tactics and technique analysis.
 Students gain a vital understanding of the long term health benefits of physical activity through components of fitness.
 A basic knowledge of first aid including how to respond to injuries, how to contact emergency services and how to use a defibrillator.
 Students are exposed to more theory through practical and encouraged to develop their oracy skills and levels of communication.
 Planned cultural capital is woven throughout.

Sequence of Learning:

KS3	Term 1	Term 2	Term 3
Year 7	Baseline Testing Team Sports: netball, football, rugby etc Individual sports: trampolining, dance, badminton, rock climbing, fitness Importance of warming up, cooling down, sportsmanship, team work and muscles	Team sports: netball, football, rugby etc Individual sports: trampolining, dance etc Basic first aid – CPR, how to respond to injuries, how to use a defibrillator Rules of play Techniques analysis Communication and resilience	Individual sports: trampolining, dance, badminton, fitness, rock climbing Summer sports: Athletics, rounders, softball, cricket Leadership Officiating
Year 8	Team sports: netball football, rugby, floorball Individual sports: trampolining, dance, fitness, rock climbing, tri-golf	Team sports: handball, basketball, floorball Individual sports: trampolining, dance etc Basic first aid – CPR, how to respond to injuries, how to use a defibrillator Understand and apply short term health benefits of physical activity Heart rate and cardio-respiratory system	Individual sports: trampolining, dance, fitness etc Summer sports: athletics, rounders, softball, cricket Understanding the short term health benefits of physical activity Leadership and officiating Components of fitness
Year 9	Team sports: netball, football, rugby etc Individual sports: trampolining, dance, fitness etc Understand how to prevent injury through effective warm up and cool down	Team sports: handball, basketball, floorball Individual sports: trampolining, dance, fitness, table tennis etc Basic first aid – CPR etc Understand how different factors can influence the risk of injury	Individual sports: trampolining, dance, fitness, etc Summer sports: athletics, rounders, softball, cricket, tennis Understand the different types of injury