

PE KS3 Curriculum Map

	Term 1 (September – December)		Term 2 (January – March)		Term 3** (April – July)	
Year 7 THEMES	Rugby Fitness suite*	Cross-country /Dodgeball*	Football/Basketball Fitness suite*	Gymnastics/Volleyball	Athletics/ Orienteering/ Dodgeball*	Field & Striking Fitness suite*
Base line multi-skills, invasion games, net games, health related fitness, field and striking, gymnastics, athletics.	<p>Hand-eye co-ordination e.g. passing & catching. Evasion skills – beating defenders, finding space, using width.</p> <p>Fitness suite – build on components of fitness and core strength.</p> <p>Boxercise.</p> <p>SLA - To take part in planning a warm-up with a group of peers. Deliver at least one part of the warm-up to the class.</p>	<p>Cardiovascular fitness, muscular endurance, skills and tactics of running longer distances including running technique and pacing.</p> <p>Dodgeball – hand-eye co-ordination i.e. throwing and catching. Evading, tactics, communication, team work, decision making.</p> <p>SLA - To take part in planning a warm-up with a group of peers. Deliver at least one part of the warm-up to the class.</p>	<p>Foot-eye co-ordination for football i.e. passing, shooting.</p> <p>Basketball – hand-eye co-ordination i.e. passing, shooting.</p> <p>Both building on the skills learnt in rugby of invading space and keeping possession.</p> <p>Fitness suite – build on components of fitness and core strength.</p> <p>Boxercise.</p> <p>SLA - To take part in planning a warm-up with a group of peers. Deliver at least one part of the warm-up to the class.</p>	<p>Fundamentals of movement in gymnastics, building sequences, emphasis on core strength and flexibility.</p> <p>Volleyball – Hand-eye co-ordination, shots, tactics, communication, decision making.</p> <p>SLA - To take part in planning a warm-up with a group of peers. Deliver at least one part of the warm-up to the class.</p>	<p>Physical Conditioning – Focus on the fundamentals of movement and body conditioning.</p> <p>Field and track covered. 100m, 200m, 300m, 800m, 1500m, Shot, discus, javelin, Long Jump, Triple Jump, High Jump.</p> <p>Orienteering – map reading, CV fitness.</p> <p>SLA - To take part in planning a warm-up with a group of peers. Deliver at least one part of the warm-up to the class.</p>	<p>Cricket – batting, bowling, fielding, rules and regulations.</p> <p>Rounders/Softball /Danish Longball – batting, bowling, fielding, rules and regulations.</p> <p>Fitness suite – build on components of fitness and core strength.</p> <p>Boxercise.</p> <p>SLA - To take part in planning a warm-up with a group of peers. Deliver at least one part of the warm-up to the class.</p>
Assessment	Small sided games - performing skills learnt in a pressurised situation.	Competitions against themselves and each other.	Small sided games - performing skills learnt in a pressurised situation.	Building sequences in gymnastics to perform to others. Volleyball – small sided games.	Competitions against themselves and each other.	Small sided games – performing skills learnt in a pressurised situation.

*Wet weather option

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Year 8 THEMES	Rugby/ Cross-country Fitness suite*	Basketball/Fitness/Multi- skills/Badminton/Handball/ Physical Conditioning /Dodgeball*	Football Fitness suite*	Basketball/Fitness/Multi- skills/Badminton/Handball/ Physical Conditioning/Dodgeball*	Athletics Orienteering/ Dodgeball*	Field & striking/Innovative games Fitness suite*
<p>Invasion games, net games, health related fitness, field and striking, athletics. Consolidating skills learnt in Year 7.</p>	<p>Hand-eye co-ordination e.g. passing & catching. Evasion skills – beating defenders, finding space, using width. Cross-country - Cardiovascular fitness, muscular endurance, skills and tactics of running longer distances including running technique and pacing. Fitness suite – build on components of fitness and core strength. Boxercise. SLA - Plan and deliver a warm-up on your own. Your delivery must include using the correct tone of voice and body language as well as demonstrating good organisational skills.</p>	<p>Focus on skills and game play for the possession and evasion type games. Multi-skills – focus on areas of weakness for the group. Physical Conditioning – run, jump, weights, core strength & components of fitness Dodgeball – hand-eye co-ordination i.e. throwing and catching. Evading, tactics, communication, team work, decision making. SLA - Plan and deliver a warm-up on your own. Your delivery must include using the correct tone of voice and body language as well as demonstrating good organisational skills.</p>	<p>Foot-eye co-ordination for football i.e passing, shooting, positions, formations, tactics. Fitness suite – build on components of fitness and core strength. Boxercise SLA -Plan and deliver a warm-up on your own. Your delivery must include using the correct tone of voice and body language as well as demonstrating good organisational skills.</p>	<p>Focus on skills and game play for the possession and evasion type games. Multi-skills – focus on areas of weakness for the group. Physical Conditioning – run, jump, weights, core strength & components of fitness. Dodgeball – hand-eye co-ordination i.e. throwing and catching. Evading, tactics, communication, team work, decision making. SLA -Plan and deliver a warm-up on your own. Your delivery must include using the correct tone of voice and body language as well as demonstrating good organisational skills.</p>	<p>Field and track covered. 100m, 200m, 300m, 800m, 1500m, Shot, discus, javelin, Long Jump, Triple Jump, High Jump Orienteering – map reading, CV fitness. SLA -Plan and deliver a warm-up on your own. Your delivery must include using the correct tone of voice and body language as well as demonstrating good organisational skills.</p>	<p>Cricket – batting, bowling, fielding, rules and regulations. Rounders/Softball – batting, bowling, fielding, rules and regulations. Tchoukball –build on hand-eye co-ordination for those who need it. Danish Long Ball – hand-eye co-ordination skills, sprinting, throwing. Fitness suite – build on components of fitness and core strength. Boxercise.</p>
<p>Assessment</p>	<p>Small sided games. Timing of runs, technique.</p>	<p>Small sided games - performing skills learnt in a pressurised situation.</p>	<p>Small sided games - performing skills learnt in a pressurised situation.</p>	<p>Small sided games - performing skills learnt in a pressurised situation.</p>	<p>Competitions against themselves and each other, technique.</p>	<p>Small sided game - performing skills learnt in a pressurised situation.</p>

*Wet weather option

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Year 9 THEMES	Rugby/Cross-country Fitness suite*	Basketball/Fitness/ Multi- skills/Badminton/ Handball/ Dodgeball*	Football Fitness suite*	Basketball/Fitness/ Multi- skills/Badminton/ Handball/ Dodgeball*	Athletics Orienteering/ Dodgeball*	Field & striking/ Innovative games Fitness suite*
<p>Invasion games, net games, health related fitness, field and striking, athletics. Consolidating skills learnt in Years 7 & 8.</p>	<p>Hand-eye co-ordination e.g. passing & catching. Evasion skills – beating defenders, finding space, using width.</p> <p>Cross-country - Cardiovascular fitness, muscular endurance, skills and tactics of running longer distances including running technique and pacing.</p> <p>Fitness suite – build on components of fitness and core strength.</p> <p>Boxercise.</p> <p>SLA - Work with others to plan, rehearse and present a warm-up and a skill for a chosen lesson. You must demonstrate the ability to use the correct tone of voice, speed of speech, body language and correct equipment, as well as demonstrating good organisational skills.</p>	<p>More of a focus on game play and tactics for the possession and evasion type games.</p> <p>Multi-skills – focus on areas of weakness for the group.</p> <p>Health related fitness – pupils design their own exercise programme.</p> <p>SLA - Work with others to plan, rehearse and present a warm-up and a skill for a chosen lesson. You must demonstrate the ability to use the correct tone of voice, speed of speech, body language and correct equipment, as well as demonstrating good organisational skills.</p>	<p>Foot-eye co-ordination for football i.e passing, shooting, positions, formations, tactics.</p> <p>Greater emphasis on conditioned games to suit the needs of the group.</p> <p>Fitness suite – build on components of fitness and core strength.</p> <p>Boxercise.</p> <p>SLA - Work with others to plan, rehearse and present a warm-up and a skill for a chosen lesson. You must demonstrate the ability to use the correct tone of voice, speed of speech, body language and correct equipment, as well as demonstrating good organisational skills.</p>	<p>Focus on skills and game play for the possession and evasion type games.</p> <p>Multi-skills – focus on areas of weakness for the group.</p> <p>Health related fitness – pupils design their own exercise programme.</p> <p>SLA - Work with others to plan, rehearse and present a warm-up and a skill for a chosen lesson. You must demonstrate the ability to use the correct tone of voice, speed of speech, body language and correct equipment, as well as demonstrating good organisational skills.</p>	<p>Field and track covered. 100m, 200m, 300m, 800m, 1500m, Shot, discus, javelin, LJ, TJ, HJ</p> <p>Orienteering – map reading, CV fitness</p> <p>SLA - Work with others to plan, rehearse and present a warm-up and a skill for a chosen lesson. You must demonstrate the ability to use the correct tone of voice, speed of speech, body language and correct equipment, as well as demonstrating good organisational skills</p>	<p>Cricket – batting, bowling, fielding, rules and regulations. Rounders/Softball – batting, bowling, fielding, rules and regulations. Tchoukball – build on hand-eye co-ordination for those who need it. Danish long ball – hand-eye co-ordination skills, sprinting, throwing.</p> <p>Fitness suite – build on components of fitness and core strength.</p> <p>Boxercise.</p> <p>SLA - Work with others to plan, rehearse and present a warm-up and a skill for a chosen lesson. You must demonstrate the ability to use the correct tone of voice, speed of speech, body language and correct equipment, as well as demonstrating good organisational skills.</p>
Assessment	Small sided games. Timing of runs, technique.	Small sided games - performing skills learnt in a pressurised situation.	Small sided games - performing skills learnt in a pressurised situation.	Small sided games - performing skills learnt in a pressurised situation.	Competitions against themselves and each other, technique.	Small sided games –performing skills learnt in a pressurised situation.

*Wet weather option