



Key Stage 3 Physical Education (PE) Curriculum Map

Year 7



Term	Substantive Knowledge (Intent)	Disciplinary Knowledge (Skills) (Implementation)	Assessment opportunities (Impact)
	This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.	This is the action taken within a particular topic in order to gain substantive knowledge.	What assessments will be used to measure student progress? Evidence of how well students have learned the intended content.
Term 1 A (Autum)	<p>Intent</p> <p>Over the autumn and spring terms, individual groups may experience the various activities in a different order. This can be determined by the availability of resources and the weather. However, all students will cover the full range of activities covered on the curriculum.</p> <p>In this unit pupils will focus on improving and applying basic core skills for rugby and basketball. In all games activities, pupils will think about how to use core skills, strategies and tactics to outwit the opposition. Individuals will learn to make informed decisions during small sided games and plan attacking principles. To develop physical literacy/body movement competence.</p> <p>In HRF pupils will learn and accurately replicate specific techniques in a range of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles. Pupils will gain an understanding of warm ups, cool downs and health importance through physical tasks. To reflect on the benefits that fitness events give to an individual and implications for future life.</p>	<p>Rugby</p> <p>Ball familiarisation To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To develop their understanding and knowledge of the basic rules of rugby</p> <p>Intro passing & receiving/ 2 vs 1 To replicate basic passing & receiving skills with the intention of outwitting opponents. To understand the rules regarding the pass and catching the ball (i.e., backwards pass and knock-on). To perform skills in a small, sided game making decisions about how best to advance on opposition.</p> <p>Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules. To develop their understanding of strategic and tactical plays in rugby to beat & outwit an opponent.</p> <p>Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game.</p>	<p>Rugby</p> <p>Developing Physical Literacy. (Running, Jumping, Coordination & Body Control) All pupils will: Demonstrate basic movements including running and hand eye coordination based techniques with some fluency and control.</p> <p>Execution of core skills (Passing, Receiving & Tackling) All pupils will: Use basic techniques in a small sided game and will pass and receive with reasonable control & accuracy. Rarely makes tackles on opposition.</p> <p>Outwitting Opponents in a competitive game situation All pupils will: Show a basic tactical awareness and react to opponent's pressure in a small sided game. Often skill execution is affected by opposition pressure.</p> <p>Develop knowledge of the game rules. All pupils will: Show a basic understanding of rules often following the lead from others.</p>

	<p><u>Primary sports taught:</u></p> <p>Rugby, Basketball & Health Related Fitness</p>	<p>To be able to evaluate tackling technique and 2 vs 1 situation suggesting ways to improve.</p> <p>Attacking/outwitting an opponent To be able to outwit opponents using learnt skills and techniques. To develop the decision making process in a game situation. To confidently describe the rules and laws of rugby. To begin to recognize and identify strengths and weaknesses when playing small sided games.</p> <p>Competitive Games To demonstrate knowledge and understanding of the rules related to rugby. To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation.</p> <p>Basketball</p> <p>Ball familiarisation + passing To be able to replicate basic ball handling skills. 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.</p> <p>Dribbling & Pivoting To replicate the core skill of dribbling with control and accuracy. To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling.</p> <p>Passing and movement off the ball. To be able to replicate passes in a space with changing environment. To understand the importance of speed of thought and playing into space in order to attack and outwit opponents. To begin to understand the need of tactical movements to invade opponent's goal.</p> <p>Shooting – set shot To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop</p>	<p>Basketball</p> <p>Movement with the ball (Dribbling). All pupils will: Demonstrate basic movement techniques with the ball (dribbling) applied with some coordination and control to gain an advance over an opponent. Confidence, accuracy and consistent replication is evident in low pressure situations.</p> <p>Execution of core skills (Passing/receiving & Shooting) All pupils will: Use basic techniques in a competitive game and will pass, receive and shoot with reasonable accuracy. Performs these skills at a consistent speed. Identify the differences between their performances and others.</p> <p>Outwitting Opponents in a competitive game situation All pupils will: Show a basic tactical awareness and react to opponent's pressure in a small sided game.</p> <p>Developing an understanding of warm ups and basic rules All pupils will: Understand the need to warm up and the importance of making health lifestyle choices. Demonstrate a basic knowledge of simple rules of the game and recognises errors during a game.</p>
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		<p>an understanding of the importance of playing into space in order to attack.</p> <p>Shooting – lay up To replicate a basic layup technique in a variety of situations. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing small sided games and adapt strategies where necessary. To identify the type of information you might provide team mates when off the ball.</p> <p>Health Related Fitness</p> <p>Introduce heart rate + basic step test To be able to measure resting heart and understand significance. To be able to perform the basic step technique. To evaluate performance of self and others and understand basics about recovery. To understand the meaning of cardio vascular fitness.</p> <p>Basic circuit To accurately replicate the basic technique at each station. To sustain performance over 2 laps. To understand how to make the circuit harder. To understand components of fitness involved in performance.</p> <p>Sustained running – cooper test To accurately replicate a sustained running technique for 12 minutes. To perform and record the distance achieved. To understand the relationship between heart rate recovery and fitness level.</p>	<p>Health Related Fitness</p> <p>Basic replication of fitness movements</p> <p>All pupils will: Observe and replicate basic fitness techniques in a few core activity areas. Will copy basic skills/fitness movements but will tire easily <i>i.e. squat & lunge</i>. Has reasonable success across all fitness disciplines.</p> <p>Development of physical literacy</p> <p>All pupils will: Use basic body movements with reasonable timing at a slow speed. Coordination and body management skills are evident for simple movements. <i>i.e. jumping, running</i>.</p> <p>Developing personal bests and progressive improvement.</p>
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		<p>Components of skill related fitness To accurately replicate skill related fitness tests. To perform and record levels achieved. To understand the relationship between test scores and strengths as a performer. To develop the ability to recognise good performances.</p> <p>Boxercise To perform and accurately replicate basic punching technique. To combine a range of sequenced skills to raise heart rate. To understand and appreciate the need to make decisions about refinement of technique to sustain performance.</p> <p>Circuits – football specific To accurately replicate the football based techniques at each station. To appreciate the need for a specific circuit and how it can be adapted to suit individual needs. To work cooperatively with partner to ensure improve in skill and football related fitness.</p>	<p>All pupils will: Show a basic ability with simple personal targets. These will reflective a developmental physical literacy stage and will find sustained physical activity a challenge.</p> <p>Developing an understanding of warm ups/fitness terminology</p> <p>All pupils will: Understand why fitness activities are good for healthy living. Can warm up safely with guidance. Can comment on some of the factors which make an effective performance.</p>
Term 1 B (Autum)	<p>Intent In this unit pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition. To develop physical literacy. Pupil should begin to accurately score and officiate mini games.</p> <p><u>Primary sports taught:</u></p> <p>Rugby, Football, Hockey, Badminton</p>	<p>Football & Hockey</p> <p>Movement with the ball – Dribbling, Receiving & Turning To be able to perform the basic dribbling movements with control. To be able to outwit opponents with the use of these techniques. To be able to perform skills in a small sided game making decisions about how best to advance on opposition territory.</p> <p>Passing and movement off the ball. To be able to replicate passes in a space with changing environment. To understand the importance of width and playing into space in order to attack and outwit opponents. To identify the type of information you might provide team mates when off the ball.</p> <p>Passing Variations To be able to accurately replicate the core skills of passing and receiving. To understand and develop the knowledge of the type of pass needed and when. To be</p>	<p>Football & Hockey</p> <p>Movement with and without the ball.</p> <p>Pupils will demonstrate basic movement techniques (dribbling) applied with some coordination and control to gain an advance over an opponent. Confidence, accuracy and consistent replication is evident in low pressure situations.</p> <p>Execution of core skills (Dribbling, Passing, Shooting) Pupils will use basic techniques in a small sided game and will pass and shoot with reasonable accuracy. Identify the differences between their performances and others.</p> <p>Outwitting Opponents in a competitive game situation Pupils will show a basic tactical awareness and react to opponent's pressure in a small sided game.</p> <p>Developing Physical Literacy. (run, jump, kicking, control)</p>

		<p>able to outwit opponents with a variety of passes in a competitive small sided game.</p> <p>Shooting To demonstrate a controlled shooting motion on a goal. To develop an understanding of how to create space to shoot. To understand how to adjust shot selection based on opponents positioning & environment.</p> <p>Badminton</p> <p>Introduce the grip and ready position To be able to demonstrate & use the correct grip. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket from a ready position. To understand the different lines and areas on the court and be able to move around between them quickly.</p> <p>Introduce the underarm clear To perform and replicate underarm clear with control and coordination. To understand when best to use underarm clear. To develop the skill of outwitting an opponent using a combination of shots.</p> <p>Introduce the overhead clear To perform and replicate overhead clear with control and fluency. To begin to outwit opponents with movement of the shuttle. To understand court markings and basic scoring.</p> <p>Introduce the drop shot To be able to outwit opponents using simple drop shot. To understand the importance of movement and shuttle placement in order to attack. To begin to develop strategic and tactical play during a rally.</p> <p>Basic underarm service + court lines</p>	<p>All pupils will: Demonstrate basic movements including running, jumping and kicking techniques applied with some coordination and control.</p> <p>Badminton</p> <p>Anticipation & Coordination Skills Demonstrate basic movement patterns to meet the shuttle with some control. Limited footwork can restrict shot selection. Physical literacy is in its early stages and can result in core skills lacking control and fluency.</p> <p>Execution of core skills (forehand clear, backhand clear, serve and drop shot)</p> <p>Use basic techniques in a controlled situation and will only use the forehand to play a majority of shots. Perform these skills at a slower speed and will show intent in body preparation lacking only skill execution.</p> <p>Developing an understanding of warm ups and basic rules.</p> <p>Understand why activity is good for health and fitness. Demonstrate a basic knowledge of simple rules of the game and recognises errors during a game.</p>
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Term 2 A (Spring)	<p>Intent</p> <p>This is traditionally a short term and as such many of the units cross over into the second half of the spring term.</p> <p>In Football and Hockey, students further develop the key skills for each sport and begin to adapt their play in game-based situations.</p> <p>In Dance, pupils will explore a range of dance movements using steps, gestures, formations, body shapes, contact work, and contrasts in dynamic and rhythmic patterning. Pupils will demonstrate creativity by incorporating control, rhythm, timing and aesthetics into sequences. Student will evaluate and assess movements to improve routines.</p> <p>Primary sports taught:</p> <p>Football, Hockey, Dance</p>	<p>Football & Hockey</p> <p>Attack/outwitting an opponents To develop a knowledge of how to outwit an opponent using the core football skills. To understand and appreciate the need to make decisions about skill choice. To begin to refine ideas as a team when unsuccessful.</p> <p>Attack/outwitting an opponents To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To be able to perform basic defensive skills to stop opponents from advancing. To identify strengths and weaknesses when playing small sided games and adapt strategies where necessary.</p> <p>Dance</p> <p>Dance Intro + timing development To develop movements based Bhangra To be able to accurately replicate the basic abstract movements created in time to the music. To organise and perform these movements in a 4 bar sequence. To analyse each other work and suggest ways to improve.</p> <p>Building the group To be able to replicating movements in a small sequence. To develop the use of formations and levels</p>	<p>Football & Hockey</p> <p>Outwitting Opponents in a competitive game situation.</p> <p>Uses basic game strategy effectively and will react to opponent's shots in a small sided game. Confidence, accuracy and consistent replication is evident in low pressure situations. Will often follow other pupil's leads but occasionally will direct others.</p> <p>Dance</p> <p>1.Basic replication of movements All pupils will: Demonstrate a basic number of movements with reasonable control and timing within a group sequence. Confidence, timing and consistent replication is evident in small groups.</p> <p>2.Timing, coordination and body management skills</p>

		<p>along with compositional ideas. To analyse each other work and suggest ways to improve.</p> <p>Use of canon (Solo section) To develop abstract movements based on solo movements. To be able to replicating movements in a small sequence. To develop the gesture and mime and levels along with compositional ideas. To peer assessment each other's performances.</p> <p>Development To understand the importance of timing and beat recognition. To develop the use of body language and expression to convey ideas. To develop self assessment and analyse own performance.</p>	All pupils will: Use basic movements with reasonable timing at a slow speed. Coordination is evident for parts of a larger sequence.
Term 2 B (Spring)	<p>Intent In this last term of the winter curriculum students will rotate activities to ensure that the full curriculum has been covered by all students. House competition will feature particularly in this term to allow students to demonstrate that the tactics and key skills covered have been learnt and they can apply these in competition. Primary sports taught: Football, Hockey, Handball, Dance</p>	<p>Dance</p> <p>Flashmob To compose a 2-6 bar sequence expressing gestures and movements based on phrases identified in the class. To understand and appreciate the need to make decisions about choice of movements and refining ideas when unsuccessful.</p> <p>Refining performance To accurately replicate full dance sequence using style, fluency and control. To improve pupils appreciation of performance and ways of improving.</p>	<p>Combining movements & Creativity All pupils will: Show a basic ability to combine movement patterns together regularly repeating these throughout a sequence. Often follows others lead offering limited creativity.</p> <p>Development of communication skills and working as a group All pupils will: Understand the need to working effectively with others to produce effective outcomes. Often will take a back seat in a group and follow instructions from others.</p>
Term 3 A (Summer)	<p>Intent In tennis, softball & cricket, pupils will replicate the core skills necessary to outwit opponents in competitive games. Pupils will develop their understanding of tactics and play shots within a rally more consistently. To develop physical literacy skills and personal bests. Pupil should begin to accurately score and officiate tennis games.</p>	<p>Tennis</p> <p>Racket & Ball familiarisation To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic stroke and maintain a simple rally. To understand the basic scoring and rules of a double game play.</p> <p>Forehand</p>	<p>Tennis</p> <p>Anticipation & Coordination Skills (Physical Literacy Development) All pupils will: Demonstrate small movements to meet the ball at the point of bounce. Limited footwork can restrict shot selection to a preferred side only. Physical literacy is developing. Execution of core skills (forehand, backhand & serve)</p>

	<p>In athletics, pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances. Will explore variations in technique and use the information to become more technically proficient. Pupils will engage in performing and improving personal bests in relation to speed, height and distances.</p> <p>In cricket, pupils will replicate and improve core skills in batting, bowling and fielding. Pupils will work on improving the quality of replication with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived/avoided and running between wickets/bases to score runs. Pupil should develop physical literacy/body movement competence and begin to accurately score games. <u>Primary sports taught:</u></p> <p>Tennis, Athletics, Softball, Cricket</p>	<p>To accurately replicate the basic technique for a forehand. To begin to think about outwitting opponents with the movement of the ball. To demonstrate an understanding of basic tennis rules.</p> <p>Backhand To accurately replicate the basic technique for a backhand. To understand the importance of movement and preparation for an effective backhand shot. To be able to use the backhand and forehand strokes to return a ball accurately in a rally. To be able to score games accurately.</p> <p>Outwitting opponents To be able to outwit opponents using learnt strokes and techniques. To understand the importance of ball placement on the court to win points. To begin to recognise the oppositions strengths and weaknesses and exploit weak areas.</p> <p>Athletics</p> <p>Introduce 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. To evaluate performance of self and others and suggest ways technique may be improved. To understand components of fitness for sprint races.</p> <p>Jumping- long jump To accurately replicate the technique for an effective long jump. To perform and record distance achieved. To understand the rules regarding take off and landing. To understand the components of fitness involved in jumping events.</p> <p>Throwing – shot putt To accurately replicate the technique for an effective shot putt. To perform and record distance achieved. To understand the rules regarding throwing and ball</p>	<p>All pupils will: Use basic techniques in a controlled situation and will use a preferred skill for a majority of all shots. Perform these skills at a slower speed and will show intent but lack skill execution.</p> <p>Athletics</p> <p>Basic replication of core skills for running, jumping and throwing</p> <p>All pupils will: Demonstrates an accurate replication of running, jumping and throwing techniques across different disciplines. Will copy perform the necessary skills but will fatigue easily.</p> <p>Development of physical literacy (coordination & body management skills)</p> <p>All pupils will: Use basic body movements with reasonable timing just with a reduced speed. Coordination and body management skills are evident for simple movements. <i>i.e. jumping, running, throwing.</i></p>
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		<p>landing. To understand the fitness needs of throwing events.</p> <p>Throwing - javelin To accurately replicate the technique for an effective javelin throw. To perform the event and record distance achieved. To understand the rules regarding the throw and landing. To develop the ability to evaluate technique after each throw.</p> <p>Cricket</p> <p>Ball familiarisation/catching To accurately replicate a basic throwing and receiving technique. To take part in conditioned games showing an understanding of basic tactics. To develop understanding the laws of cricket. To begin to think about outwitting opponents with the placement of the ball.</p> <p>Fielding To use both underarm and over arm throws depending on competitive situation. To accurately replicate the long barrier technique. To begin to outwit opponents with the use of bating skills. To confidently score a kwik cricket game.</p> <p>Bowling To be able to accurately replicate basic bowling technique. To understand the laws about bowling deliveries. To play conditioned game understanding rules and tactics. To incorporate bowling, batting, fielding into small sided games of Cricket.</p> <p>Batting To accurately replicate the basic batting grip and drive technique. To understand the importance of movement, timing and preparation for an effective batting drive. To develop the ability to adjust shot selection based on field positioning. To develop knowledge of when to play drive.</p>	<p>Cricket</p> <p>Anticipation & Coordination Skills (Physical Literacy Development)</p> <p>All pupils will: Demonstrate basic movement patterns to meet the ball when catching or coordinate body when batting. Limited footwork can restrict shot selection. Physical literacy is in its early stages.</p> <p>Execution of core skills (Grip/Stance, forward drive, bowling action and throwing & catching)</p> <p>All pupils will: Replicate skills on most occasions with some control with direction. Technique often lacks consistency. Bowls (underarm) with control. Catches with varying success and throws the ball back with moderate aim.</p>
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<p>Term 3 B (Summer)</p>	<p><u>Intent</u></p> <p>The summer activities are taught across both terms and the activities can be delivered in any order depending on the availability of space, equipment and the weather.</p> <p><u>Primary sports taught:</u></p> <p>Tennis, Athletics, Volleyball, Cricket</p>	<p>Tennis</p> <p>Basic serves To perform and replicate a legal tennis serve with control and timing. To understand service laws in tennis. To be able to develop cooperative and competitive rallies starting with an overhead or underarm serve. To be able to accurately replicate a variety of shots in a game implementing basic strategies and tactics.</p> <p>Outwitting Opponents in competitive games To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.</p> <p>Athletics</p> <p>Introduce pace running – 800m To accurately replicate basic technique for an effective paced race. To perform an 800m race refining ability to pace the performance to sustain 2 laps. To understand components of fitness involved in longer distance races.</p> <p>Jumping- High jump To accurately replicate the technique for an effective long jump. To perform and record height achieved. To understand the rules regarding take off and landing. To understand the components of fitness involved in jumping events.</p> <p>Jumping- Triple jump To accurately replicate the technique for an effective long jump. To perform and record distance achieved. To understand the rules regarding take off and landing. To understand the components of fitness involved in jumping events.</p>	<p>Tennis</p> <p>Develop an understanding of Tennis rules</p> <p>All pupils will: Demonstrate a basic knowledge of game rules and recognises errors during a game.</p> <p>Outwitting Opponents in a competitive game situation</p> <p>All pupils will: Uses basic game strategy effectively and will react to opponent's shots in a competitive game. Confidence, accuracy and consistent replication is evident in low pressure situations.</p> <p>Athletics</p> <p>Developing personal bests and setting targets.</p> <p>All pupils will: Show a basic ability with simple personal targets. These will reflective a developmental physical literacy stage and will find sustained running, jumping and throwing a challenge.</p> <p>Developing an understanding of warm ups & athletic event rules/terminology</p> <p>All pupils will: Show an understanding of the rules for each event and the underlining principles. Can warm up safely with guidance. Can comment on some of the factors which make an effective performance and will follow a warm up safely.</p>
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		<p>Throwing - Discus To accurately replicate the technique for an effective javelin throw. To perform the event and record distance achieved. To understand the rules regarding the throw and landing. To develop the ability to evaluate technique after each throw.</p> <p>Volleyball</p> <p>Introduce set technique To be able to accurately replicate basic volley technique. To be able to demonstrate & use volley in a game situation responding to changes. To understand the basic scoring and rules of volleyball.</p> <p>Introduce dig technique To perform and replicate the dig technique with control and accuracy in a small sided game. To develop the skill of outwitting an opponent using a combination of shots. To understand the scoring system during a volleyball game</p> <p>Basic underarm service To accurately replicate a serving technique. To be able to strike the ball consistently with enough height and weight to carry the net. To begin to develop strategic and tactical play during a rally. To begin to score & officiate a competitive game.</p> <p>Strategies/tactical development To understand how develop the prefect attacking strategy. To begin to analyse opponents weaknesses & devise strategies to exploit them. To understand how to adjust shot selection to enable the outwitting of opponents.</p> <p>Outwitting opposition</p>	<p>Volleyball</p> <p>Anticipation & Judgment Skills (Physical Literacy Development)</p> <p>All pupils will: Demonstrate basic movement patterns to meet the ball with some control. Limited footwork can restrict shot selection. Physical literacy is in its early stages and can result in core skills lacking control.</p> <p>Execution of core skills (Sending, receiving & hitting)</p> <p>All pupils will: Use basic techniques in a controlled situation and will only use the set to play a majority of shots. Perform these skills at a slower speed and will show intent in body preparation lacking only skill execution.</p> <p>Outwitting Opponents in a competitive game situation</p> <p>All pupils will: Show a basic tactical awareness and react to opponent's shots in a small sided game. Confidence, accuracy and consistent replication is evident in low pressure situations. Uses basic game strategy and will often follow other pupil's leads.</p> <p>Developing an understanding of warm ups and basic rules</p> <p>All pupils will: Understand why activity is good for health and fitness. Demonstrate a basic knowledge of simple rules of the game and recognises errors during a game.</p>
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		<p>To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of tactics and shot selection. To refine tactics based on opponents weaknesses. To be able to assess & evaluate own performance and weaknesses.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p> <p>Cricket</p> <p>Game situations/basic strategies To perform and replicate a combination of skills to outwit opponents in a match situation. To understand basic tactics to outwit batsmen & fielders respectively. To understand all rules of a full cricket game.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using a range of core skills and techniques. To demonstrate a variety of tactics as a bowler and batter. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p>	<p>Cricket</p> <p>Outwitting Opponents in a competitive game situation</p> <p>All pupils will: Uses basic game strategy effectively and will react to opponent's shots in a small sided game. Confidence and replication is evident in low pressure situations. Begin to understand importance of strategy and tactics when attacking.</p> <p>Developing an understanding of warm ups and basic rules</p> <p>All pupils will: Understand why cricket activities are good for health & fitness. Demonstrate a basic knowledge of simple rules of the game and recognises errors during a game.</p>
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Key Stage 3 Physical Education (PE) Curriculum Map

Year 8



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	This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.	This is the action taken within a particular topic in order to gain substantive knowledge.	What assessments will be used to measure student progress? Evidence of how well students have learned the intended content.
Term 1 A (Autum)	<p>Intent</p> <p>Over the autumn and spring terms, individual groups may experience the various activities in a different order. This can be determined by the availability of resources and the weather. However, all students will cover the full range of activities covered on the curriculum.</p> <p>In Rugby & Basketball, pupils will focus on developing attacking and defending strategies and replicating techniques required in competitive games. Development of the ability to perform and influence a game or pressurised situation. In all games activities, pupils are encouraged to think about use of core skills as part of strategies to outwit the opposition. Pupil will develop confidence in movement and test mental capacity tactical refinement and maintaining a game score.</p> <p>In HRF pupils will be encouraged to experience specific fitness-based skills in a range of different contexts. To further develop an ability to evaluate and assess movements and techniques to produced refined outcomes. Pupils will further investigate ways of warming up and the importance of health through completion of physical tasks. Pupil will develop confidence in movement and test mental capacity through linked heart rate to exercise.</p>	<p>Rugby</p> <p>Recap passing & refine handling skills To develop and replicate fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of rugby union.</p> <p>Developing passing/4 vs 2 To understand and accurately replicate the scissors & miss pass, and how to receive it. To create and develop varying strategic ways of getting passed defenders. To understand the rules of rugby union. To perform skills in a small sided game with pressure from opposition.</p> <p>Develop tackling technique To develop an understanding and knowledge of tackling technique. To replicate the correct technique on advancing opposition. To understand the safety aspects of rugby tackles. To understand the rules regarding tackling within the game.</p> <p>Kicking To be able to perform the correct kicking technique from the ground and out of hand with control and accuracy. To begin to combine the use of passing and kicking to outwit opponents. To understand when to use the kick and the advantages gained from it.</p> <p>Tactical play/outwitting opponents To develop knowledge and understanding of strategic play used to outwit opponents. To be able to change and refine tactics based on the analysis of certain plays and opposition. To</p>	<p>Rugby</p> <p>Replication of core skills (Passing, receiving, tackling & kicking)</p> <p>All pupils will: Use core techniques in a low pressured situation and show basic control over pass. Is aware of weaknesses and can compare performances.</p> <p>Outwitting Opponents in attacking phases of play</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to opponent's pressure.</p> <p>Understanding of rules & importance of teamwork & cooperation</p> <p>All pupils will: Recognise and explain the importance of getting ready for games and follow a basic set of rules. Usually plays a basic role in a team.</p> <p>Development of decision making/problem solving capacity</p> <p>All pupils will: Recognise a need for speedy decision making when faced with an opposition with limited success. Notices errors after possession is lost.</p>

	<p><u>Primary sports taught:</u></p> <p>Rugby, Basketball & Health Related Fitness</p>	<p>confidently describe the laws of rugby union and officiate parts of a game.</p> <p>Competitive Games To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p> <p>Basketball</p> <p>Develop Passing/Pivoting & Dribbling/Triple Threat To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling.</p> <p>Attacking and outwitting an opponent. To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To demonstrate a developed understanding of basketball rules.</p> <p>Defending Skills To be able to replicate defending skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate. To develop knowledge of basketball rules (i.e. contact)</p> <p>Shooting – Set shot, lay up To understand and know the benefits of types of shots. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of width and playing into space in order to create shooting opportunities.</p> <p>Develop Shooting – Jump shot To develop understanding of how to outwit an opponent using accurate replication of jump shot techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p> <p>Outwitting Opponents in a competitive game situation</p>	<p>Basketball</p> <p>Replication of core skills (Dribbling, Passing and receiving, Shooting, finishing at the basket)</p> <p>All pupils will: Use core techniques in a low pressured situation and will should basic control and passing ability. Is aware of weaknesses and can compare performances to others’.</p> <p>Outwitting Opponents in an attacking situation</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to opponent's pressure.</p> <p>Understanding of game rules and team play.</p> <p>All pupils will: Recognise basic rules during conditioned games and play a simple role in a team performance.</p> <p>Development of decision making/problem solving All pupils will: Recognise a need for speedy decision making when faced with an opposition with limited success. Uses a few core skills and techniques throughout this process.</p>
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		<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To understand the need of tactical movements and strategies to invade opponents half. To demonstrate a sound knowledge of the rules of the game.</p> <p>Health Related Fitness</p> <p>Basic circuit To accurately replicate the general fitness techniques at each station. To sustain performance over 2 laps. To understand how to make the circuit harder. To understand components of fitness involved in performance.</p> <p>Components of health related fitness To accurately replicate tests for health related fitness. To perform and record levels achieved. To understand the relationship between test scores and strengths as a performer. To develop the ability to recognise good performance.</p> <p>Boxercise – combination moves To perform and accurately replicate combination punches with correct technique. To combine a range of sequenced skills to raise heart rate. To understand recovery time and the concept of oxygen debt post exercise.</p> <p>Circuits – football specific To accurately replicate the football based techniques at each station. To appreciate the need for a specific circuit and how it can be adapted to suit individual needs. To work cooperatively with partner to ensure improve in skill and football related fitness.</p> <p>Sustained running – cooper test To accurately replicate a sustained running technique for 12 minutes. To perform and record the distance achieved. To understand the relationship between heart rate recovery and fitness level.</p> <p>Methods of training – Interval training To accurately replicate interval training techniques. To understand how interval training is used by elite athletes. To describe the changes is the body in response to exercise. To be able to take rest, working and recovery heart rates.</p>	<p>Health Related Fitness</p> <p>Replication of fitness movements All pupils will: Observe and copy basic fitness techniques but will tire easily. Has reasonable success across all fitness disciplines.</p> <p>Challenging physical capacity. All pupils will: Apply a good knowledge of basic principles to specific activities. Paces their effort to meet targets they have set for themselves. These will reflective a developing physical literacy and will find sustained physical activity a challenge.</p> <p>Understanding of heart rate and body functioning when exercising. All pupils will: Apply basic principles of warm up and cool down, using exercises appropriate for the event. Identifies increases in heart rate but makes no link to fitness levels.</p> <p>Development of reflective learners. All pupils will: Able to compare own and others work and can state the differences. Use this information to attempt to improve own performance.</p>
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<p>Term 1 B (Autum)</p>	<p><u>Intent</u></p> <p>In Football & Hockey, pupils will focus on developing team attacking and defending strategies and techniques required take part in competitive games. Development of the basic skills will allow individuals to influence a game or pressurised situation. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition.</p> <p>In Badminton pupils will focus on consistently replicating core skills through conditioned situations. Pupils will develop the ability to land the shuttle in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games.</p> <p><u>Primary sports taught:</u></p> <p>Rugby, Football, Hockey, Badminton</p>	<p>Football & Hockey</p> <p>Developing Core Skills - Passing To be able to perform core passing skills in a variety of situations. To be able to perform these techniques in a small sided game to outwit opponents.</p> <p>Dribbling, Turns and Outwitting a defender To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p> <p>Development of Shooting To perform and replicate an accurate and controlled shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning.</p> <p>Developing an Attack To be able to outwit opponents using learnt core skills and techniques. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play when advancing.</p> <p>Outwitting an opponent/Teamwork To develop an ability to outwit an opponent when under pressure. To understand and appreciate the need to make decisions about skill choice. To begin to refine ideas as a team when unsuccessful.</p> <p>Defensive strategies/tactics To be able to perform and develop defensive strategies i.e. Tackling, jockeying, forcing onto weaker foot. To understand how to set up a defense and how to stop opponents from advancing.</p> <p>Badminton</p> <p>Ready position To be able to demonstrate & use the ready position. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket consistently. To develop the ability to outwit opponents with movement of the shuttle.</p>	<p>Football & Hockey</p> <p>Replication of core skills (Control, Turns, Short/Long Passing, Shooting)</p> <p>All pupils will: Use core techniques in a low pressured situation and will show basic control and passing ability. Is aware of weaknesses and can compare performances to others.</p> <p>Outwitting Opponents in attack</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to opponent's pressure.</p> <p>Understanding of rules, roles, teamwork & cooperation</p> <p>All pupils will: Recognise and explain the importance of getting ready for games and follow a basic set of rules. Usually basic a small role in the team.</p> <p>Development of decision making/problem solving All pupils will: Recognise a need for speedy decision making when faced with an opposition with limited success.</p> <p>Badminton</p> <p>Replication of core skills (forehand, backhand, serve, smash, drop shot)</p>
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		<p>The clear To replicate overhead clear with control and accuracy. To consistently replicate this shot in a match situation implementing strategies for success. To understand court markings and the strong/weak side of an opponent.</p> <p>Smash shot & preparation To be able to accurately replicate a smash shot. To understand the movement and preparation for an effective smash. To appreciate how to adjust shot selection based on opponents positioning. To begin to officiate badminton matches fairly and accurately.</p> <p>Disguised shots (drop shot/flick shot) To be able to outwit opponents using simple a disguise. To understand the importance of movement and shuttle placement in order to attack. To confidently score a game of singles and doubles.</p> <p>Doubles/singles game play To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To describe the difference in doubles court markings. To be able to assess & evaluate own performance and weaknesses.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate knowledge and understanding of the rules. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p>	<p>All pupils will: Use a few isolated core skills when the shuttle falls to them.</p> <p>This is usually in a low pressured situation. Forehand shot tends to lack height and depth which can make it easy to return.</p> <p>Outwitting Opponents in an attacking situation</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to opponent's pressure. Use basic techniques in a controlled situation and will mainly use the forehand to play a majority of shots.</p> <p>Understanding of game rules and team play.</p> <p>All pupils will: Recognise and adopt badminton rules during conditioned games. Scoring is usually correct.</p> <p>Development of decision making/problem solving</p> <p>All pupils will: Recognise a need for speedy decision making but has limited success. Uses a few core skills and notices errors after rally is completed. Begin to understand importance of body preparation and its relationship to a good connection/shuttle placement.</p>
Term 2 A (Spring)	<p><u>Intent</u></p> <p>This is traditionally a short term and as such many of the units cross over into the second half of the spring term.</p> <p>In Football and Hockey, pupils will focus on developing team attacking and defending strategies and techniques required take part in competitive games. Development of the basic football skills will</p>	<p>Football & Hockey</p> <p>Developing Core Skills - Passing To be able to perform core passing skills in a variety of situations. To be able to perform these techniques in a small sided game to outwit opponents.</p> <p>Dribbling, Turns and Outwitting a defender To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be</p>	<p>Football & Hockey</p> <p>Replication of core skills (Control, Turns, Short/Long Passing, Shooting)</p> <p>All pupils will: Use core techniques in a low pressured situation and will show basic control and passing ability. Is aware of weaknesses and can compare performances to others.</p>

	<p>allow individuals to influence a game or pressurised situation. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition.</p> <p>In Dance, pupils will further explore a range of dance movements focusing on gestures, formations, body shapes and contrasts in dynamic and rhythmic patterning. Pupils will demonstrate creativity by incorporating control, rhythm, timing, musicality and aesthetics into sequences. Students will improve ability to evaluate and assess movements and refine routines.</p> <p><u>Primary sports taught:</u></p> <p>Football, Hockey, Dance</p>	<p>able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p> <p>Development of Shooting To perform and replicate an accurate and controlled shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning.</p> <p>Developing an Attack To be able to outwit opponents using learnt core skills and techniques. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play when advancing.</p> <p>Outwitting an opponent/Teamwork To develop an ability to outwit an opponent when under pressure. To understand and appreciate the need to make decisions about skill choice. To begin to refine ideas as a team when unsuccessful.</p> <p>Defensive strategies/tactics To be able to perform and develop defensive strategies i.e. Tackling, jockeying, forcing onto weaker foot. To understand how to set up a defence and how to stop opponents from advancing.</p> <p>Dance</p> <p>Dance Intro + timing development To develop movements-based Bhangra To be able to accurately replicate the basic abstract movements created in time to the music. To organise and perform these movements in a 4 bar sequence. To analyse each other work and suggest ways to improve.</p> <p>Building the group To be able to replicate movements in a small sequence. To develop the use of formations and levels along with compositional ideas. To analyse each other work and suggest ways to improve.</p> <p>Use of canon (Solo section) To develop abstract movements based on solo movements. To be able to replicating movements in a small sequence. To develop the gesture and mime and levels along with compositional ideas. To peer assessment each other's performances.</p>	<p>Outwitting Opponents in attack</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to opponent's pressure.</p> <p>Understanding of rules, roles, teamwork & cooperation</p> <p>All pupils will: Recognise and explain the importance of getting ready for games and follow a basic set of rules. Usually basic a small role in the team</p> <p>Development of decision making/problem solving</p> <p>All pupils will: Recognise a need for speedy decision making when faced with an opposition with limited success.</p> <p>Dance</p> <p>Replication of movement patterns</p> <p>All pupils will: Demonstrate a number of movements with some control and timing within a group sequence. Confidence, timing and consistent replication is evident in practice but not during final/finished sequences.</p> <p>Encourage reflective learning</p> <p>All pupils will: Can identify good performances and suggest basic ways to improve dance routines.</p> <p>Development of communication skills and effective team workers</p>
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		Development To understand the importance of timing and beat recognition. To develop the use of body language and expression to convey ideas. To develop self assessment and analyse own performance.	All pupils will: Understand the need to working effectively with others to produce effective outcomes. Often will take a back seat in a group and follow instructions from others.
Term 2 B (Spring)	Intent In this last term of the winter curriculum students will rotate activities to ensure that the full curriculum has been covered by all students. House competition will feature particularly in this term to allow students to demonstrate that the tactics and key skills covered have been learnt and they can apply these in competition. Primary sports taught: Football, Hockey, Handball, Dance	Dance Flashmob To compose a 2-6 bar sequence expressing gestures and movements based on phrases identified in the class. To understand and appreciate the need to make decisions about choice of movements and refining ideas when unsuccessful. Refining performance To accurately replicate full dance sequence using style, fluency and control. To improve pupils appreciation of performance and ways of improving.	Combining movements & Creativity All pupils will: Show a basic ability to combine movement patterns together regularly repeating these throughout a sequence. Often follows others lead offering limited creativity. Development of communication skills and working as a group All pupils will: Understand the need to working effectively with others to produce effective outcomes. Often will take a back seat in a group and follow instructions from others.
Term 3 A (Summer)	Intent In tennis, softball & cricket, pupils will focus on consistently replicating core skills through conditioned situations. Pupils will develop the ability to land the ball in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games. In athletics, pupils will begin to use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance. Pupils will perform and improve core skills and personal/team bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity. In cricket, pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will develop the ability to place the ball in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop	Tennis Basic ground strokes To be able to demonstrate & use forehand and backhand shots in a rally. To develop the ability to outwit opponents with a combination of shots. To understand the basic scoring and rules of doubles game play. To develop strategic and tactical play during a rally Backhand slice To accurately replicate the technique for a backhand slice. To understand the effect slice has on the balls flight & bounce. To refine & adjust shot selection based on opponents positioning. To be able to use the backhand slice during a game rally. Outwitting opponents To understand the importance of ball placement on the court to win points. To demonstrate an understanding of tennis doubles rules. To begin to recognise the oppositions strengths and weaknesses and exploit weak areas	Tennis Replication of core skills (forehand, backhand, serve, volley, drop shot) All pupils will: Use a few isolated core skills when the ball is hit towards them. Shots are successful under low pressure situation. Shot replication tends to result in high looping shots over the net which can make it easy to return. Outwitting Opponents in an attacking situation All pupils will: Show some tactical awareness but can rush skill execution when responding to opponent's pressure. Use basic techniques in a controlled situation and will mainly use one shot to play a majority of rallies.

	<p>confidence in movement and test mental capacity through scoring and officiating games.</p> <p><u>Primary sports taught:</u></p> <p>Tennis, Athletics, Softball, Cricket</p>	<p>Athletics</p> <p>Sprint running technique (100/200/400m) To accurately replicate sprinting technique. To adjust body movements to create more drive/speed/power. To understand components of fitness involved in short distance races. To adhere to running rules in all track events</p> <p>Jumping- long jump To accurately replicate the technique for an effective long jump. To perform and record distance achieved. To understand the rules regarding take-off and landing. To understand the components of fitness involved in jumping events.</p> <p>Throwing – shot putt To perform and accurately replicate the technique for an effective shot putt. To record distance achieved in relation to previous best and peers. To understand the rules regarding throwing and ball landing. To develop an understanding of why some pupils throw further.</p> <p>Throwing - javelin To perform and accurately replicate the technique for an effective javelin. To record distance achieved in relation to previous best and peers. To understand the rules regarding the throw and landing. To understand factors that may affect the throwing of the javelin.</p> <p>Cricket</p> <p>Batting- pull shot To understand & accurately replicate the correct pull shot technique. To attempt to use the pull shot in a competitive environment. To Introduce the need for “backing up” in the field during game situation. To further develop the ability to adjust shot direction in order to outwit fielders. To understand basic umpire signals & meaning.</p> <p>Batting- pull shot To understand & accurately replicate the correct pull shot technique. To attempt to use the pull shot in a competitive environment. To Introduce the need for “backing up” in the field during game situation. To further develop the ability to adjust shot direction in order to outwit fielders. To understand basic umpire signals & meaning.</p>	<p>Athletics</p> <p>Replication of event techniques.</p> <p>All pupils will: Observe and copy basic athletic techniques but will tire easily. Has reasonable success across all disciplines.</p> <p>Understanding of heart rate and body functioning when exercising.</p> <p>All pupils will: Apply basic principles of warm up and cool down, using exercises appropriate for the event. Identifies increases in heart rate but makes no link to fitness levels.</p> <p>Cricket</p> <p>Outwitting Opponents in an attacking situation</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to a bowled ball. Use basic techniques in a modified situation and will mainly hit to the onside with a majority of shots.</p> <p>Understanding of game rules and team play.</p> <p>All pupils will: Recognise and understand basic cricket rules during conditioned games. Scoring is usually correct and will play a designated role in a team.</p>
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		Batting- pull shot To understand & accurately replicate the correct pull shot technique. To attempt to use the pull shot in a competitive environment. To Introduce the need for “backing up” in the field during game situation. To further develop the ability to adjust shot direction in order to outwit fielders. To understand basic umpire signals & meaning.	
Term 3 B (Summer)	<p><u>Intent</u></p> <p>The summer activities are taught across both terms and the activities can be delivered in any order depending on the availability of space, equipment and the weather.</p> <p><u>Primary sports taught:</u></p> <p>Tennis, Athletics, Volleyball, Cricket</p>	<p>Tennis</p> <p>Serve development</p> <p>To perform and replicate a legal over arm tennis serve with control and timing. To understand service laws in tennis. To demonstrate effective positioning for and execution of return of serve. To be able to implement a variety of shots in a game implementing basic strategies and tactics.</p> <p>Outwitting Opponents in competitive games</p> <p>To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.</p> <p>Outwitting Opponents in competitive games</p> <p>To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.</p> <p>Athletics</p> <p>Jumping - high jump</p> <p>To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and perform a legal jump. To record and analyse the height achieved. To understand the components of fitness involved in high jump.</p> <p>Jumping - high jump</p> <p>To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and perform a legal jump. To record and analyse the height achieved. To understand the components of fitness involved in high jump.</p>	<p>Tennis</p> <p>Understanding of game rules and teamwork skills.</p> <p>All pupils will: Recognise and use adapted versions of tennis rules during conditioned games. Scoring is usually correct and can play cooperatively with others.</p> <p>Athletics</p> <p>Developing personal bests and setting targets.</p> <p>All pupils will: Show a basic ability with simple personal targets. These will reflective a developmental physical literacy stage and will find sustained running, jumping and throwing a challenge.</p> <p>Developing an understanding of warm ups & athletic event rules/terminology</p> <p>All pupils will: Show an understanding of the rules for each event and the underlining principles. Can warm up</p>

		<p>Jumping- Triple jump To accurately replicate the technique for an effective long jump. To perform and record distance achieved. To understand the rules regarding take-off and landing. To understand the components of fitness involved in jumping events.</p> <p>Throwing - Discus To accurately replicate the technique for an effective javelin throw. To perform the event and record distance achieved. To understand the rules regarding the throw and landing. To develop the ability to evaluate technique after each throw.</p> <p>Relay To accurately replicate sprinting technique and demonstrate knowledge of change over skills. To understand rules regarding sprint relay and adhere to them. To make decisions about pupils strengths and placement in the relay teams legs.</p> <p>Volleyball</p> <p>Dig development To be able to accurately replicate a dig shot from a position on the court in a competitive small sided game. To begin to combine dig and set shots together to implement basic strategies and tactics. To understand the rule of 3 touches & rotation system during a volleyball game.</p> <p>Dig development To be able to accurately replicate a dig shot from a position on the court in a competitive small sided game. To begin to combine dig and set shots together to implement basic strategies and tactics. To understand the rule of 3 touches & rotation system during a volleyball game.</p> <p>Serves (underarm or overhead) To accurately replicate underarm or overarm serving technique. To analyse what type of serve to use depending on a changing environment. To begin to develop strategic and tactical play during a rally using</p>	<p>safely with guidance. Can comment on some of the factors which make an effective performance and will follow a warm up safely.</p> <p>Volleyball</p> <p>Replication of core skills (Dig, Set, Serve, Spike, Block)</p> <p>All pupils will: Use a few isolated core skills when the ball falls to them. This is usually in a low pressured situation. Set shot tends to lack height and control which can make it difficult for team mates to respond.</p> <p>Understanding of game rules and team play.</p> <p>All pupils will: Recognise and adopt volleyball rules during conditioned games and play a simple role as part of an overall team performance</p> <p>Development of decision making/problem solving</p> <p>All pupils will: Recognise a need for speedy decision making but has limited success. Uses a few core skills and techniques throughout this process and notices errors after rally is completed.</p>
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		<p>only 3 touches. To confidently score & officiate a full game.</p> <p>Tip/Spike To begin to understand the movement and preparation for an accurate spike. To understand the importance of body movement before the shot. To understand how to adjust shot selection to enable the outwitting of opponents.</p> <p>Tactics/Outwitting opposition To develop an understanding of tactical play and use of shot selection to outwit opposition. To refine tactics-based rally outcomes. To be able to assess & evaluate own performance and weaknesses.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using core volleyball skills and techniques. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p> <p>Cricket</p> <p>Bowling-run up development To be able to accurately replicate full over arm bowling technique. To incorporate a small run up & understand the impact it has on bowling speed/power. To understand the rules & infringement related to bowling deliveries. To incorporate full bowling into small sided games of cricket.</p> <p>Batting calls/basic field placement. To understand the need for basic communication skills and appropriate batting calls. To develop the ability to adjust shot direction based on field positioning. To develop the use of tactics to outwit batsmen & fielders respectively.</p> <p>Outwitting Opponents in an attacking situation</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to a bowled ball. Use basic techniques in a modified situation and will mainly hit to the onside with a majority of shots.</p>	<p>Cricket</p> <p>Outwitting Opponents in an attacking situation</p> <p>All pupils will: Show some tactical awareness and can rush skill execution when responding to a bowled ball. Use basic techniques in a modified situation and will mainly hit to the onside with a majority of shots.</p> <p>Development of decision making/problem solving</p> <p>All pupils will: Recognise a need for speedy decision making but has limited success. Uses a few core skills and notices errors after the ball has been hit. Begin to understand importance of body preparation and its relationship to a good connection/ball placement.</p>
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Key Stage 3 Physical Education (PE) Curriculum Map

Year 9



Term	Substantive Knowledge (Intent)	Disciplinary Knowledge (Skills) (Implementation)	Assessment opportunities (Impact)
	This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.	This is the action taken within a particular topic in order to gain substantive knowledge.	What assessments will be used to measure student progress? Evidence of how well students have learned the intended content.
Term 1 A (Autum)	<p>Intent</p> <p>Over the autumn and spring terms, individual groups may experience the various activities in a different order. This can be determined by the availability of resources and the weather. However, all students will cover the full range of activities covered on the curriculum.</p> <p>In Rugby and Basketball pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to use core skills and implement them in different competitive situations. Pupils will be expected to understand basic games rules, play a number of roles and physically exert themselves throughout.</p> <p>In HRF pupils will further develop specific fitness based skills in a range of different challenges. Will improve the ability to evaluate and refine movements. Pupils will further investigate ways of warming up and the importance of health through completion of physical activities. Pupils will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p>	<p>Rugby</p> <p>Passing & Use of space To accurately replicate prior learnt types of passes. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the difference in rules of rugby league & union. To understand what the use of space means for attacking opportunities.</p> <p>Outwitting opponents- 3 vs 2 & 5 vs 3 To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of rugby union and recognise errors.</p> <p>Outwitting opponents- 3 vs 2 & 5 vs 3 To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of rugby union and recognise errors.</p> <p>Restarting play-line outs To be able to perform a small line out with the correct technique. To understand how a line out is formed and the necessary positions. To develop a confident understanding of the rules and laws of rugby union.</p> <p>Scrum development To develop the knowledge and understand of how to form a small 3 man scrum. To understand and accurately describe the scrum positions. To develop knowledge of when a scrum is used. To integrate scrumage skills into a small sided game after an infringement.</p>	<p>Rugby</p> <p>Possession and attack development All pupils will: Play the games, replicating a sound range of specific techniques consistently and effectively with reasonable speed and precision.</p> <p>Replication of advanced skills (Passing variations, Tackling and Rucking) All pupils will: Use simple techniques in situations with limited pressure and will attempt passing variations.</p> <p>Replication of advanced skills (Passing variations, Tackling and Rucking) All pupils will: Use simple techniques in situations with limited pressure and will attempt passing variations.</p> <p>Understanding of ways to create scoring opportunities and implementation of rules. All pupils will: Show knowledge of a set plays and recognise why these are used. Play a limited role in the execution of such movements. Recognise basic rules during conditioned games.</p>

	<p><u>Primary sports taught:</u></p> <p>Rugby, Basketball & Health Related Fitness</p>	<p>Competitive Games To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p> <p>Basketball.</p> <p>Develop shooting – lay up To perform and accurately replicate a range of lay-up variations under limited pressure. To understand the need of tactical movements to invade opponent's half. To improve decision making skills about choice of shot techniques in different situations.</p> <p>Defence – Zone To be able to stop opponents with the use of zone and man to man defending skills. To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop knowledge basketball rules.</p> <p>Strategies for attack/ 3 man weave To develop an understanding about attacking principles specific to basketball. To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave using teamwork and movement patterns.</p> <p>Game tactics To develop tactical strategies to successfully attack opponent's basket. To understand and appreciate the need to use creativity when implementing strategies and refining ideas when unsuccessful. To understand and know advanced basketball rules.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance. To demonstrate a sound knowledge of the rules of the game.</p>	<p>Basketball</p> <p>Replication of advanced skills (Passing variations, Shooting techniques, use of dribble in tight spaces.)</p> <p>All pupils will: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.</p> <p>Understanding of set plays, ways to create scoring opportunities and implementation of rules</p> <p>All pupils will: Show knowledge of a set play and recognise why these are used. Play a limited role in the execution of such movements.</p> <p>Recognise basic rules during conditioned games</p> <p>Developing Reflective learners/Creative thinkers/Self managers</p> <p>All pupils will: Recognise a need for strategies and creative thinking and can add to a group discussion.</p>
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Term 1 B (Autum)	<p><u>Intent</u></p> <p>In Football and Hockey, pupils will focus on implementing and refining core skills as a team and as individuals to outwit opponents. Teams will be expected to plan strategies and implement them in competitive games. In all games activities, the main intention is to invade your opponents' territory and to</p>	<p>Football & Hockey</p> <p>Passing, Control & Turning To understand variations in passes and where different types of passes should be used. To be able to use the different parts of the body to control the ball. To outwit opponents with the combination of advanced turns and passes.</p>	<p>Football & Hockey</p> <p>Possession and attack development All pupils will: Play the games, replicating a sound range of specific techniques consistently and effectively with reasonable speed and precision.</p>

	<p>outwit them so that you can score goals or points. Pupils will be given the opportunity to officiate and coach small groups and understand the importance of teamwork.</p> <p>In Badminton pupils will focus on replicating and developing more advanced techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. Pupils will further develop confidence to get the shuttle to land in a target area so that the opponent cannot return it. Pupils should independently be able to score and officiate badminton games.</p> <p><u>Primary sports taught:</u></p> <p>Rugby, Football, Hockey, Badminton</p>	<p>Heading To develop their understanding and knowledge of how to head the ball correctly and safely. To perform the different types of heading in different situation e.g. Defensive & Attacking. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p> <p>Shooting To replicate a variety of shooting techniques on goal. To appreciate how to adjust shot selection based on opponents positioning. To be able to assess & evaluate shooting techniques and suggest ways to improve.</p> <p>Attack/Beating an opponent To be able to outwit opponents using dummies & fakes at speed. To understand the importance of width and playing into space in order to attack. To develop basic strategic and tactical play.</p> <p>Defensive Tactics To develop their understanding and knowledge of how to stop attack effectively. To perform the different types of defensive techniques in different situations. To understand and appreciate the need to make decisions about the choice of defensive strategy.</p> <p>Badminton</p> <p>Movement and forehand rallying To develop the ability to outwit opponents with movement of the shuttle. To understand the different lines and areas on the court and be able to move around between them quickly. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p> <p>Movement and forehand rallying To develop the ability to outwit opponents with movement of the shuttle. To understand the different lines and areas on the court and be able to move around between them quickly. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p> <p>Smash/Jump Smash To be able to accurately replicate a smash shot with control and power. To understand the importance of</p>	<p>Replication of advanced skills (Passing variations, Shooting with curl) All pupils will: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.</p> <p>Developing Reflective learners/Creative thinkers/Self managers All pupils will: Recognise a need for strategies and creative thinking and can add to a group discussion.</p> <p>Badminton</p> <p>Develop tactical use of clear and drop shot to beat opposition All pupils will: Take part in competitive games, replicating a number of core skills with some effectiveness. Usually reacts to the shuttle once hit by opposition and can struggle to execute clear and drop shot combinations</p> <p>Replication of more advanced core skills (backhand flick/clear, serve variations & disguised drop shot) All pupils will: Use simple techniques in situations with limited pressure and will attempt more advanced variations. Preparation for these shots can lack fluency which can make it difficult to maintain a rally.</p> <p>Develop peer and self assessment</p>
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Term 2 A (Spring)	<p>Intent</p> <p>This is traditionally a short term and as such many of the units cross over into the second half of the spring term.</p> <p>In Football and Hockey, pupils will focus on developing team attacking and defending strategies and techniques required take part in competitive games. Development of the basic football skills will allow individuals to influence a game or pressurised situation. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition.</p> <p>In Gymnastics, pupils will use core gymnastic skills in combination with other movements and apparatus. Pupils will incorporate control, creativity and aesthetics into flight-based sequences. Students will further develop an ability to evaluate and assess movements and sequences to produced refined outcomes.</p>	<p>Football & Hockey</p> <p>Developing Core Skills - Passing To be able to perform core passing skills in a variety of situations. To be able to perform these techniques in a small sided game to outwit opponents.</p> <p>Dribbling, Turns and Outwitting a defender To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p> <p>Development of Shooting To perform and replicate an accurate and controlled shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning.</p> <p>Developing an Attack To be able to outwit opponents using learnt core skills and techniques. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play when advancing.</p>	<p>Football & Hockey</p> <p>Replication of core skills (Control, Turns, Short/Long Passing, Shooting) All pupils will: Use core techniques in a low pressured situation and will should basic control and passing ability. Is aware of weaknesses and can compare performances to others'.</p> <p>Outwitting Opponents in attack All pupils will: Show some tactical awareness and can rush skill execution when responding to opponent's pressure.</p> <p>Understanding of rules, roles, teamwork & cooperation All pupils will: Recognise and explain the importance of getting ready for games and follow a basic set of rules. Usually basic a small role in the team</p> <p>Development of decision making/problem solving All pupils will: Recognise a need for speedy decision making when faced with an opposition with limited success.</p>

	<p><u>Primary sports taught:</u></p> <p>Football, Hockey, Gymnastics</p>	<p>Outwitting an opponent/Teamwork To develop an ability to outwit an opponent when under pressure. To understand and appreciate the need to make decisions about skill choice. To begin to refine ideas as a team when unsuccessful.</p> <p>Defensive strategies/tactics To be able to perform and develop defensive strategies i.e. Tackling, jockeying, forcing onto weaker foot. To understand how to set up a defence and how to stop opponents from advancing.</p> <p>Gymnastics</p> <p>Recap rotation & jumps To be able to perform and replicate rotational movement skills. To improve pupil's ability to travel and jump effectively using a variety of techniques including forwards, backwards rolls & cartwheels. To be able to perform these movements in a small sequence. To develop pupils' confidence in delivering safe stretching exercises.</p> <p>Recap balance – Individual/Partner work To perform individual balances demonstrating control and body extension. To understand the need for good body tension when replicating movements. To be able to perform the partner balances showing an understanding about counter balance and tension. To be able to perform skills in a small sequence showing creativity.</p> <p>Intro to basic vaulting To be able to accurately replicate basic vaults i.e. Ariel shapes off springboard. To understand the importance of aesthetics during movements. To know and be able to describe the approach-take off-flight-landing phases of a jump. To be able to move safely and under control from the springboard onto matting.</p> <p>Development To understand the importance of timing and beat recognition. To develop the use of body language and expression to convey ideas. To develop self-assessment and analyse own performance.</p>	<p>Gymnastics</p> <p>Replication of movement patterns All pupils will: Demonstrate a number of movements with some control and timing within a group sequence. Confidence, timing and consistent replication is evident in practice but not during final/finished sequences.</p> <p>Replication of movement patterns All pupils will: Demonstrate a number of movements with some control and timing within a group sequence. Confidence, timing and consistent replication is evident in practice but not during final/finished sequences.</p>
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Term 2 B (Spring)	<p><u>Intent</u> In this last term of the winter curriculum students will rotate activities to ensure that the full curriculum has been covered by all students. House competition will feature particularly in this term to allow students to demonstrate that the tactics and key skills covered have been learnt and they can apply these in competition.</p> <p><u>Primary sports taught:</u></p> <p>Football, Hockey, Handball, Dance</p>	<p>Gymnastics</p> <p>Vaulting - low level apparatus To be able to perform basic vaults with use of apparatus i.e. straddle & through vault. To develop their understanding and knowledge of body extension and aesthetics. To compose high quality sequences using flight, rotation & balance. To understand how to safely mount and dismount apparatus using the correct landing technique.</p> <p>Vaulting – apparatus To develop weight bearing vaults using flight. To replicate movements over apparatus demonstrating an understanding of support and rotation. Perform vaulting activities at their own differentiated levels. Performing controlled body shapes and fwds/bwds roles and building to handsprings.</p> <p>Routine Development Link skills to create simple routines for assessment of own and others work. To accurately replicate vaulting techniques over differentiated apparatus. To improve pupils' appreciation of performance and ways of improving.</p>	<p>Gymnastics</p> <p>Encourage reflective learning All pupils will: Identify good performances and suggest basic ways to improve dance routines.</p> <p>Development of communication skills and effective team workers All pupils will: Understand the need to work effectively with others to produce effective outcomes. Often will take a back seat in a group and follow instructions from others.</p>
Term 3 A (Summer)	<p><u>Intent</u> In tennis, softball & cricket, pupils will focus on consistently replicating core skills through competitive situations. Pupils will develop the ability to land the ball in a target area and refining game tactics with the intention improving personal best. Pupils will be expected to understand the games rules, accurately score/officiate and physically exert themselves throughout.</p> <p>In athletics, pupils will further enhance replication and performance across all disciplines. Pupils to gain a more detailed understanding of fitness and its effect on performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions. Pupils will perform core skills and record personal/collective bests. Pupil will develop knowledge of the immediate</p>	<p>Tennis</p> <p>Grip & game familiarisation To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To regularly outwit opponents with ball accurate placement.</p> <p>Serve To develop the skill of outwitting an opponent using different serves. To be able to accurately replicate a variety of shots in a small sided game implementing strategies and tactics.</p> <p>Forehand topspin/slice To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally</p>	<p>Tennis</p> <p>Develop game tactics based on the opposition's strengths/weaknesses. All pupils will: Notice areas of an opposition's game that is strong but is unable to regularly exploit weaknesses due to a need for improved fundamentals. Uses basic tactics in competitive games.</p> <p>Replication of advanced skills (Passing variations, Shooting techniques, dodging skills.) All pupils will: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.</p>

	<p>effects of exercise and physically exert themselves throughout.</p> <p>In cricket, pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents as a batter and bowler. Development of decision making skills will be encouraged through game play. Pupil should independently be able to score and officiate cricket games.</p> <p><u>Primary sports taught:</u></p> <p>Tennis, Athletics, Softball, Cricket</p>	<p>Athletics</p> <p>Sprint running technique (100/200/400m/relays) To accurately replicate sprinting technique adjusting small elements to improve overall performance. To use a sprint, start to create power/speed. To understand the different phases of a race and why they are used. To realise how athletics can promote a healthy lifestyle.</p> <p>Jumping- long jump To accurately replicate the technique for an effective long jump. To perform and record distance achieved. To understand the rules regarding take-off and landing. To understand the components of fitness involved in jumping events.</p> <p>Throwing – shot putt To perform and accurately replicate the shuffle technique for shot putt. To record distance achieved in relation to previous years bests. To understand the rules regarding the shot putt event. To understand the main phases that forms the full technique and begin to refine individual elements.</p> <p>Throwing - javelin To perform and accurately replicate the technique for javelin. To incorporate the use of a run up and understand what effective this has on performance. To record distance achieved in relation to previous best. To understand the rules regarding the javelin throw.</p> <p>Cricket & Softball</p> <p>Fielding fundamentals To make accurate decision about outwitting opponents as batsmen or fielders. To accurately replicate a full range fielding techniques in response to a competitive environment. To recognise and use the laws of cricket and officiate correctly..</p> <p>Fielding fundamentals To make accurate decision about outwitting opponents as batsmen or fielders. To accurately replicate a full range fielding techniques in response to a competitive environment. To recognise and use the laws of cricket and officiate correctly.</p> <p>Batting- cut</p>	<p>Athletics</p> <p>Replication of athletic techniques & challenging physical limits. All pupils will: Observe and copy basic athletic techniques but will tire easily. Has reasonable success across all athletic disciplines but will find sustained physical activity a challenge.</p> <p>Development of leadership and communication skills All pupils will: Can lead a partner through basic warm-up exercises and simple versions of athletic techniques but can lack confidence and clarity of communication.</p> <p>Cricket & Softball</p> <p>Replication of more advanced core skills (Cut & pull/hook shot, Bowling medium pace and spin, general fielding) All pupils will: Use simple techniques in situations with limited pressure and will attempt more advanced variations. Preparation for these shots can lack fluency which can make it difficult to play deliberate shots in intended areas.</p> <p>Replication of more advanced core skills (Cut & pull/hook shot, Bowling medium pace and spin, general fielding) All pupils will: Use simple techniques in situations with limited pressure and will attempt more advanced</p>
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<p>Term 3 B (Summer)</p>	<p><u>Intent</u></p> <p>The summer activities are taught across both terms and the activities can be delivered in any order depending on the availability of space, equipment and the weather.</p> <p>In Volleyball, pupils will focus on developing, implementing and refining team game plans to outwit opponents. Teams will be expected to use core skills and implement them in different competitive situations. Pupils will be expected to understand the games rules, accurately score/officiate and physically exert themselves throughout.</p> <p><u>Primary sports taught:</u></p> <p>Tennis, Athletics, Volleyball, Cricket</p>	<p>Tennis</p> <p>Backhand topspin/slice To understand the importance of movement and preparation for an effective backhand shot. To begin to analyse opponents' weaknesses & devise ways to exploit them using a backhand shot. To understand how to adjust shot selection based on opponents positioning.</p> <p>Doubles tactics To understand and develop the use of spin and shot selection. To refine tactics based on opponents' weaknesses. To understand how peers may improve quality of shot replication. To be able to assess & evaluate own performance and weaknesses.</p> <p>Outwitting Opponents in competitive games To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.</p> <p>Athletics</p> <p>Jumping - High jump To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and competition. To record the height achieved. To understand the components of fitness involved in high jump.</p> <p>Jumping - High jump To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and competition. To record the height achieved. To understand the components of fitness involved in high jump.</p> <p>Throwing - Discus To accurately replicate the technique for an effective javelin throw. To perform the event and record distance</p>	<p>Tennis</p> <p>Replication of advanced skills (Passing variations, shooting techniques, dodging skills.) All pupils will: Use simple techniques in situations with limited pressure and will attempt passing and shot variations.</p> <p>Developing Reflective learners/Creative thinkers/Self managers All pupils will: Recognise a need for strategies and creative thinking and can add to a group discussion.</p> <p>Athletics</p> <p>Understanding of warm up and heart/lung functioning. All pupils will: Apply basic principles of warm up and cool down, using exercises appropriate for the event. Identifies increases in heart rate but makes no link to fitness levels.</p> <p>Developing Reflective learners/Creative thinkers/Self managers All pupils will: Recognise a need for strategies and creative thinking and can add to a group discussion.</p>

		<p>achieved. To understand the rules regarding the throw and landing. To develop the ability to evaluate technique after each throw.</p> <p>Relay To accurately replicate sprinting technique and demonstrate knowledge of change over skills. To understand rules regarding sprint relay and adhere to them. To make decisions about pupils' strengths and placement in the relay teams legs.</p> <p>Volleyball</p> <p>Set To be able to accurately replicate the set technique & use in a game situation responding to changes. To show an understanding of the rules and rotation of volleyball. To show ways of outwitting the opposition with the movement of the ball from the back of the court to front.</p> <p>Dig To perform and replicate the dig technique with control and fluency. To be able to accurately replicate a variety of dig shots in a small sided game implementing strategies and tactics. To demonstrate an improving understanding of 3 touch volleyball and the scoring system.</p> <p>Overhead serves To accurately replicate overhead serving technique. To be able to outwit opponents using the serve with control & accuracy. To begin to develop strategic and tactical play during a rally. To confidently score & officiate a full game</p> <p>Spike development To be able to accurately replicate the spike technique. To understand the importance of movement and preparation for a well-executed shot. To begin to Analyse opponents weaknesses & devise strategies to exploit them.</p> <p>Overhead serves To accurately replicate overhead serving technique. To be able to outwit opponents using the serve with control & accuracy. To begin to develop strategic and tactical play during a rally. To confidently score & officiate a full game.</p> <p>Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using core volleyball skills and techniques. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p>	<p>Volleyball</p> <p>Develop tactical use of 3 touches All pupils will: Take part in competitive games, replicating a number of core skills with some consistency and effectiveness. Speed of anticipation is developing but has limited knowledge of the importance of 3 touches.</p> <p>Replication of core skills (Dig, Set, Serve, Spike, Block) All pupils will: Use simple techniques in situations with limited pressure and will attempt set and dig variations. Preparation for these shots is slow which can make it difficult for team mates to respond.</p> <p>Further understanding of game rules. All pupils will: Recognise and recall volleyball rules when questioned and will play a role during conditioned games as part of an overall team performance. Will not always use 3 touch rule especially when placed under pressure.</p> <p>Developing Reflective learners/Creative thinkers/Self managers All pupils will: Recognise a need for strategies and creative thinking and can add to a group discussion. Often notices errors after rally is completed and adjusts accordingly.</p>
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