

## KS3-4 Curriculum Map: PE

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 7	<u>Football/Basketball</u> <u>Rugby/Creative</u> Core Ideas: Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Rugby/Creative</u> <u>Netball/Table Tennis</u> Core Ideas: Develop an appreciation of the aesthetics of other people's performance. Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Table Tennis/Handball/Hockey</u> <u>Football/Fitness</u> Core Ideas: Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Fitness/Rugby/Hockey</u> <u>Handball/Basketball</u> Core Ideas: Gaining basic knowledge of how the body responds to exercise and the importance of staying active. Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Athletics/Striking and Fielding</u> Core Ideas: Developing an understanding of each track and field event, understanding the importance of safety, being aware of the strengths of weaknesses in your own abilities.	<u>Athletics/Striking and Fielding</u> Core Ideas: Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.
Core Skills: Passing, receiving, moving with the ball, shooting, individual defence.						
Year 8	<u>Football/Basketball</u> <u>Rugby/Creative</u> Core Ideas: Learning how to defend as a team and the individual skills required to be an effective defender Core Skills: Using the dribble to beat opponents, winning the ball back, developing shot technique.	<u>Rugby/Creative</u> <u>Netball/Table Tennis</u> Core Ideas: Winning the ball back, securing possession. Developing aggression in the contact area. working with others to produce work of a good aesthetic quality. Core Skills: Tackling, rucking, pair sequences, counter balances.	<u>Table Tennis/Handball or Hockey</u> <u>Football/Fitness</u> Core Ideas: To develop attacking play to win more points. Core Skills: Spin added to all the basic shots from Year 7. Serves with spin and direction. Variety of different types of pass.	<u>Fitness/Football or Rugby</u> <u>Hockey or Handball/Basketball</u> Core Ideas: To develop game play. To understand how the body reacts differently to different types of training Core Skills: Ball presentation, counter-rucking, different ways to beat a defender.	<u>Athletics/Striking &amp; Fielding</u> Core Ideas: To develop the skills learned in year 7 and transfer skills from one sport to another. students should be capable of leading a small group in an effective warm-up. Core Skills: Running, throwing, sprint starts, jumping, catching, striking defensive and attacking shots, accurate bowling action. The Pull shot and the Drive, bowling with pace.	<u>Athletics/Striking &amp; Fielding</u> Core Ideas: To develop the skills learned in year 7 and transfer skills from one sport to another. students should be capable of leading a small group in an effective warm-up. Core Skills: Running, throwing, sprint starts, jumping, catching, striking defensive and attacking shots, accurate bowling action.
Year 9	<u>Football/Basketball</u> <u>Rugby/Creative</u> Core Ideas: Strategies to defend and attack to breakdown a defence. Crossing, set plays and set pie	<u>Rugby/Gymnastics</u> <u>Netball/Basketball</u> Core Ideas: The Pod system in rugby (1331). Flight and vaulting in gymnastics. Core Skills: Rucking, counter-rucks, the maul, kicking with purpose. Using a spring board, different types of vault.	<u>Table tennis/Theory</u> <u>tasters Methods of Training (fitness)/ Theory tasters</u> Core Ideas: Using attacking shots to be an effective player. Gaining an understanding of what is involved with the BTEC & GCSE courses. Core Skills: The loop, the chop and the smash. Attacking serves, the drive and shots played with a variety of spin.	<u>Methods of training/Handball or Hockey</u> <u>Football/Table Tennis</u> Core Ideas: Different types of fitness tests and training to improve those areas. Core Skills: Warming up and exercising with safety.	<u>Athletics/Striking &amp; Fielding</u> Core Ideas: Developing different batting and bowling techniques, eg the use of spin. Core Skills: Wicket keeping, spin bowling, technical shots including the late cut or sweep shot.	<u>Athletics/Striking &amp; Fielding</u> Core Ideas: Understanding personal strengths and weaknesses. Core Skills: Pacing a middle distance race, flight technique in jumps, sprint starts.

