

KS3 PE Website Curriculum Overview 22/23



	AUTUMN 1 AUTUMN 2	SPRING 1 SPRING 2	SUMMER 1 SUMMER 2
Year 7	<p>Netball</p> <p>Students will learn all the essential attacking and defending skills needed to play netball, including knowledge of all 7 positions, practising their different uses.</p> <p>Fitness</p> <p>Students will get a full induction in the fitness suite on all pieces of equipment to ensure they can use them safely, practising their optimal use.</p> <p>Students will be able to measure their own pulse and work out their beats per minute at rest and after exercise.</p> <p>Rugby</p> <p>Students will gain knowledge of passing and how to pass using effective technique. Students will be taught how to tackle safely. Students will get the opportunity to apply their knowledge in a stop-start game structure to ensure safety when tackling.</p> <p>Badminton</p> <p>In badminton students will gain knowledge of how to start the game using a serve. Students will gain knowledge of a variety of shots that can be played.</p>	<p>Gymnastics</p> <p>Students will go beyond the knowledge they gained at KS2, applying their knowledge of shapes to rolls, balances and jumps, learning the more technical application of these gymnastics moves.</p> <p>Students will develop the ability to travel in different ways and across different equipment with the introduction of flight.</p> <p>Students will learn and practise the importance of fitness for gymnastics.</p> <p>Hockey</p> <p>Students will gain knowledge on how to pass and move with the ball in hockey. They will go beyond the knowledge gained in KS2 of basic attack and defence and begin to apply this to competitive scenarios.</p> <p>Students will learn how to tackle safely.</p> <p>Students will learn and practise the importance of fitness for playing hockey.</p> <p>Dance</p> <p>Students will be taught small sequences and be able to replicate the movements, using memory recall. Students will learn how</p>	<p>Tennis</p> <p>Students will develop their hand-eye coordination through tennis and will work on cooperative rallying, underarm serving and the forehand ground stroke. Students can manipulate the knowledge gained in other net sports like badminton and transfer to this similar sport which requires hand-eye coordination, movement around the court and placement.</p> <p>Cricket</p> <p>Students will go beyond the knowledge they gained in KS2 on striking and fielding sports when learning about cricket. Students will gain knowledge on batting, ball retrieval and bowling and begin to learn how they are developed through cricket in small-sided games.</p> <p>Rounders</p> <p>Students can manipulate their striking and fielding knowledge from cricket to rounders. They will gain knowledge on batting including increased accuracy and placement. Students will gain knowledge on fielding for rounders, including positions and basic tactics of backing up.</p>

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	<p>Students will apply knowledge gained to competitive situations.</p>	<p>to count a beat and the importance of counts of 8 and staying in time with the music for a successful sequence.</p> <p>Students will be introduced to different styles and accompaniment including different choreography.</p> <p>Students will gain knowledge of how to change positions, what canon and unison is and how to change a dance to replicate contrasting styles.</p> <p>Football</p> <p>Students will gain knowledge on how to pass and move with the ball in football. They will go beyond the knowledge gained in KS2 of basic attack and defence and begin to apply this to competitive scenarios.</p> <p>Students will learn how to tackle safely.</p> <p>Students will learn and practise the importance of fitness for playing football.</p>	<p>Athletics</p> <p>Students will learn the correct technique for a range of running, jumping and throwing events in athletics. Students will know what their personal best is in each of these events, exploring training strategies for improving it.</p>
<p>Year 8</p>	<p>Netball</p> <p>Students will go beyond the knowledge they gained in year 7 of passing, shooting, marking and dodging by applying to full sided games. Students will enhance their knowledge of tactical play through backlines, side-lines and centre passes.</p>	<p>Gymnastics</p> <p>Students will use knowledge gained in year 7 on shapes, balance and other moves, applying to partner work.</p> <p>Students will gain knowledge on how to perform counterbalances, counter tension</p>	<p>Tennis</p> <p>Tennis knowledge is further developed by improving the forehand and backhand technique.</p> <p>Serving is progressed to the overhead serve and the volley is introduced during a rally and game play.</p>

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<p>Fitness</p> <p>Students will go beyond the knowledge gained in year 7 and will learn about different training methods such as interval, continuous and weight training. Students will gain knowledge of what component of fitness they improve and what sport they are useful for.</p> <p>Rugby</p> <p>Students will use the knowledge gained in year 7 to improve their passing technique to demonstrate speed and accuracy. Students will demonstrate an application of their knowledge of the rules and laws of tackling safety when playing small sided games. Students will gain knowledge of kicking- including when and how to kick in a game. Students will gain knowledge of some basic tactics for attack and defence and optional play.</p> <p>Badminton</p> <p>Students will use knowledge gained in year 7 to be able to start a game off by using a range of different serves to outwit an opponent. Students will gain knowledge of how to perform an overhead clear, drop shot, net shot and a smash and students will gain an understanding of when to perform these.</p>	<p>and full and partial body weight balances in pairs.</p> <p>Students will learn how to apply their knowledge of movement to travel in different ways across a range of equipment.</p> <p>Students will be taught the correct technique of the approach to a vault using a springboard and how to mount the vault correctly using a range of different mounts.</p> <p>Hockey</p> <p>Students will develop their ability to pass, receive and move with the ball.</p> <p>Students will start to apply their knowledge of attack and defence to game situations to outwit opponents.</p> <p>Students will apply knowledge of shooting and tackling into game situations. Students will develop confidence when applying skills learnt to games.</p> <p>Dance</p> <p>Students will go beyond the knowledge they gain in year 7 to learn longer sequences which will include placement and space. Students will learn new dance styles and will gain knowledge of dynamics and how this is portrayed through dance. Students will</p>	<p>Cricket</p> <p>Students build on their striking knowledge by developing a range of shots when batting, such as the sweep and drive.</p> <p>Fielding knowledge and tactics are introduced and demonstrated in a competitive situation. Fielding positions and their roles are explored in practice and competitive contexts.</p> <p>Rounders</p> <p>Rounders knowledge will be built upon by looking at a range of bowling and striking techniques.</p> <p>Tactics to outwit the opposition are applied in a competitive situation and students will know all the fielding positions and their strategic uses in competitive situations.</p> <p>Athletics</p> <p>Athletics knowledge will be built upon in a range of different athletic events.</p> <p>Students will diagnose strategies for improvement in their own practice and their peers. Students will build on their personal best as a result of this coaching practice.</p>
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	<p>Students will gain knowledge of the court for a singles and a doubles game and be apply to apply knowledge of this when scoring a game.</p>	<p>gain knowledge of the technical language of the movements in a dance. Students will gain knowledge of mirroring and how to perform this. Students will learn how to create their own sequences.</p> <p>Football</p> <p>Students will develop their ability to pass, receive and move with the ball in tactical situations.</p> <p>Students will routinely apply their knowledge of attack and defence to game situations to outwit opponents.</p> <p>Students will apply knowledge of shooting and tackling into game situations.</p> <p>Students will develop confidence and automaticity when applying skills learnt to games.</p>	
<p>Year 9</p>	<p>Basketball</p> <p>Students can manipulate their knowledge and tactics from netball to basketball and will be learning the specific (but related) knowledge associated with basketball, such as dribbling and lay-up's and knowing when to apply them in attack. Students will gain knowledge of defending skills, such as screening and 'boxing out', applying them to competitive situations.</p>	<p>Gymnastics</p> <p>Students go beyond prior knowledge on shapes, balances and moves in a partner context, applying this to group work.</p> <p>Students will perform a range of group balances within a sequence, choreographed by the students.</p>	<p>Cricket</p> <p>Matches in cricket are built towards 11a-side, including all positions and their roles.</p> <p>Students will have an opportunity to play indoor cricket and how their skills and scoring systems are adapted to play this version.</p> <p>Athletics</p>

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<p>Fitness</p> <p>Students will go beyond the knowledge gained in year 8 of training methods when learning about fitness tests. Students will gain knowledge of how to test different components of fitness, including advantages and disadvantages of each. Students will compare their own results to normative data and work out which components of fitness would benefit from further training.</p> <p>Rugby</p> <p>Students will progress from knowledge learnt and application in year 8 to develop the timing of their run which will further develop their passing technique. Students will gain knowledge of 2v1 tackle to prevent off-loading the ball. Students will gain knowledge of different kicking techniques and when to use these in a game. Students will be able to apply knowledge of attack and defensive tactics into a game.</p> <p>Badminton</p> <p>Students will go beyond knowledge gained in year 8 and be able to demonstrate a range of different serves to successfully outwit a range of opponents. Students will apply knowledge gained on the range of different shots to be used in a</p>	<p>Students will learn how to vault onto higher pieces of equipment using a range of more difficult vaults, including handsprings.</p> <p>Hockey</p> <p>Students will demonstrate the ability to apply their knowledge of passing by selecting and applying the right method at any given situation in competition and under pressure.</p> <p>Students will be able to move with the ball, showing control and fluidity throughout.</p> <p>Students will be able to quickly select and apply tactics and strategies to use in a game when attacking and defending.</p> <p>Table Tennis</p> <p>Students will gain knowledge on how to serve in table tennis and how to perform a range of different shots.</p> <p>Students will be taught the rules and will be expected to apply these when playing in competitive situations.</p> <p>Students will start to learn a range of tactics that can be used to outwit an opponent.</p> <p>Football</p> <p>Students will demonstrate the ability to apply knowledge of passing by selecting</p>	<p>In year 9, students will develop their technique in a range of athletic events, exploring marginal gains. The aim is to set goals and beat their personal best, exploring coaching strategies, self and peer diagnosis and goal setting.</p> <p>Rounders</p> <p>In rounders, student will explore and practise a variety of tactics and will learn, as a team, when and how to apply them in a game.</p> <p>Students will practise examples, such as the back-hand hit, stopping the half and full rounders and the use of the 3rd base player to become a fielder.</p> <p>Tennis</p> <p>Students will gain knowledge of how to perform a volley and a smash shot and apply this knowledge into competitive game situations.</p> <p>Students will look at shot selection and game play for singles and doubles.</p> <p>Students will correctly apply knowledge gained on the rules of the game when umpiring for peers.</p>
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	<p>game and apply these at the right time to outwit their opponents. Students will demonstrate their knowledge gained on tactics and game play in singles and doubles and be apply to effectively apply the rules of the game when umpiring both singles and doubles games.</p>	<p>and applying the right method at any given situation in competition and under pressure.</p> <p>Students will be able to move with the ball, showing control and fluidity throughout.</p> <p>Students will be able to select and apply tactics and strategies to use in a game when attacking and defending.</p>	
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