

KS3 Curriculum Overview (Physical Education)

Year 7

TERM 1	TOPIC: Football/NETBALL	*Key Skills/Subject Links	*Career links & BV
Week 1	Baseline Testing to set groups	Cognitive Skills Students will develop their understanding of game play, tactics and strategies Personal Skills Students work on their ability to challenge themselves, personal motivation and how they respond to pressure Physical Skills Students work on passing, catching, scoring and movement skills for rugby (boys) and netball (girls)	The rule of law - Students developing their moral stance through developing a sense of fair play and positive sporting behaviour as well as reflecting on the need for rules Tolerance - Students avoid to stereotype groups, which can be evident through the inclusion of all students studying an extensive range of sporting activities
Week 2	Baseline Testing to set groups		
Week 3	Spatial awareness and Challenge – through passing		
Week 4	Spatial awareness and self improvement - passing		
Week 5	Spatial awareness and consistent performance – footwork/dodging		
Week 6	Reacting positively to failure and performing under pressure – tackling and game play		
Week 7	Perseverance and understanding tactics – game play		
TERM 2	TOPIC: RUGBY	Cognitive Skills Students will develop their understanding of game play, tactics and improve their evaluation and analysis skills Personal Skills Students work on their ability to challenge themselves, how they respond to pressure and the importance of perseverance Physical Skills Students work on passing, tackling, scoring and movement skills for football House Competition A chance for inter group competition. Students fulfill different roles of playing, officiating, coaching and supporting.	Tolerance – in House Competitions Students compete against others, often from different cultures.
Week 1	Identifying areas to improve and staying focused – passing and moving		
Week 2	Spatial awareness and independently challenging themselves – passing and moving		
Week 3	Understanding strategies and independent challenge – defending an attacker		
Week 4	Reacting positively to failure and perseverance – using both feet		
Week 5	Making good decisions and perseverance – tackling and game play		
Week 6	HOUSE COMPETITION		
TERM 3	TOPIC: SAFE & EFFECTIVE EXERCISE	Health and Fitness Skills Students will improve their own level of fitness as well as start to understand how their body changes when they exercise Links to PD and Science (biology) Personal Skills Students work on their confidence to perform in front of others as well as their	
Week 1	Understanding a warm up and independent challenge – different warm ups		
Week 2	Confidence to perform and adaptations to exercise – Fartlek training		
Week 3	Fitness components – circuit training		

Week 4	Understand individual needs and recognize own strengths and weaknesses – fitness testing	ability to push themselves and work outside their comfort zone in order to improve.	
Week 5	Continuation of week 4		
Week 6	Persevere with challenge and understand how body adapts to exercise - boxercise		
TERM 4	TOPIC: CLIMBING	Social Skills	Democracy - Giving time for focus group discussions on entry tasks and challenge questions as well as listening to other people's opinions and giving feedback
Week 1	Show patience when working with others and learn rope techniques	Students will develop their social skills, specifically how they work in a group and communicate with others	The rule of law - Students learn that sport has rules to keep people safe as does society for the same reason
Week 2	Support other group members and Perform some climbing techniques	Link in to any department that runs group work or group projects	
Week 3	Work well in a group and develop balancing techniques	Physical Skills	
Week 4	Help make group decisions and adjust climbing technique	Students work on their climbing technique, from rope safety to a variety of ways to climb the wall	
Week 5	Help organize roles/responsibilities and motivate others	House Competition	
Week 6	House Competition	A chance for inter group competition. Students fulfill different roles of playing, officiating, coaching and supporting.	
TERM 5	TOPIC: ATHLETICS	Health and Fitness Skills	Individual Liberty - Students are able to make judgements about their own and others' performances
Week 1	Monitoring effort and benefits of exercise – heart rate/800m	Students will learn how to exercise safely and effectively to improve fitness as well as how to lead a healthy lifestyle	
Week 2	Exercise safely and improve with practice – shot put	Personal Skills	
Week 3	Explain adaptations and challenge myself – 100m sprint		
Week 4	Recognise strengths and weaknesses and set targets - relay		
Week 5	Evaluate and change performance – long jump	Possible links with Maths – taking measurements, setting pacing times/targets	
TERM 6	Topic: ROUNDERS/CRICKET	Social Skills	Skills from this unit covering working with others, taking on different roles and personal motivation, could be very beneficial for careers in Sports Development or Events Management
Week 1	Have patience with others and desire to improve - throwing	Students will develop their social skills, specifically how they work in a group and communicate with others	Individual Liberty - Students respect individual
Week 2	Understand own strengths and weaknesses and help make team decisions - batting	Personal Skills	
Week 3	Confidence to perform in front of others and desire to improve – over arm throw and catch		
Week 4	Help organize a team and show a desire to improve – small game play	Physical Skills	

			differences and are confident to express their opinions and respect others' views
Rollover			
Week 5	Work well with others and coping with winning and losing – batting games	House Competition A chance for inter group competition. Students fulfill different roles of playing, officiating, coaching and supporting.	
Week 6	Support group with feedback and evaluate own performance – game play		
Week 7	House Competition		

YEAR 8

TERM 1	TOPIC: RUGBY/NETBALL/FOOTBALL	*Key Skills/Subject Links	*Career links & BV
Week 1	Suggest patterns of play and evaluate own performance – passing games	Cognitive Skills Students will develop their understanding of effective performance and experiment with ways of increasing success Personal Skills Students work on their ability to stay positive when put under pressure Physical Skills Students work on more advanced passing, catching, scoring and movement skills for rugby (boys) and netball (girls)	Mutual Respect - Students learning to handle success and defeat with dignity and congratulate others
Week 2	Understand effective performance and self motivated		
Week 3	Remain positive when challenged and evaluate performance – tackling/3 stages of marking		
Week 4	Remain positive when challenged and evaluate performance – tackling in game play		
Week 5	Recognise successful tactics and accept critical feedback – rucking/dodging		
Week 6	Read and react to game situations – evasion techniques		
Week 7	Take responsibility for own learning and suggest ways to increase success – game play		
TERM 2	TOPIC: CLIMBING		
Week 1	Improve climbing technique and give/receive feedback	Social Skills Students will develop their ability to work well with others. Looking at putting the team first and taking on new roles Physical Skills Students will cover more advanced techniques such as points of contact and traversing House Competition A chance for inter group competition. Students fulfill different roles of playing, officiating, coaching and supporting.	Tolerance - Students are asked to reflect on their actions and how this affects others in a team
Week 2	Perform a variety of skills and take on different roles in my group		
Week 3	Contribute to group discussion and work well in competition		
Week 4	Demonstrate different ways to climb and motivate others		
Week 5	Perform advanced techniques and put others needs before my own		
Week 6	HOUSE COMPETITION		
TERM 3	TOPIC: FOOTBALL/RUGBY		
Week 1	Use specific vocabulary to explain performance and take on different roles in a team – small sided keep ball	Cognitive Skills Students will develop their understanding of effective performance and implement different systems and patterns of play Social Skills Students will develop their ability to work well with others. Focusing on leading others	This unit would develop students communication skills, their ability to work with others and their decision making/critical thinking skills. All of which would be beneficial in a variety of industries from education, social work, and public relations Individual Liberty - Students being introduced to
Week 2	Involve and motivate others and give effective feedback – passing patterns		
Week 3	Suggest successful patterns of play and motivate my team mates – defensive systems		
Week 4	Suggest successful patterns of play and give sensitive feedback – attacking systems		
Week 5	Read and react to different game situations – game play		
Week 6	Seek opportunities to lead and work effectively in competition		

			tactics and strategies in sport and able to make their own decisions
TERM 4	TOPIC: SAFE & EFFECTIVE EXERCISE	Health and Fitness Skills Students will improve their own level of fitness as well as experience different methods of fitness training Links to PD (healthy lifestyle) and Science (biology) Personal Skills Students work on their understanding of how the body copes with exercise and evaluate when they can increase effort or need rest. Links to Food Technology and eating a healthy balanced diet	Knowledge of how to improve their physical fitness, and the requirements of fitness training would support careers in the armed forces, agriculture or security
Week 1	Understand how the body changes with exercise - fartlek		
Week 2	Plan and deliver a warm up and see new activities as a challenge – interval training		
Week 3	Understand a balanced fitness program and take responsibility for their own learning – fitness testing		
Week 4	Committed to improve and how the body adapts – circuit training		
Week 5	Willing to push myself and understanding limitations – cross country		
Week 6	Plan a fitness program and improve with practice – HIIT training		
TERM 5	TOPIC: ATHLETICS	Health and Fitness Skills Students will learn the links between exercise and long term health and how to set targets to keep them motivated Personal Skills Through athletic events and striving for PB's students will understand how desire and work rate relate to success and improvement	
Week 1	Link exercise to long term health and challenge myself – 1500m/800m		
Week 2	Set performance targets and evaluate strengths and weaknesses – 200m		
Week 3	Aware of risks when exercising – javelin/shot put		
Week 4	How to WU/CD for different activities and confident to perform with others – long jump/triple jump		
Week 5	Self-motivated with a desire to improve and link exercise to long term health – 100m/relay		
TERM 6	Topic: ROUNDEERS/CRICKET	Social Skills Students will develop their social skills, specifically taking on different roles in a group Link in to any department that runs group work or group projects Personal Skills Students work on their ability to analyse and evaluate, then adapt their own performance Physical Skills Students work on their competency of advanced throwing, catching and batting skills *Sports Day to occur in this term – link with English (writing a news report)	Democracy - Students understand and accept the roles of captain, vice captain, team players, coaches, officials and choreographers
Week 1	Take on different roles and see new skills as a challenge – advanced catching		
Week 2	Give/receive feedback to others and self motivated – throwing and catching games		
Week 3	Contribute to group discussion and be responsible for own learning – game play		
Week 4	Take on different roles and develop tactics to outwit – conditioned game play		

		and Art and Media (creating posters and advertisements)	
Rollover			
Week 5	Give/receive feedback and evaluate and adapt technique – advanced batting		
Week 6	Respond positively to feedback – full game play		
Week 7	HOUSE COMPETITION		

Year 9

TERM 1	TOPIC: RUGBY/NETBALL/NFL	*Key Skills/Subject Links	*Career links & BV
Week 1	Solve complex problems and act on feedback – conditioned games	Cognitive Skills Students will develop their understanding of game play, tactics and strategies Personal Skills Students work on their ability to challenge themselves, personal motivation and how they respond to pressure Physical Skills Students work on passing, catching, scoring and movement skills for rugby (boys) and netball (girls)	The cognitive skills in this unit would link well with careers in teaching and sports coaching as students develop their understanding of the strategic aspect of sports Democracy - Students can solve problems on their own or with others working collaboratively
Week 2	Select correct tactics and stick to a game plan – conditioned games		
Week 3	Cope with multiple information and prioritise changes for progress – game play		
Week 4	Demonstrate resilience and seek opportunities to improve – game play		
Week 5	Continuation of week 4		
Week 6	Reach detailed judgements on performance – conditioned games		
Week 7	Maintain performance under pressure and anticipate game situations – game play		
TERM 2	TOPIC: SAFE & EFFECTIVE EXERCISE/BOXING/YOGA	Health and Fitness Skills Students will improve their own level of fitness as plan and deliver their own fitness session Personal Skills Students work on their ability to take responsibility for their own learning and self-reflect at the end of a program. House Competition A chance for inter group competition. Students fulfill different roles of playing, officiating, coaching and supporting.	This unit would have a strong link with a career in personal training . Students are devising their own training program and evaluating and adapting it Individual Liberty - Students are challenged to increase their personal fitness and know the role in society of being healthy and active and free from illness/disease
Week 1	Determined to develop and plan a fitness program – teacher led circuit		
Week 2	Responsible for own learning and self motivated – student led circuit		
Week 3	Responsible for own learning and tailor a fitness session for individuals – student led circuit		
Week 4	Create a learning plan and understand a balanced fitness program – student led circuit		
Week 5	Evaluate a fitness program and self reflect on performance – student led circuit		
Week 6	HOUSE COMPETITION		
TERM 3	TOPIC: HANDBALL/BASKETBALL/FOOTBALL	Personal Skills Focus on evaluating own performance, working well with pressure and improving resilience Cognitive Skills Students to analyse and evaluate performance in detail and prioritise areas to develop	
Week 1	Self motivated and set own success criteria – passing and moving		
Week 2	Adapt technique and develop the teams performance – conditioned games		
Week 3	Remain calm under pressure and react to game as it develops – conditioned games		
Week 4	Review, analyse and evaluate strengths and weaknesses – game play		

Week 5	Create a learning program to develop strengths and weaknesses – game play	Physical Skills Students work on passing, catching, scoring and movement skills for handball/basketball/football	
Week 6	Develop resilience and revisit areas of weakness – game play		
TERM 4	TOPIC: CLIMBING/TRAMPOLINING	Social Skills Students will develop their ability to work well with others. Focusing on leading others Link in with PD and careers. Focusing on communicating and working well with others Physical Skills Students will cover more advanced techniques and transferable skills from other activities House Competition A chance for inter group competition. Students fulfill different roles of playing, officiating, coaching and supporting.	The rule of law - Students adhere to and understand the rules for safety of themselves and their Mutual respect - Students respect PE equipment and the school buildings/facilities
Week 1	Identify top and bottom rope climbing and seek opportunities to lead		
Week 2	Demonstrate safety checks and belaying		
Week 3	Lead small groups and use advanced climbing techniques		
Week 4	Inspire others and use transferable skills		
Week 5	Lead and inspire others		
Week 6	HOUSE COMPETITION		
TERM 5	TOPIC: ATHLETICS	Health and Fitness Skills Students will explore how to train differently for different fitnesses and the importance of regular exercise. Personal Skills Through athletic events students will look at the importance of critically evaluating themselves in order to progress	
Week 1	How to train for different types of fitness – 400m		
Week 2	Accepting critical feedback and taking on new challenges – triple jump		
Week 3	Analysing risks, preparing safely and evaluating own performance – shot/javelin		
Week 4	Link regular exercise to health and adapt under pressure – 100m/relay		
Week 5	Self motivated and select appropriate warm up types – high jump		
TERM 6	Topic: ROUNDEERS/CRICKET/SOFTBALL	Social Skills Students will develop their social skills, specifically how they work in a group and communicate with others Cognitive Skills Students will take responsibility for game tactics and developing strategies with a big	Individual Liberty - Students have opportunities to work individually and in teams, making informed choices.
Week 1	Motivate others and develop methods to outwit others – small sided games		
Week 2	Know how to develop and negotiate with others – conditioned game play		
Week 3	Continuation of week 2		
Week 4	Analyse and evaluate team mates and give constructive feedback – conditioned game play		

		emphasis on decision making	
Rollover			
Week 5	Read and react to game situations and motivate others – game play	House Competition A chance for inter group competition. Students fulfill different roles of playing, officiating, coaching and supporting. *Sports Day to occur in this term – link with English (writing a news report) and Art and Media (creating posters and advertisements)	
Week 6	Continuation of week 5		
Week 7	House competition		