



Key Stage 3: Physical Education Curriculum Plan 2021/22

Physical Education		
Year 7 Activities	Year 8 Activities	Year 9 Activities
'ABC' - Multiskills type activities to gauge ability in PE. All students get tested across different multiskills tests like a baseline assessment.	Football – development of fundamental skills (passing, dribbling, shooting), then linking to attacking/defensive game situations.	Football – progression of the fundamental skills by applying them more into game like scenarios. Greater use of conditioned games to demonstrate application of skills.
Handball – develop an understanding of the rules, concept of the game (basic tactics) and techniques required to pass, catch, dribble and shoot.	Handball – using skills taught in year 7, developing more sophisticated skills like jump shots, blocking and fakes; applying more advanced tactics for an 'organised attack' and 'organised defence'.	Handball - applying skills and tactics previously taught to games. Using students coaching qualities in a 'sport ed' approach with themed weeks for different student led practices.
Netball - develop an understanding of the rules, concept of the game (basic tactics) and techniques required to pass, catch, footwork and shooting. Positional awareness in attack and defence.	Netball - performing the skills taught in year 7 but applying/combining them in more pressured scenarios requiring greater decision making. Creating and adjusting tactics during games.	Netball - understanding the 'order of play' with more emphasis on set positions. Students undertaking more responsibility for officiating, applying the relevant rules in more gameplay opportunities.
Swimming TBC	Swimming TBC	Swimming TBC
Rounders - focus on fielding skills (catching, retrieving, barriers, throwing), bowling variations and batting technique. Introduction of fielding positions and tactics in games.	Rounders - recapping techniques learnt in year 7 and applying them more to conditioned practices. More emphasis placed on incorporating tactics to fielding and batting situations.	Rounders - recapping techniques learnt in year 8 and applying them more to conditioned practices. More emphasis placed on incorporating tactics to fielding and batting situations.



STANGROUND ACADEMY

Basketball - gain an understanding of types of pass, how to dribble effectively, how to shoot using the correct technique. Apply to skills game/competitive situations. Understand different rules and basic strategies of defending.	Basketball - understanding different ways to outwit opponents (e.g. one on one, via passing, using fakes). Be able to attack with more confidence (lay ups, fake and drives, shooting in game like situations) and understand the basics of defending (rebounding, man to man defence).	Basketball - developing their effectiveness when attacking (more advanced ball handling, driving in, lay ups, post positions) and defending (rebounding, boxing out). Applying specific tactics to outwit opponents.
Touch Rugby - understanding the importance of finding space and evading defenders. Know how to use the space by timing of the pass and support play. Apply rugby league 'touch rugby' rules to mini games.	Rugby understanding the importance of finding space and evading defenders. Know how to use the space by timing of the pass and support play. Apply rugby league 'touch rugby' rules to mini games.	Rugby - understanding the importance of finding space and evading defenders. Know how to use the space by timing of the pass and support play. Apply rugby league 'touch rugby' rules to mini games.
Team Building	Team Building	
Badminton – know how to perform many of the different shots in badminton, focusing on technique and improving competency. In particular: clear, serves, lifts, drop, net and smashes. Understand and adhere to singles rules (predominantly via half court matches).	Badminton – refinement and recap of technique for different shots, and trying to link them together to play more conditioned rallies (e.g. underarm clear – drop shot, overarm clear - drop shot - net shot - underarm clear - repeat). Know how to move effectively around the court and incorporating this into games and conditioned rallies.	Badminton – applying shots previously taught and applying them more readily to conditioned rallies. Understand and apply different tactics to outwit opponents. Introduction of game play, rules and tactics required to play doubles matches.
Fitness - know different types of fitness and mini tests to ascertain fitness levels for them. Understand and participate in simple ways to train for cardio and muscular endurance. Know about short term effects of exercise and calories.	Fitness - understand about energy balance and how that links to nutrition. Know different types of fitness and specific training methods used to improve them (agility, speed, muscular endurance, cardio endurance and co-ordination).	Fitness TM & Fitness - understand and apply different training principles (specificity, progressive overload and reversibility). Be able to perform continuous, interval, HIIT and resistance training. Recognise and administer specific fitness tests for specific components of fitness.
Athletics - understand the correct basic technique for a range of running, jumping and throwing events (this will be at a basic level, e.g. static throws, basic technique and rules for running and jumping events). Understand and apply safety rules to throwing events.	Athletics – development of techniques for year 7, incorporating more technical aspects (e.g. adding a glide to the shot putt, sidestep/cross over for javelin, how to measure a run up for the long jump, guide to pacing for distance runs). Understand the rules and apply technique in 2 new events – relay and triple jump.	Athletics - apply more advanced techniques in comparison to year 8 to perform the events at a higher level of ability. Undertake specific officiating roles in the different events – safety judge in throwing events, measurer in jumping/field events, starter and/or track judge in running events.



STANGROUND ACADEMY

<p>Short tennis – gaining confidence and familiarising themselves of hitting a tennis ball. Understanding the technique and body position required for forehand and backhand strokes. Understand rules for gameplay (including how/where to serve to and from) and the scoring system. Developing tactical understanding to outwit opponents.</p>	<p>Tennis – progression to playing outside. Revisiting the mechanics of a good ground stroke off both forehand and backhand sides. Understand how to alter the speed of the ball trajectory (by applying slice) and know how to win points at the front of the court (by a volley). Incorporating more into game play including serves and rules.</p>	<p>Tennis – more of a focus on outwitting opponents and hitting into space on the court through the use of lobs and drop shots. Know how to hit the ball with topspin and apply this (accompanied with slice) to game play. Application of skills and tactics to both singles and doubles matches.</p>
<p>Cricket - know how to perform basic fielding skills, how to bowl legally and how to play 2 introductory shots (off the front and back foot). Be able to perform the basic skills in conditioned and recognised games (pairs cricket).</p>	<p>Cricket - recap and refine fielding and bowling techniques. Know different types of bowling styles and how to do them (grip and wrist alterations). Understand and apply different backfoot shots to practices/games. Know different fielding positions and use tactics to apply them against different batter in game play.</p>	<p>Cricket - recapping and refining key skills and techniques (fielding and bowling). Learn about advanced bowling – spin bowling, and batting – sweep shot. More of a focus on tactics and decision making when batting, bowling and fielding.</p>
<p>Gymnastics - learn different methods to balance on different body parts (points and patches), methods of travelling (rolling) and flight (jumping). Apply individual skills and link them to working with apparatus and creating paired sequences.</p>		
	<p>Volleyball - learn how to perform the 3 fundamental skills (set, dig and serve) and improve consistency of these shots. Understand how to perform attacking shots (smash). Know how to block shots and prevent teams from winning points via gameplay and positioning on court.</p>	<p>Volleyball - apply shots and techniques learnt in year 9, performing them with greater consistency. Introduction how to serve overarm and how the fundamental shots link to set up an opportunity to smash (more of a sequence of shots to create spiking opportunities). Evaluate positions on the court and placement of shots during game play.</p>