



KS3 Physical Education – Curriculum in detail

2024-25								
PE	Invasion Games	Health Related Fitness	Net and Wall	Swimming	Gymnastics	OAA	Athletics	Striking and Fielding
Year 7	<p style="color: blue; margin: 0;"><u>What to look forward to in Year 7:</u></p> <p style="margin: 0;">Introduction to Secondary Physical Education, immersing in a range of different sports/physical activities to deeper their knowledge within sport.</p>							
	<p><u>Sports/Activities:</u> Football, Hockey, Basketball, Netball, Rugby, Capture the flag</p> <p><u>Learning Focus:</u> Learning and describing key rules, basic skills in practice situations, passing and control, travelling, tackling/blocking</p> <p style="color: blue; margin-top: 10px;"><u>Mastery:</u> Applying and effecting a game situation</p>	<p><u>Sports/Activities:</u> Warm up and cool down, Fitness Testing, Circuit Training</p> <p><u>Learning Focus:</u> Understand how to effectively warm up/cool down, as well as learning about HR and how it can be affected when using circuit training and the fitness suite.</p> <p style="color: blue; margin-top: 10px;"><u>Mastery:</u></p>	<p><u>Sports/Activities:</u> Badminton, Table Tennis, Volleyball</p> <p><u>Learning Focus:</u> Describe basic skills including the serve, grip and begin to learn basic shots in practice situations. Demonstrating knowledge if rules and maintaining a rally.</p> <p style="color: blue; margin-top: 10px;"><u>Mastery:</u> Showing</p>	<p><u>Sports/Activities:</u> Water Confidence and Water Safety, Front Crawl, Back Stroke</p> <p><u>Learning Focus:</u> Emphasis on safety in the water and learn the basic technique for front crawl/back stroke, learning through using BLABT (body, legs, arms,</p>	<p><u>Sports/Activities:</u> Floor Sequences, Individual Balances and Partner Balances, rolls/rotations and basic jumps.</p> <p><u>Learning Focus:</u> Learning shapes, rolls, balances and rotations, and using them to create a sequence using key success criteria;</p>	<p><u>Sports/Activities:</u> Orienteering, team building games</p> <p><u>Learning Focus:</u> To effectively communicate with their peers in small groups or pairs. Participating in team games, orienteering task, using maps and collecting data.</p> <p style="color: blue; margin-top: 10px;"><u>Mastery:</u> Demonstrating leadership</p>	<p><u>Sports/Activities:</u> High Jump, Long Jump, Javelin, Discus, Shot Put, Sprinting, Middle Distance Running</p> <p><u>Learning Focus:</u> Demonstrate safe performance across throwing and jumping, perform basic techniques and be aware of competition rules. Competing</p>	<p><u>Sports/Activities:</u> Rounders, Cricket, Softball, Danish Longball</p> <p><u>Learning Focus:</u> Basic techniques for fielding (throwing and catching) batting and bowling. Beginning to apply tactics and show an understanding of the rules.</p> <p style="color: blue; margin-top: 10px;"><u>Mastery:</u> Starting to</p>

	(small-sided), showing consistency within skills, leadership and understanding of rules and tactics.	Begin to understand some basic theory knowledge, using/apply key words related to KS4/link to science. Beginning to track workout and relate to real life situations.	understanding of tactics within a game and officiating.	breathing, timing) Mastery: Understanding of the term 'streamlined' and demonstrating fluency within front crawl/back stroke.	aesthetics, tension, extension and fluidity. Mastery: Creating advanced sequences using apparatus demonstrating control within all movements.	qualities when working within a group, having a positive impact on group outcomes.	against yourself to achieve a personal best (PB) Mastery: Learning advanced ways to move better and improve body performance.	apply tactics in an in-game environment and officiating.
Year 8	Invasion Games	Health Related Fitness	Net and Wall	Swimming	Gymnastics	OAA	Athletics	Striking and Fielding
	What to look forward to in Year 8: Beginning to build on independent learning within PE, developing confidence in officiating, coaching, score-keeping and analysis. Other opportunities could be sports leader programmes.							
	Sports/Activities: Football, Hockey, Basketball, Netball, Rugby, Handball Learning Focus: Using different body parts to send, receive, control and travel. Understanding different roles and positions	Sports/Activities: Components of Fitness, Additional Principles of Training, Fitness Testing, Exercise Intensity Learning Focus: Using different methods of training to apply principles of training to	Sports/Activities: Badminton, Table Tennis, Volleyball, Pickleball Learning Focus: Consistently performing serves and transitional shots to hold a rally, being able to move your opponent	Sports/Activities: Underwater Swimming, Front Crawl, Back Stroke, Breast Stroke, Competitive swimming. Learning Focus: Isolating technical aspects of multiple strokes, being able to	Sports/Activities: Floor Sequences, Static and Dynamic Balances, Flight Learning Focus: Building on basic gymnastic skills, using pre-requisite skill to develop mastery. Performing	Sports/Activities: Orienteering, team building games, outdoor learning. Learning Focus: Demonstrate effective communication with peers, sharing and delivering ideas. Creating clear, tactical plans to	Sports/Activities: Triple Jump, High Jump, Long Jump, Javelin, Discus, Shot Put, Sprinting, Middle Distance Running Learning Focus: Applying consistent technique across a range	Sports/Activities: Rounders, Cricket, Softball Learning Focus: Applying accuracy to bowling and throwing using different batting techniques. Beginning to apply tactics to a game

	<p>within a team. Having positive influences on small sided games</p> <p>Mastery: Using tactics to outwit opponents, disguising shots, creating space and demonstrating quick decision-making.</p>	<p>understand and interpret results. Can link results to a range of fitness tests and exercise intensities, beginning to build on knowledge to support KS4 learning.</p> <p>Mastery: Designing individual training programme relevant to themselves.</p>	<p>around the court, understanding rules of different game variations so they are able to tactically outwit their opponent.</p> <p>Mastery: Implementing different tactics to counteract opponents.</p>	<p>demonstrate surface dives and treading water</p> <p>Mastery: Efficient swimming technique across various strokes. Increasing swimming distances and speed progression.</p>	<p>jumps, advanced group balances and vaults with sound technique, ensuring performances show fluidity and control</p> <p>Mastery: Advanced flight, demonstrating control, precision and aesthetics.</p>	<p>overcome problems or obstacles and providing reasoning for this.</p> <p>Mastery: Leading a group of students with clear intentions and being flexible with planning to adapt to situations.</p>	<p>of events, begin to understand advanced techniques to improve performance, focusing on why this is important and can apply the rules in competition.</p> <p>Mastery: Use of key techniques to achieve bronze, silver or gold standard.</p>	<p>becoming more accurate.</p> <p>Mastery: Using attacking and defensive principles in an in-game environment.</p>
Year 9	Invasion Games	Health Related Fitness	Net and Wall	Swimming	Gymnastics	OAA	Athletics	Striking and Fielding
	<p>What to look forward to in Year 9: A focus on higher level achievement in sport and developing a personal passion for physical activity, encouraging external club links and providing opportunities for future participation.</p>							
	<p>Sports/Activities: Football, Hockey, Basketball, Netball, Rugby, Handball, Tchoukball</p>	<p>Sports/Activities: Creation of Training Programmes, Discovery of Training Techniques</p>	<p>Sports/Activities: Badminton, Table Tennis, Volleyball, Pickleball</p> <p>Learning Focus: Being able to</p>	<p>Sports/Activities: Life Saving Techniques, Collect and Tow, Surface Jumps, Tumble Turns, Surface</p>	<p>Sports/Activities: Flight, Student Support and Complex Routines</p> <p>Learning Focus: Using</p>	<p>Sports/Activities: Orienteering, team building games, outdoor learning.</p> <p>Learning Focus:</p>	<p>Sports/Activities: Triple Jump, High Jump, Long Jump, Javelin, Discus, Shot Put, Sprinting,</p>	<p>Sports/Activities: Rounders, Cricket, Softball</p> <p>Learning Focus: Demonstrating sound techniques in</p>

	<p><u>Learning Focus:</u> Utilising key tactics for attack and defence and adapting to opponents. Analysing own performance when attempting to outwit opponent. Can use disguise on various skills during a game situation.</p> <p><u>Mastery:</u> Confident application of key skills within a competitive setting and demonstrating clear leadership and coaching skills.</p>	<p><u>Learning Focus:</u> Applying and analysing components of fitness to create specific and individual training programmes. Reviewing techniques and creating ways to train more efficiently.</p> <p><u>Mastery:</u> Safe use of public fitness centres and ability to train independently.</p>	<p>respond to opponents' tactics, demonstrating dynamic movement. Identify strengths and weaknesses in performance. Officiating a game situation confidently.</p> <p><u>Mastery:</u> Confident application of key skills within a competitive setting and demonstrating clear leadership and coaching skills.</p>	<p>dives, Water polo</p> <p><u>Learning Focus:</u> Demonstrating surface dives and jumps and rescuing techniques with a strong focus on safety. To show tumble turns in isolated practice. Showing good muscular and aerobic endurance.</p> <p><u>Mastery:</u> Responding to emergency situations and personal survival. Demonstrating efficient turning techniques.</p>	<p>equipment to perform handsprings, dive forward rolls. Using correct techniques to apply control and assist with student support.</p> <p><u>Mastery:</u> Applying high level skills into fluid performance. Performing somersault if appropriate.</p>	<p>Building on key OAA skills like communication, focusing on how these skills may support real life situations. Creating clear, tactical plans to overcome problems or obstacles and providing reasoning for this, reflecting and adapting planning.</p> <p><u>Mastery:</u> Applying key life skills to a range of activities, demonstrating success.</p>	<p>Middle Distance Running</p> <p><u>Learning Focus:</u> Can show key biomechanical skills across a range of activities, can officiate confidently.</p> <p><u>Mastery:</u> Analysing ways in which your body moves and how to appropriately coach and improve performance. Gold level performance level as aspiration.</p>	<p>catching, batting, bowling and throwing, increasing skill level. Utilising tactics to outwit opponents.</p> <p><u>Mastery:</u> Affecting performance in a variety of competitive situation.</p>
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