

## LONG TERM CURRICULUM PLANNING OVERVIEW:

### Physical Education Department: KS3

- The KS3 PE curriculum is currently taught so students gain knowledge and experience in a broad range of activities (10 sports) throughout the key stage.
- Lessons are currently twice per week for 55 minutes duration.

	<u>Emerging -Year 7</u>	<u>Developing -Year 8</u>	<u>Secure -Year 9</u>
<i>Physical Education:</i> <b>Knowledge</b>	<ul style="list-style-type: none"> <li>• Develop the knowledge and competence to excel in a range of team and individual sports.</li> <li>• Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> <li>• Develop knowledge of how to perform a dance using advanced dance techniques within a range of dance styles.</li> <li>• Develop knowledge of outdoor and adventurous activities</li> <li>• Develop knowledge of how to analyse performances.</li> <li>• Develop knowledge of how to take part in competitive sports and activities outside of school.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the knowledge and competence to excel in a range of team and individual sports.</li> <li>• Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> <li>• Develop knowledge of how to perform a dance using advanced dance techniques within a range of dance styles.</li> <li>• Develop knowledge of outdoor and adventurous activities</li> <li>• Develop knowledge of how to analyse performances.</li> <li>• Develop knowledge of how to take part in competitive sports and activities outside of school.</li> <li>• Develop a knowledge and understanding of a range of fitness aspects including</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the knowledge and competence to excel in a range of team and individual sports.</li> <li>• Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> <li>• Develop knowledge of how to perform a dance using advanced dance techniques within a range of dance styles.</li> <li>• Develop knowledge of how to analyse performances.</li> <li>• Develop knowledge of how to take part in competitive sports and activities outside of school.</li> <li>• Develop a knowledge and understanding of a range of fitness aspects including warming-up and Cooling down procedures.</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop a knowledge and understanding of a range of fitness aspects including warming-up and Cooling down procedures.</li> <li>• Develop knowledge in a range of theoretical sporting topics.</li> <li>• Develop knowledge of Health and safety aspects in PE</li> </ul>	<ul style="list-style-type: none"> <li>• warming-up, cooling down procedures and components of fitness</li> <li>• Develop knowledge in a range of theoretical sporting topics.</li> <li>• Develop knowledge of Health and safety aspects in PE</li> </ul>	<ul style="list-style-type: none"> <li>• Develop knowledge in a range of theoretical sporting topics.</li> <li>• Develop knowledge of Health and safety aspects in PE</li> </ul>
<b>Physical Education: Skills</b>	<ul style="list-style-type: none"> <li>• Demonstrate basic skills in a range of team and individual sports <b>in isolation/unopposed.</b></li> <li>• Demonstrate <b>very basic strategies</b> for attack and defence in a range of team and individual sports.</li> <li>• Demonstrate <b>very basic use of key rules</b> in a range of sports.</li> <li>• Demonstrate <b>simple dance sequences.</b></li> <li>• Demonstrate <b>basic problem solving skills and basic orienteering skills.</b></li> <li>• Demonstrate <b>basic analysing and evaluating skills in a small range of sports.</b></li> <li>• <b>Use everyday language</b> to explain performances.</li> <li>• Plan and <b>perform a warm-up with a partner</b></li> <li>• Plan and <b>perform a cool-down with a partner.</b></li> <li>• Teamworking <b>-working effectively with a partner.</b></li> <li>• Demonstrate a <b>good understanding in a range of basic theoretical sporting topics.</b></li> <li>• Demonstrate a <b>basic understanding of the importance of physical activity on overall health</b></li> <li>• Demonstrate ability to exercise and use PE equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic skills in a range of team and individual sports <b>in small opposed drill practices.</b></li> <li>• Demonstrate <b>a range strategies showing some success</b> for attack and defence in a range of team and individual sports.</li> <li>• Demonstrate <b>basic use of key rules</b> in a range of sports.</li> <li>• Demonstrate <b>simple dance sequences in a range of dance styles.</b></li> <li>• Demonstrate advanced <b>problem solving skills and orienteering skills using a compass.</b></li> <li>• Demonstrate the ability to design an orienteering course with a partner.</li> <li>• Demonstrate <b>good analysing and evaluating skills.</b></li> <li>• <b>Use basic technical terms</b> to explain performances.</li> <li>• Plan and <b>perform a warm-up to a small group.</b></li> <li>• Plan and <b>perform a cool-down to a small group</b></li> <li>• Teamworking <b>-working effectively within a small group.</b></li> <li>• Demonstrate an understanding of different components of fitness.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate more advanced skills in a range of team and individual sports <b>in opposed drill practices and transfer these to competitive situations.</b></li> <li>• Demonstrate <b>a range more advanced strategies</b> for attack and defence in a range of team and individual sports.</li> <li>• Demonstrate <b>in depth use of key rules</b> in a range of sports.</li> <li>• Demonstrate <b>advanced dance knowledge and creativity in a range of dance styles. Perform own dance routine in a small group.</b></li> <li>• Demonstrate <b>in-depth analysis and evaluation skills.</b></li> <li>• <b>Use advanced technical terms</b> to explain how to make improvements in performance in a range of sports for self and others.</li> <li>• Plan and <b>perform a warm-up to a class with a partner</b></li> <li>• Plan and <b>perform a cool-down to a class with a partner</b></li> <li>• Teamworking <b>-working effectively within a team.</b></li> <li>• Demonstrate an <b>excellent understanding in a range of advanced theoretical sporting topics.</b></li> </ul>

		<ul style="list-style-type: none"> <li>• Demonstrate a <b>good understanding in a range of theoretical sporting topics.</b></li> <li>• Demonstrate a <b>good understanding of the importance of physical activity on overall health</b></li> <li>• Demonstrate the ability to exercise and use PE equipment safely for self and others</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate an in-depth <b>understanding of the importance of physical activity on overall health</b></li> <li>• Demonstrate competence in a range of fitness tests and understand which component of fitness is being tested.</li> <li>• Demonstrate a thorough understanding of health and safety issues in PE and follow these explicitly at all times teaching others of their importance.</li> </ul>
<i>Physical Education:</i> <b>Context</b>	<p><b>The knowledge and skills will be taught through the following activities in year 7:</b></p> <ul style="list-style-type: none"> <li>• <b>Football/Netball</b></li> <li>• <b>Basketball</b></li> <li>• <b>Badminton</b></li> <li>• <b>Dance</b></li> <li>• <b>OAA</b></li> <li>• <b>Athletics</b></li> <li>• <b>Rounders</b></li> <li>• <b>Cricket</b></li> <li>• <b>Cross Country</b></li> <li>• <b>Rugby</b></li> <li>• <b>Fitness</b></li> </ul>	<p><b>The knowledge and skills will be taught through the following activities in year 8:</b></p> <ul style="list-style-type: none"> <li>• <b>Football/Netball</b></li> <li>• <b>Basketball</b></li> <li>• <b>Badminton</b></li> <li>• <b>Dance</b></li> <li>• <b>OAA</b></li> <li>• <b>Athletics</b></li> <li>• <b>Rounders</b></li> <li>• <b>Cricket</b></li> <li>• <b>Cross Country</b></li> <li>• <b>Rugby</b></li> <li>• <b>Fitness</b></li> </ul>	<p><b>The knowledge and skills will be taught through the following activities in year 9:</b></p> <ul style="list-style-type: none"> <li>• <b>Football/Netball</b></li> <li>• <b>Basketball</b></li> <li>• <b>Badminton</b></li> <li>• <b>Dance</b></li> <li>• <b>Table tennis</b></li> <li>• <b>Athletics</b></li> <li>• <b>Rounders</b></li> <li>• <b>Cricket</b></li> <li>• <b>Cross Country</b></li> <li>• <b>Rugby</b></li> <li>• <b>Fitness</b></li> </ul>