

# Curriculum Map (Core PE Key Stage 3)

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Units	Fitness Rugby Netball	Fitness Rugby Netball Orienteering	Hockey Netball Basketball	Hockey Netball Badminton	Athletics Rounders	Athletics Rounders
	Key Skills	<p><u>Netball</u> How to use basic principles of attack and defence to plan strategies and tactics for hockey. Develop the quality of their skills with the intention of outwitting opposition. Be able to warm up/cool down appropriately</p> <ul style="list-style-type: none"> <li>• Passing and Footwork</li> <li>• Creating Space/Outwitting opponents</li> <li>• Attacking Play/Dodging</li> <li>• Shooting</li> <li>• Defending/Positional Awareness</li> </ul> <p><u>Rugby</u> How to use basic principles of attack and defence to plan strategy and tactics for rugby. Develop the quality of skills with intention to outwit opposition Be able to warm up/cool down appropriately</p> <ul style="list-style-type: none"> <li>• Ball familiarisation – handling skills</li> <li>• Passing and receiving including outwitting opposition with use of width</li> <li>• Tackling technique – safety issues</li> <li>• Attacking play to outwit opposition – movement and use of width with the ball</li> <li>• Scoring a Try</li> <li>• Laws of the Game</li> </ul> <p><u>Fitness</u> Learn and replicate specific techniques for fitness activities.</p>		<p><u>Hockey</u> How to use basic principles of attack and defence to plan strategies and tactics for hockey. Develop the quality of skills with the intention of outwitting opposition. Be able to warm up/cool down appropriately</p> <ul style="list-style-type: none"> <li>• Grip, Dribbling &amp; Handling.</li> <li>• Passing &amp; receiving</li> <li>• Outwitting opponents/use of space</li> <li>• Shooting</li> <li>• Defending/block tackle</li> <li>• Rules</li> </ul> <p><u>Basketball</u> How to use the basic principles of attack and defence to plan strategies and tactics for basketball Develop the quality of skills with various techniques with the intention of outwitting opposition Be able to warm up and cool down appropriately</p> <ul style="list-style-type: none"> <li>• Ball familiarisation and handling</li> <li>• Passing and receiving and outwitting an opponent</li> <li>• Dribbling and Pivoting to outwit an opponent</li> <li>• Shooting – set shot &amp; lay up</li> <li>• Defending – ball and player</li> <li>• Basic Rules of the Game</li> </ul> <p><u>Badminton</u> Replicating and developing techniques Outwitting an opponent</p>		<p><u>Athletics</u> Accurately replicate running, jumping and throwing skills Learn specific techniques for events to improve performance Understand basic rules for events Perform to improve personal bests in relation to speed, height and distance</p> <ul style="list-style-type: none"> <li>• Running styles for sprint (100m, 200m, 300m)</li> <li>• Running style for pace running (800m, 1500m)</li> <li>• Jumping – High Jump and Long Jump</li> <li>• Throwing – Shot Put, Discus, Javelin</li> <li>• Relay – baton exchange</li> </ul> <p><u>Rounders</u> Learn and replicate individual techniques in batting, bowling and fielding. Develop quality of skills with intention of outwitting opposition</p> <ul style="list-style-type: none"> <li>• Ball familiarisation – throwing and catching</li> <li>• Fielding skills long barrier, use of correct pass</li> <li>• Batting Skills, technique and ball placement</li> <li>• Bowling skills,</li> <li>• Fielding strategies to outwit opponent</li> <li>• Rules of the game</li> </ul>	

		<p>Carry out investigations into the principles of exercise          Understand importance of warm ups and cool downs          Understand definitions of fitness and health          Recognise the benefits of health and fitness to self and its implications for future life.          Analyse own fitness from performance</p> <ul style="list-style-type: none"> <li>● Heart rate – resting and working</li> <li>● Circuit training – sets and reps</li> <li>● Cooper Test – Endurance</li> <li>● Components of skill related fitness – definitions and testing</li> </ul>	<p>Demonstrate fundamentals of attack and defence during play          Basic rules of the singles game</p> <ul style="list-style-type: none"> <li>● Grip and Ready position</li> <li>● Overhead and underarm clear</li> <li>● Drop Shot</li> <li>● Service</li> <li>● Tactics during a singles game</li> <li>● Rules of the game</li> </ul> <p><u>Orienteering</u>          Develop and use new skills and techniques          Respond effectively to problems and physical challenge          Work individually and in cooperation with others          Develop personal fitness</p> <ul style="list-style-type: none"> <li>● Pace running</li> <li>● Setting a map</li> <li>● Following basic routes from a map</li> <li>● Plan a basic route</li> <li>● Teamwork</li> <li>● Star Orienteering</li> <li>● Rules/Protocol for orienteering</li> </ul>	
	<p><b>Assessment</b></p>	<p><b>Ongoing practical assessment during lessons. Final End of Unit Assessment for application of skills within a competitive environment.</b>  <b>These done in line with AQA GCSE specification <a href="https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment">https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment</a></b>  <b>Rules tests/knowledge on going during lessons</b>  <b>In Athletics, use of adapted ESAA awards scheme</b></p>		
	<p><b>Enrichment</b>          (Link with KS2)</p>	<p>Attend school extra-curricular club when available          Participate in inter tutor competition opportunities          Attend local sports club – pupils directed to local clubs via notice boards in PE Department</p> <p><i>LORIC –</i>  <i>Leadership – leading warm ups and skills practices, umpiring and officiating opportunities, organising inter tutor teams</i>  <i>Organisation – help with equipment at beginning and end of the lesson. Bring PE kit for lesson, inter tutor teams</i>  <i>Resilience – perseverance at skills and tactics, team play – considering how team can perform better in face of adversity!, beating the weather conditions</i>  <i>Initiative – helping others, tactical awareness,</i>  <i>Communication – officiating, encouraging others, giving feedback, analysis of performances</i></p>		

Units	Fitness Rugby Netball	Fitness Rugby Netball Climbing	Hockey Netball Basketball	Hockey Netball Badminton	Athletics Rounders Cricket	Athletics Rounders Cricket
Key Skills	<p><u>Netball</u> Developing team attacking and defending strategies and techniques. Further develop skills and select and apply them to carry out tactics with intent to outwit the opposition Be able to plan and lead a warm up or cool down</p> <ul style="list-style-type: none"> <li>• Be able to warm up/cool down independently</li> <li>• Recap passing Skills &amp; fundamental rules</li> <li>• Outwitting Opponents</li> <li>• Attacking play/outwitting opponents</li> <li>• Shooting</li> <li>• Marking/defending</li> <li>• Tactical Awareness</li> </ul> <p><u>Rugby</u> Developing team attacking and defending strategies and techniques Further develop skills and select and apply them to carry out tactics with intent to outwit the opposition Be able to plan or lead a warm up or cool down</p> <ul style="list-style-type: none"> <li>• Be able to warm up/cool down independently</li> <li>• Recap passing and ball handling skills</li> <li>• Tackling technique on advancing opposition</li> <li>• Ruck &amp; Maul</li> <li>• 3 man scrummage</li> <li>• Kicking</li> <li>• Rules</li> </ul> <p><u>Fitness</u> Learn and replicate specific techniques for fitness activities – including adaptations Planning a fitness session for self and others Understand importance of warm ups and cool downs Understand definitions of fitness and health Recognise the benefits of health and fitness to self and its implications for future life.</p>	<p><u>Hockey</u> Developing team attacking and defending strategies and techniques. Further develop skills and select and apply them to carry out tactics with intent to outwit the opposition Be able to plan and lead a warm up or cool down</p> <ul style="list-style-type: none"> <li>• Be able to warm up/cool down independently</li> <li>• <i>Dribbling &amp; movement with the ball</i></li> <li>• <i>Passing &amp; reverse stop</i></li> <li>• <i>Creation of space/attacking principles</i></li> <li>• <i>Defending/jab tackle</i></li> <li>• <i>Shooting</i></li> <li>• <i>Rules</i></li> </ul> <p><u>Basketball</u> Develop attacking and defending strategies and techniques Further develop skills and select and apply them to carry out tactics with intent to outwit the opposition Be able to plan and lead a warm up or cool down</p> <ul style="list-style-type: none"> <li>• Development of passing and receiving skills</li> <li>• Pivoting</li> <li>• Dribbling/Triple Threat position</li> <li>• Attacking principles to outwit opponent with and without the ball – change of pace and direction, dodge, pass, use of key</li> <li>• Defending principles to outwit opponent with and without the ball – interception, side steps, marking ball and player</li> <li>• Shooting – set shot, lay up, jump shot</li> <li>• Rules of the game – umpiring conditioned games</li> </ul> <p><u>Badminton</u> Improving and developing techniques Demonstrate fundamentals of attack and defence during play to outwit opposition Singles and doubles game</p> <ul style="list-style-type: none"> <li>• Grip and Ready position</li> <li>• Overhead and underarm clear forehand and backhand</li> </ul>			<p><u>Athletics</u> Develop and enhance replication and performance of running, jumping and throwing skills Develop an understanding of fitness and its relationship to performance Use analysis to identify strengths and weaknesses of self and peers Perform to improve personal bests in running jumping and throwing skills</p> <ul style="list-style-type: none"> <li>• Running styles for sprint (100m, 200m, 300m)</li> <li>• Use of Sprint Start</li> <li>• Running style for pace running (800m, 1500m)</li> <li>• Tactics</li> <li>• High Jump – Fosbury Flop &amp; Straddle</li> <li>• Long Jump – run up/take off/landing</li> <li>• Shot Put –</li> <li>• Discus –</li> <li>• Javelin</li> <li>• Relay – Baton Exchange techniques &amp; communication between runners</li> <li>• Warm up/Cool Down &amp; Recovery</li> </ul> <p><u>Rounders</u> Develop accurate replication and refine techniques for batting, bowling and fielding Use tactical play through knowledge and understanding of the rules when batting and fielding Be able to score and umpire accurately</p> <ul style="list-style-type: none"> <li>• Fielding skills long barrier, use of correct pass underarm/overarm, changing positions of players</li> <li>• Batting Skills, technique and ball placement. Backhand.</li> <li>• Bowling skills – spin and disguise (donkey drop)</li> <li>• Fielding strategies to outwit opponent</li> <li>• Understand the positional play for fielders</li> <li>• Bowler/Backstop/First Base triangle</li> <li>• Rules of the game</li> </ul> <p><u>Cricket</u> Learn and replicate individual techniques in batting, bowling and fielding.</p>	

		<p>Identify strengths and weaknesses in own performance and make suggestions for improvement</p> <ul style="list-style-type: none"> <li>• Heart rate – resting and working &amp; recovery rate</li> <li>• Circuit training – sets and reps</li> <li>• Cooper Test – Endurance</li> <li>• Multistage Fitness Test</li> <li>• Health related components of fitness – definitions and testing</li> <li>• Components of skill related fitness – definitions and testing</li> <li>• Warming Up &amp; Cooling down</li> </ul> <p>Climbing</p>	<ul style="list-style-type: none"> <li>• Drop Shot</li> <li>• Smash Shot</li> <li>• Service</li> <li>• Doubles play – court, service, communication/positioning</li> <li>• Tactics during game play – make opponent(s) move</li> <li>• Rules of the game including round robin tournament</li> </ul>	<p>Develop quality of skills with intention of outwitting opposition</p> <ul style="list-style-type: none"> <li>• Ball familiarisation, catching styles, throwing techniques</li> <li>• Fielding – underarm and overarm, long barrier, awareness during game</li> <li>• Understand some positional play for fielding</li> <li>• Bowling – basic technique</li> <li>• Batting – grip, stance, drive</li> <li>• Running – timing, communication</li> </ul>
	<p><b>Assessment</b></p>	<p>Ongoing practical assessment during lessons. Final End of Unit Assessment for application of skills within a competitive environment.  <b>These done in line with AQA GCSE specification <a href="https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment">https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment</a></b>  <b>Rules tests/knowledge on going during lessons</b>  <b>In Athletics – Use of adapted ESAA awards scheme.</b></p>		
	<p><b>Enrichment</b> (Ethos, Values and Community)</p>	<p>Attend school extra-curricular club when available  Participate in inter tutor competition opportunities  Attend local sports club  <b>LORIC –</b>  <i>Leadership – leading warm ups and skills practices, umpiring and officiating opportunities</i>  <i>Organisation – help with equipment at beginning and end of the lesson. Bring PE kit for lesson</i>  <i>Resilience – perseverance at skills and tactics during lessons</i>  <i>Initiative – helping others, tactical awareness</i>  <i>Communication – officiating, encouraging others, giving feedback, analysis of performances</i></p>		

# 9

Units	Fitness Rugby Netball	Fitness Rugby Netball Basketball	Hockey Netball Basketball	Hockey Netball Badminton	Athletics Rounders Cricket Softball	Athletics Rounders Cricket Softball
Key Skills	<p><u>Netball:</u> Developing, implementing and refining team and individual performance Focus on developing and implementing attacking and defending strategies and techniques to outwit opposition Lead others in appropriate warm up/cool down activities</p> <ul style="list-style-type: none"> <li>• Fundamentals</li> <li>• Use of space/court linkage</li> <li>• Attacking principles</li> <li>• Defending principles</li> <li>• Tactical Awareness</li> <li>• Rules and officiating</li> <li>• Analysis of strengths and weaknesses of self and others – suggestions for improvement</li> </ul> <p><u>Rugby</u> Developing, implementing and refining team and individual performance. Focus on developing and implementing attacking and defending strategies and techniques to outwit opposition Lead others in appropriate warm up/cool down activities</p> <ul style="list-style-type: none"> <li>• Passing and use of space</li> <li>• Strategic play to outwit opponents</li> <li>• Tackling and Rucking</li> <li>• Line Outs</li> <li>• Scrum development</li> <li>• Laws of the Game including officiating</li> <li>• Analysis of strengths and weaknesses of self and others - suggestions for improvement</li> </ul> <p><u>Fitness</u> Refine specific techniques for fitness activities – including adaptations</p>		<p><u>Hockey:</u> Developing, implementing and refining team and individual performance. Focus on developing and implementing attacking and defending strategies and techniques to outwit opposition Lead others in appropriate warm up/cool down activities</p> <ul style="list-style-type: none"> <li>• Fundamentals-dribbling/passing/receiving</li> <li>• Use of space/attacking principles</li> <li>• Defending/tackling</li> <li>• Shooting/set plays</li> <li>• Positioning/formations</li> <li>• Rules and officiating</li> <li>• Analysis of strengths and weaknesses of self and others – suggestions for improvement</li> </ul> <p><u>Basketball</u> Developing, implementing and refining team and individual performance Focus on developing and implementing attacking and defending strategies and techniques to outwit opposition Lead others in appropriate warm up/cool down activities or a skills practice</p> <ul style="list-style-type: none"> <li>• Fundamentals – pass, receive, dribble</li> <li>• Attacking principles to outwit opponent with and without the ball – change of pace and direction, dodge, pass, 3 man weave</li> <li>• Defending principles to outwit opponent with and without the ball – zone defence</li> <li>• Shooting – lay up – non dominant side</li> <li>• Rules of the game – umpiring and application within game</li> <li>• Analysis of self and others recognise strengths and weaknesses. Using these to consider tactical play.</li> </ul> <p><u>Badminton</u> Improving and developing techniques Demonstrate fundamentals of attack and defence during play to outwit opposition</p>		<p><u>Athletics</u> Enhance replication and performance across all disciplines to achieve personal best Gain an understanding of the components of fitness required for each event Lead others in appropriate warm up/cool down activities</p> <ul style="list-style-type: none"> <li>• Running styles for sprint (100m, 200m, 300m)</li> <li>• Use of Sprint Start</li> <li>• Running style for pace running (800m, 1500m)</li> <li>• Tactics</li> <li>• High Jump – Fosbury Flop &amp; Straddle</li> <li>• Long Jump – run up/take off/landing</li> <li>• Triple Jump – run up/take off/landing</li> <li>• Shot Put –</li> <li>• Discus –</li> <li>• Javelin</li> <li>• Relay – Baton Exchange techniques &amp; communication between runners</li> <li>• Warm up/Cool Down &amp; Recovery</li> <li>• Analysis of strengths and weaknesses of self and others – suggestions for improvement</li> </ul> <p><u>Rounders/Softball</u> Develop accurate replication and refine techniques for batting, bowling and fielding Use tactical play through knowledge and understanding of the rules when batting and fielding Be able to score and umpire accurately</p> <ul style="list-style-type: none"> <li>• Fielding skills long barrier, use of correct pass underarm/overarm, changing positions of players</li> <li>• Batting Skills, technique and ball placement. Backhand.</li> <li>• Bowling skills – spin and disguise (donkey drop)</li> <li>• Fielding strategies to outwit opponent</li> <li>• Understand the positional play for fielders</li> <li>• Bowler/Backstop/First Base triangle</li> <li>• Rules of the game</li> </ul> <p>(Softball – Y7 Rounders Curriculum map applies for</p>	

		<p>Plan a fit and lead a fitness session for self and others targeted to specific components of fitness          Understand importance of warm ups and cool downs          Understand definitions of all components of fitness          Recognise the benefits of health and fitness to self and its implications for future life.          Identify strengths and weaknesses in own performance and others and make suggestions for improvement          Understand the principles of training and apply them to your own fitness plan</p> <ul style="list-style-type: none"> <li>• Heart rate – resting and working &amp; recovery rate</li> <li>• Circuit training – sets and reps</li> <li>• Cooper Test – Endurance</li> <li>• Multistage Fitness Test</li> <li>• Health related components of fitness – definitions and testing</li> <li>• Components of skill related fitness – definitions and testing</li> <li>• Warming Up &amp; Cooling down</li> <li>• Planning a fitness plan and applying principles of training</li> </ul>	<p>Singles and doubles games</p> <ul style="list-style-type: none"> <li>• Fundamentals – grip, stance, rally</li> <li>• Drop Shot</li> <li>• Smash Shot</li> <li>• Service – variety of serves</li> <li>• Doubles play – court, service, communication/positioning</li> <li>• Tactics during game play – make opponent(s) move</li> <li>• Rules of the game - Officiating and scoring</li> </ul>	<p>fundamental skills as bat and ball size are different)</p> <p><u>Cricket</u>          Accurate replication and development for batting bowling and fielding.          Use of tactical play to outwit opponents          Knowledge and understanding of rules</p> <ul style="list-style-type: none"> <li>• Fielding techniques – Back up, long barrier, chasing ball. Awareness of surroundings</li> <li>• Batting techniques – drive &amp; Pull, placing the ball, communication with other batter</li> <li>• Bowling – develop run up, spin</li> <li>• Positional play</li> <li>• Laws of Cricket and application</li> </ul>
	<p><b>Assessment</b></p>	<p><b>Ongoing practical assessment during lessons. Final End of Unit Assessment for application of skills within a competitive environment.</b>  <b>These done in line with AQA GCSE specification <a href="https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment">https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment</a></b>  <b>Rules tests/knowledge on going during lessons</b>  <b>In Athletics – Use of adapted ESAA awards scheme.</b></p>		
	<p><b>Enrichment (Careers and next steps)</b></p>	<p>Attend school extra-curricular club when available          Participate in inter tutor competition opportunities          Attend local sports club</p> <p><i>LORIC –</i>  <i>Leadership – leading warm ups and skills practices, umpiring and officiating opportunities</i>  <i>Organisation – help with equipment at beginning and end of the lesson. Bring PE kit for lesson</i>  <i>Resilience – perseverance at skills and tactics during lessons</i>  <i>Initiative – helping others, tactical awareness</i>  <i>Communication – officiating, encouraging others, giving feedback, analysis of performances</i></p>		