

# Curriculum Map (Core PE Key Stage 3)

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Units	Rugby Fitness	Rugby Badminton	Football Volleyball	Football Basketball	Athletics Cricket Hockey	Athletics Rounders
	Key Skills and knowledge	<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. 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><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 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> </ul>		<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>	

			<ul style="list-style-type: none"> <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>				
	Assessment	<p>Ongoing practical assessment during lessons. Final End of Unit Assessment for application of skills within a competitive environment.          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>          Rules tests/knowledge on going during lessons          In Athletics, use of adapted ESAA awards scheme</p>					
	Cross curriculum links	<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>					
8	Units	<b>Rugby Fitness</b>	<b>Rugby Badminton</b>	<b>Football Volleyball</b>	<b>Football Basketball</b>	<b>Athletics Cricket Hockey</b>	<b>Athletics Rounders</b>
	Key Skills and knowledge	<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> </ul>			<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> </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> </ul>

- Tackling technique on advancing opposition
- Ruck & Maul
- 3 man scrummage
- Kicking
- Rules

Fitness

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.  
 Identify strengths and weaknesses in own performance and make suggestions for improvement

- Heart rate – resting and working & recovery rate
- Circuit training – sets and reps
- Cooper Test – Endurance
- Multistage Fitness Test
- Health related components of fitness – definitions and testing
- Components of skill related fitness – definitions and testing
- Warming Up & Cooling down

Climbing

- *Defending/jab tackle*
- *Shooting*
- *Rules*

Basketball

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

- Development of passing and receiving skills
- Pivoting
- Dribbling/Triple Threat position
- Attacking principles to outwit opponent with and without the ball – change of pace and direction, dodge, pass, use of key
- Defending principles to outwit opponent with and without the ball – interception, side steps, marking ball and player
- Shooting – set shot, lay up, jump shot
- Rules of the game – umpiring conditioned games

Badminton

Improving and developing techniques  
 Demonstrate fundamentals of attack and defence during play to outwit opposition  
 Singles and doubles game

- Grip and Ready position
- Overhead and underarm clear forehand and backhand
- Drop Shot
- Smash Shot
- Service
- Doubles play – court, service, communication/positioning
- Tactics during game play – make opponent(s) move
- Rules of the game including round robin tournament

- Use of Sprint Start
- Running style for pace running (800m, 1500m)
- Tactics
- High Jump – Fosbury Flop & Straddle
- Long Jump – run up/take off/landing
- Shot Put –
- Discus –
- Javelin
- Relay – Baton Exchange techniques & communication between runners
- Warm up/Cool Down & Recovery

Rounders

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

- Fielding skills long barrier, use of correct pass underarm/overarm, changing positions of players
- Batting Skills, technique and ball placement. Backhand.
- Bowling skills – spin and disguise (donkey drop)
- Fielding strategies to outwit opponent
- Understand the positional play for fielders
- Bowler/Backstop/First Base triangle
- Rules of the game

Cricket

Learn and replicate individual techniques in batting, bowling and fielding.  
 Develop quality of skills with intention of outwitting opposition

- Ball familiarisation, catching styles, throwing techniques
- Fielding – underarm and overarm, long barrier, awareness during game
- Understand some positional play for fielding
- Bowling – basic technique
- Batting – grip, stance, drive
- Running – timing, communication

	Assessment	Ongoing practical assessment during lessons. Final End of Unit Assessment for application of skills within a competitive environment. 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> Rules tests/knowledge on going during lessons In Athletics – Use of adapted ESAA awards scheme.					
	Cross curriculum links	Attend school extra-curricular club when available Participate in inter tutor competition opportunities Attend local sports club					
9	Units	Rugby Fitness	Rugby Badminton	Football Volleyball	Football Basketball	Athletics Cricket Hockey	Athletics Rounders
	Key Skills and knowledge	<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 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</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> </ul>		<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</li> </ul>	

		<p>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>	<ul style="list-style-type: none"> <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 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>pass underarm/overarm, changing positions of players</p> <ul style="list-style-type: none"> <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 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>Ongoing practical assessment during lessons. Final End of Unit Assessment for application of skills within a competitive environment. 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> Rules tests/knowledge on going during lessons In Athletics – Use of adapted ESAA awards scheme.</p>		
	<p><b>Cross curriculum links</b></p>	<p>Attend school extra-curricular club when available Participate in inter tutor competition opportunities Attend local sports club</p>		