

KS3 PHYSICAL EDUCATION CURRICULUM MAP

	Year 7	Year 8	Year 9
HT1	Baseline assessments involving fitness tests, accurate replication of dance and invasion. All students follow this route in HT1	OUTWITTING OPPONENTS: Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules.	OUTWITTING OPPONENTS: Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. This element covers x3 half terms Sports include; football, rugby, basketball, badminton, handball & netball
HT2	OUTWITTING OPPONENTS: Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. This element covers x2 half terms Sports include; football, rugby, basketball, badminton, handball & netball	This element covers x3 half terms Sports include; football, rugby, basketball, badminton, handball & netball	ORIENTEERING: Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. This element covers x1 half terms. All students follow this route.
TERM 1 THEORY	Muscles (x6) & movement (x5) Components of fitness (x5 – inc. fitness tests) HW1 – Doodle HW2 – Written booklet Classroom test	Muscles (x10) & movement (x6) Components of fitness (x9 – inc. fitness tests) HW1 – Doodle HW2 – Written booklet Classroom test	Muscles (x13) & movement (x7) Components of fitness (x13 – inc. fitness tests) HW1 – Doodle HW2 – Written booklet Classroom test
HT3	DANCE: Perform dances using advanced dance techniques within a range of dance styles and forms. This element covers x1 half term. All girls groups follow this route.	FITNESS: Students will be able to perform a range of CV and ME exercises with good control, precision and fluency. Being able to design and perform a PEP independently, applying knowledge of muscles, components of fitness and principles of training (where applicable). This element covers x1 half term. All girls groups follow this route.	FITNESS: Students will be able to perform an extensive range of CV and ME exercises with considerable control, precision and fluency. Being able to design and perform a creative PEP independently, applying knowledge of muscles, components of fitness and principles of training, justifying the purpose. This element covers x1 half term. All boys groups follow this route.
HT4	FITNESS: Students will be able to perform different CV and ME exercises with control, precision and fluency. Being able to perform a PEP with teacher support, demonstrating knowledge of muscles, components of fitness and principles of training (where applicable). This element covers x1 half term. All boys groups follow this route.	DANCE & FITNESS: Perform dances using advanced dance techniques within a range of dance styles and forms. Students will be able to perform a range of CV and ME exercises with good control, precision and fluency. Being able to design and perform a PEP independently, applying knowledge of muscles, components of fitness and	DANCE & FITNESS: Perform dances using advanced dance techniques within a range of dance styles and forms. Students will be able to perform an extensive range of CV and ME exercises with considerable control, precision and fluency. Being able to design and perform a creative PEP independently, applying knowledge of muscles, components of fitness and

		principles of training (where applicable). This element covers x1 half term. All boys groups follow this route (1 lesson of each).	principles of training, justifying the purpose. This element covers x1 half term. All girls groups follow this route (1 lesson of each).
TERM 2 THEORY	Principles of Training – SPORT & FITT Diet HW1 – Doodle HW2 – Written booklet Classroom test	Principles of Training – SPORT & FITT Diet HW1 – Doodle HW2 – Written booklet Classroom test	Principles of Training – SPORT & FITT Diet Methods of Training (x7) HW1 – Doodle HW2 – Written booklet Classroom test
HT5	STRIKING & FIELDING / NET & WALL: Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. This element covers x1 half terms Sports include; cricket, rounders, tennis & softball	STRIKING & FIELDING / NET & WALL: Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. This element covers x1 half terms Sports include; cricket, rounders, tennis & softball	STRIKING & FIELDING / NET & WALL: Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. This element covers x1 half terms Sports include; cricket, rounders, tennis & softball
HT6	ATHLETICS: Students will be able to demonstrate control and consistency in at least 3 field events and 2 track events. They will develop understanding of the procedure of events; knowing how to measure, time and record results. This element covers x1 half term for all students	ATHLETICS: Students will be able to demonstrate consistent outcomes in a range of track and field events. They will know and demonstrate how to accurately measure, time and record results with teacher support. This element covers x1 half term for all students	ATHLETICS: Students will be able to demonstrate consistent, advanced techniques for running, throwing and jumping events to improve outcome. They will know and demonstrate how to accurately measure, time and record results independently. This element covers x1 half term for all students
TERM 3 THEORY	Covering all topics from the year HW1 – Doodle End of year exam	Covering all topics from the year HW1 – Doodle End of year exam	Covering all topics from the year HW1 – Doodle End of year exam