KS3 PHYSICAL EDUCATION CURRICULUM MAP

	Year 7	Year 8	Year 9
HT1	Baseline assessments involving		OUTWITTING OPPONENTS:
	fitness tests, accurate replication of dance and invasion. All students follow this route in HT1		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
		OUTWITTING OPPONENTS:	drills, practices and games.
			Being able to compete
		Students will be able to use a wide	exceptionally well in games and
		range of advanced skills and	understand all of the rules,
		techniques. They will be able to	applying that understanding when
		use them consistently with	officiating.
		precision, control and fluency in	This element covers x3 half terms
		drills, practices and games.	Sports include; football, rugby,
		Being able to compete well in	basketball, badminton, handball & netball
штэ	OUTWITTING OPPONENTS:	games and understand all of the	ORIENTEERING:
HT2	Students will be able to use	rules.	Take part in outdoor and
	fundamental skills consistently	This element covers x3 half terms	adventurous activities which
	with precision, control and fluency	Sports include; football, rugby,	present intellectual and physical
	in drills, practices and games.	basketball, badminton, handball &	challenges and be encouraged to
	Being able to compete well in	netball	work in a team, building on trust
	games and understand the		and developing skills to solve
	majority of the rules.		problems, either individually or as
	This element covers x2 half terms		a group.
	Sports include; football, rugby,		This element covers x1 half terms.
	basketball, badminton, handball &		Al students follow this route.
	netball		
TERM 1	Muscles (x6) & movement (x5)	Muscles (x10) & movement (x6)	Muscles (x13) & movement (x7)
TUE 0 01/			
THEORY	Components of fitness (x5 – inc.	Components of fitness (x9 – inc.	Components of fitness (x13 – inc.
THEORY	fitness tests)	fitness tests)	Components of fitness (x13 – inc. fitness tests)
THEORY	fitness tests) HW1 – Doddle	fitness tests) HW1 – Doddle	Components of fitness (x13 – inc. fitness tests) HW1 – Doddle
THEORY	fitness tests) HW1 – Doddle HW2 – Written booklet	fitness tests) HW1 – Doddle HW2 – Written booklet	Components of fitness (x13 – inc. fitness tests) HW1 – Doddle HW2 – Written booklet
THEORY HT3	fitness tests) HW1 – Doddle	fitness tests) HW1 – Doddle	Components of fitness (x13 – inc. fitness tests) HW1 – Doddle
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TERM 2 THEORY	Principles of Training – SPORT & FITT Diet HW1 – Doddle HW2 – Written booklet Classroom test	principles of training (where applicable). This element covers x1 half term. All boys groups follow this route (1 lesson of each). Principles of Training – SPORT & FITT Diet HW1 – Doddle HW2 – Written booklet Classroom test	principles of training, justifying the purpose. This element covers x1 half term. All girls groups follow this route (1 lesson of each). Principles of Training – SPORT & FITT Diet Methods of Training (x7) HW1 – Doddle 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
НТ6	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 – Doddle End of year exam	Covering all topics from the year HW1 – Doddle End of year exam	Covering all topics from the year HW1 – Doddle End of year exam