

## PHYSICAL EDUCATION KS3 Curriculum Overview – 2009/10

Physical Education Learning	<p>1.Outwitting opponents as in games activities</p> <p>2.Accurate replications of actions, phrases and sequences</p> <p>3.Performing at maximum levels in relation to speed,height,distance,strength or accuracy as in athletics activities</p> <p>4.Exercising safely and effectively to improve health and wellbeing as in fitness and health related activities</p>		
Homework	Each yaer group will be given an Independent Learning Project on an activity of their choice. The project could be completed on activities/skills they've learnt within school as well as those outside the classroom.		
PE Y7	<p><b>Term 1 (5 wks)</b> <b>Project title:</b> Health/Skill Related Exercises</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Understand the difference between health and skill</li> <li>• Apply basic fitness principles</li> <li>• Perform all basic skills</li> <li>•</li> </ul>	<p><b>Term 2 (7 wks)</b> <b>Project title:</b> Netball/Gymnastics and Football</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Types of passing</li> <li>• Dribbling</li> <li>• Dodge</li> <li>• Shooting</li> <li>• Blocking</li> <li>• Floor works: rolls, balances, sequences</li> </ul>	<p><b>Term 3 ( 6 wks)</b> <b>Project title:</b> Basketball/Football and Gymnastics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Ball handling</li> <li>• Types of passing</li> <li>• Dribbling</li> <li>• Shooting</li> </ul> <p>Floor works: rolls, balances, sequences</p>
Yr 7	<p><b>Term 4 (6 wks)</b> <b>Project title:</b> Volleyball/Hockey and Gymnastics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Set</li> <li>• Dig</li> <li>• Serve</li> <li>• 1v1,2v2,3v3, 4v4, 6v6</li> <li>• Push pass/ Reverse pass/Hit</li> <li>• Floor works: rolls, balances, sequences</li> </ul>	<p><b>Term 5 (6 Wks)</b> <b>Project title:</b> Rounders/Tennis/Cricket/Athletics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Positioning</li> <li>• Introducing barriers</li> <li>• Rules</li> <li>• Basic ground strokes</li> <li>• Basic track and field techniques</li> </ul>	<p><b>Term 6 (7 Wks)</b> <b>Project title:</b> Rounders/Tennis/Cricket/Athletics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Positioning</li> <li>• Barriers</li> <li>• Rules</li> <li>• Basic ground strokes</li> <li>• Basic track and field techniques</li> </ul>
PE Y8	<p><b>Term 1 (5 wks)</b> <b>Project title:</b> Health/Skill Related Exercises</p>	<p><b>Term 2 (7 wks)</b> <b>Project title:</b> Netball/Football/Badminton</p>	<p><b>Term 3 (6 wks)</b> <b>Project title:</b> Trampolining /Volleyball/ Hockey</p>

	<p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Understand the difference between health and skill</li> <li>• Apply basic fitness principles</li> <li>• Perform all basic skills</li> <li>• Understand how to improve fitness</li> </ul>	<p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Improving passing</li> <li>• Improving dribbling</li> <li>• Improving shooting</li> <li>• Defending</li> <li>• Team tactics: 2v3,3v3,4v4</li> <li>• Zone marking</li> <li>• Serve, clear, net-play, drop shot</li> <li>• Rules</li> </ul>	<p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Safety Measures and stopping</li> <li>• Basic straight and shaped jumps</li> <li>• ½ /full twist and seat drop drop</li> <li>• Front and back drop</li> <li>• Set, dig, serve, smash, team tactics, rules</li> <li>• Push pass, reverse pass, the hit, the block, tactics</li> </ul>
Yr 8	<p><b>Term 4 (6 wks)</b> <b>Project title:</b> Basketball/Unihockey/Hockry</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Improving passing, dribbling, shooting, defending</li> <li>• Team tactics: 2v3, 3v3, ....</li> <li>• Zone marking</li> <li>• Push pass, reverse pass, the block, the hit</li> </ul>	<p><b>Term 5 (6 wks)</b> <b>Project title:</b> Rounders/Tennis/Cricket/Athletics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Tactics/Positioning</li> <li>• Long and short barriers</li> <li>• Rules</li> <li>• Improving ground strokes</li> <li>• Improving track and field techniques</li> </ul>	<p><b>Term 6 (7 wks)</b> <b>Project title:</b> Rounders/Tennis/Cricket/Athletics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Tactics/Positioning</li> <li>• Long and short barriers</li> <li>• Rules</li> <li>• Improving ground strokes</li> <li>• Improving track and field techniques</li> </ul>
PE Y9	<p><b>Term 1 (5 wks)</b> <b>Project title:</b> Health/Skill Related Exercises</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Understand the difference between health and skill</li> <li>• Apply basic fitness principles</li> <li>• Perform all basic skills</li> <li>• Understand how to improve fitness</li> <li>• Be able to test different fitness componenets</li> </ul>	<p><b>Term 2 (7 wks)</b> <b>Project title:</b> Netball/Football/Basketball</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Improving passing</li> <li>• Improving dribbling</li> <li>• Improving shooting</li> <li>• Defending</li> <li>• Team tactics: 2v3,3v3,4v4</li> <li>• Zone marking</li> </ul>	<p><b>Term 3 (6 wks)</b> <b>Project title:</b> Trampolining /Volleyball/ Hockey</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Safety Measures and stopping</li> <li>• ½ /full twist and seat drop</li> <li>• Swivel hips</li> <li>• Sequences</li> <li>• Front and back drop</li> <li>• Set, dig, serve, smash, team tactics, rules</li> <li>• Push pass, reverse pass, the hit, the block, tactics</li> </ul>
Yr 9	<p><b>Term 4 (6 wks)</b> <b>Project title:</b></p>	<p><b>Term 5 (6 wks)</b> <b>Project title:</b></p>	<p><b>Term 6 (7 wks)</b> <b>Project title:</b></p>

	<p>Football/ Trampollining/ Gymnastics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• <b>Improving passing, dribbling, shooting, defending, team tactics</b></li> <li>• Safety Measures and stopping</li> <li>• ½ /full twist and seat drop drop</li> <li>• Swivel hips,</li> <li>• Sequences, ½ twist to basic skills</li> <li>• Front and back drop</li> <li>• <b>Floor works: rolls, group balances, use of apparatus, sequences</b></li> </ul>	<p><b>Rounders/Tennis/Cricket/athletics</b></p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Tactics/Positioning</li> <li>• Long and short barriers</li> <li>• Rules</li> <li>• Improving ground strokes</li> <li>• Improving track and field techniques</li> </ul>	<p><b>Rounders/Tennis/Cricket/athletics</b></p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Tactics/Positioning</li> <li>• Long and short barriers</li> <li>• Rules</li> <li>• Improving ground strokes</li> <li>• Improving track and field techniques</li> </ul>