

PHYSICAL EDUCATION KS3 Curriculum Overview – 20010/11

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	<p>Each year 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.</p>		
PE Y7	<p>Term 1 (7wks) Project title: Health/Skill Related Exercises</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Understand the difference between health and skill • Apply basic fitness principles • Perform all basic skills • 	<p>Term 2 (7 wks) Project title: Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Types of passing • Dribbling • Dodge • Shooting • Blocking • Floor works: rolls, balances, sequences 	<p>Term 3 (7 wks) Project title: Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Ball handling • Types of passing • Dribbling • Shooting <p>Floor works: rolls, balances, sequences</p>
Yr 7	<p>Term 4 (6 wks) Project title: Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Set • Dig • Serve • 1v1,2v2,3v3, 4v4, 6v6 • Push pass/ Reverse pass/Hit • Floor works: rolls, balances, sequences 	<p>Term 5 (5Wks) Project title: Performing at maximum levels / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Fielding and batting • Positioning • Introducing barriers • Rules • Basic ground strokes • Basic track and field techniques 	<p>Term 6 (7 Wks) Project title: Performing at maximum levels /Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Fielding and batting • Positioning • Barriers • Rules • Basic ground strokes • Basic track and field techniques

<p>PE Y8</p>	<p>Term 1 (7 wks) Project title: Health/Skill Related Exercises</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Understand the difference between health and skill • Apply basic fitness principles • Perform all basic skills • Understand how to improve fitness 	<p>Term 2 (7 wks) Project title: : Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Improving passing • Improving dribbling • Improving shooting • Defending • Team tactics: 2v3,3v3,4v4 • Zone marking • Serve, clear, net-play, drop shot • Rules 	<p>Term 3 (7 wks) Project title: : Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Safety Measures and stopping • Basic straight and shaped jumps • ½ /full twist and seat drop drop • Front and back drop • Set, dig, serve, smash, team tactics, rules • Push pass, reverse pass, the hit, the block, tactics
<p>Yr 8</p>	<p>Term 4 (6 wks) Project title: Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Improving passing, dribbling, shooting, defending • Team tactics: 2v3, 3v3, • Zone marking • Push pass, reverse pass, the block, the hit 	<p>Term 5 (5 wks) Project title: Performing at maximum levels / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Fielding and batting • Tactics/Positioning • Long and short barriers • Rules • Improving ground strokes • Improving track and field techniques 	<p>Term 6 (7 wks) Project title: Performing at maximum levels / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Fielding and batting • Tactics/Positioning • Long and short barriers • Rules • Improving ground strokes • Improving track and field techniques

<p>PE Y9</p>	<p>Term 1 (7 wks) Project title: Health/Skill Related Exercises</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Understand the difference between health and skill • Apply basic fitness principles • Perform all basic skills • Understand how to improve fitness • Be able to test different fitness componenets 	<p>Term 2 (7 wks) Project title: Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Improving passing • Improving dribbling • Improving shooting • Defending • Team tactics: 2v3,3v3,4v4 • Zone marking 	<p>Term 3 (7 wks) Project title: Outwitting opponent / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Safety Measures and stopping • ½ /full twist and seat drop • Swivel hips • Sequences • Front and back drop • Set, dig, serve, smash, team tactics, rules • Push pass, reverse pass, the hit, the block, tactics
<p>Yr 9</p>	<p>Term 4 (6 wks) Project title: Outwitting opponent / Accurate replications of actions Key skills/concepts</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Improving passing, dribbling, shooting, defending, team tactics • Safety Measures and stopping • ½ /full twist and seat drop drop • Swivel hips, • Sequences, ½ twist to basic skills • Front and back drop • Floor works: rolls, group balances, use of apparatus, sequences 	<p>Term 5 (5 wks) Project title: Performing at maximum levels / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Fielding and batting • Tactics/Positioning • Long and short barriers • Rules • Improving ground strokes • Improving track and field techniques 	<p>Term 6 (7 wks) Project title: Performing at maximum levels / Accurate replications of actions</p> <p>Key skills/concepts</p> <ul style="list-style-type: none"> • Fielding and batting • Tactics/Positioning • Long and short barriers • Rules • Improving ground strokes • Improving track and field techniques

