

PE key stage 3 curriculum map

Key stage 4

Alternative:
Focus on different sports and leadership.
Flag football
Lacrosse
Ultimate frisbee
Water polo
Volleyball
Table Tennis
Links to OCR as there will be elements of planning and leading and looking at contemporary issues within sport

Games:
Rugby
Football
Netball
Handball
Water Polo

Each sport will continue to develop skills aiming for students to complete to a good standard. There will be a particular focus on tactics and strategies and use of positions to gain and keep advantage.
Links to GCSE and OCR

Assessment:
Students will be assessed practically on skills in isolation and put within a competitive situation. They will be graded against the GCSE criteria basic, competent and good.

Pathways focusing on embedding knowledge

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Aesthetics:
Dance:
Recreating a piece of choreography and developing physical and expressive skills

Cheerleading:
Using skills from year 8 and year 9 to create own cheer routine

Trampolining:
Refining basic skills and developing more advanced skills and combinations.
Creating and performing own sequence.

Students will do a lot of performances and peer assessed work.

Links to BTEC dance and GCSE PE

Key stage 3 KEY WORDS:
Every lesson students will have 3 key terms to focus on and support their activity and lessons. These key terms link to GCSE, OCR and BTEC dance terminology. One word will always link to our 5R's Ready to learn, Respect, Resilience, Resourceful and Reflective .

Continuing a Range of activities developing skills to competent

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Swimming
Focus on front crawl, backstroke and breast stroke.
Demonstrate body position, arms, legs and breathing technique in isolation and then put all together in a competitive situation.

Invasion Games:
Netball, football, handball, rugby
All will focus on passing, attacking and defensive strategies and positions and tactics.
Each skill will be taught in either isolation and/or modified games.

Fitness:
Look at range of training methods and fitness classes and link to components of fitness and how they can develop performance.

Range of activities focusing on basic skills

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Athletics:
Throw: Shot put, discus and javelin
Jump: Long Jump, high jump and triple jump
Track: 100m, 200m, 800m and relay

All will focus on breaking the skill down, focusing on technique and then performance.

Aesthetics:
Trampolining: Work through basic jumps and twists and including those into a sequence. Once mastered students will move onto combinations and advanced skills.
Gymnastics: Focus on balances, jumps, travel and sequences.
Dance: Look at a particular style of dance and recreate a routine using a range of actions and dynamics, space and relationships.
Cheerleading: Create a routine including key aspects of cheer e.g. jumps, motions, pyramids and stunts.

Striking and fielding:
Cricket, rounders and softball
All will focusing on batting and fielding techniques in isolation and then how they can be transferred into a game situation. Tactics and strategies will be discussed and put into a competitive situation.

Racket:
Badminton:
Focus on serving, drop, net, overhead clear and smash shot isolation and transfer skills into a single and doubles match. Begin to look at tactics and strategies.