Key Stage 3 - PE

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- Perform dances using advanced dance techniques within a range of dance styles and forms
- 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
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school through community links or sports clubs.

Year 7	Handball – • Gain familiarity	Football – • Build on the	Fitness – • Introduce fitness	Badminton – • Build upon the	Basketball – • Incorporate the	Cricket/Softball/ Rounders
	with a handball and its unique size.	basic principles of attack and defence while	related techniques in isolation and as part of a larger skill	basic principles of attack and defence that	basic principles of attack and defence that	Develop a range of sending and
	Focus on generic ball handling skills	increasing the level of	set. • Involve	increase in level of challenge.	increase in level of challenge.	receiving skills with progressive
Pupils should know (Core		challenge. Involve progressive	opportunities to show understanding of	Involve progressive gameplay to allow for tactical	 Involve progressive gameplay to 	challenge Introduce basic gameplay to allow
knowledge and concepts to be		gameplay to allow for	the body systems and the	planning. • Allow students to	allow for tactical	for tactical planning. • Allow students to
learned)		tactical planning. • Allow students to take on	adaptations to exercise.Introduce different roles to support	take on different roles within practices and games using	planning. • Allow students to take on different roles	take on different roles within practices and games.

		different roles within practices and games using modified rules.	own and peer learning. i.e. coach. Dodgeball — PHYSICAL - Basic physical skill development and combining physical skills. ANALYSIS - Extensive opportunities for self-reflection, peer observation, discussion and feedback. PROBLEM-SOLVING - Higher order, open ended questions posed to pupils. TACTICAL - Learning tactics for attacking and defending both individually and as a team.	modified net game rules. Table Tennis – Experienced a range of sending and receiving skills that becomes progressively challenging. Involve basic gameplay to allow for tactical planning. Allow students to take on different roles within practices and games.	within practices and games using modified rules. Golf — Intro to Golf: Etiquette, Rules 101, Scoring, Clubs. Putting basics, grips, stance and stroke Chipping basics. Grip, stance, stroke.	
Pupils should be able to do (Skills being developed)	Initiates physical activity for 20 minutes Applies pressure to an opponent in	Applies pressure to an opponent in possession Begins to influence a game	Undertakes a broad range of physically active pursuits, e.g. sport, play, exploration	Applies pressure to an opponent in possession Begins to influence a game	Applies pressure to an opponent in possession Begins to influence a game	Begins to influence a game Changes pace to maintain effective play
	possession	Changes pace to	Undertakes directed physical activity for	Changes pace to	Changes pace to	Communicates during play to aid

Begins to influence	maintain effective	20 minutes	maintain effective play	maintain effective	teammates and
a game	play			play	influence play
		Communicates	Combines actions to		
Changes pace to	Combines actions	successfully with their	gain or keep	Combines actions to	Communicates
maintain effective	to gain or keep	team within a range	possession	gain or keep	successfully with their
play	possession	of sporting		possession	team within a range of
		contexts, e.g.	Communicates during		sporting
Combines actions	Communicates	conciliatory after a	play to aid	Communicates during	contexts, e.g.
to gain or keep	during play to aid	loss,	teammates and	play to aid	conciliatory after a loss,
possession	teammates and	negating positions to	influence play	teammates and	negating positions to
	influence play	play, etc.		influence play	play, etc.
Communicates			Communicates		
during play to aid	Communicates	Demonstrates basic	successfully with their	Communicates	Demonstrates basic
teammates and	successfully with	attack and	team within a range of	successfully with their	attack and
influence play	their	defensive ideas in a	sporting	team within a range of	defensive ideas in a
	team within a	game	contexts, e.g.	sporting	game
Communicates	range of sporting		conciliatory after a	contexts, e.g.	
successfully with	contexts, e.g.	Identifies the main	loss,	conciliatory after a	Identifies the main rules
their	conciliatory after a	rules and tactics of a	negating positions to	loss,	and tactics of a
team within a range	loss,	variety of games	play, etc.	negating positions to	variety of games
of sporting	negating positions			play, etc.	
contexts, e.g.	to play, etc.	Passes and catches	Demonstrates basic		Passes and catches
conciliatory after a	Demonstrates basic	under pressure	attack and	Demonstrates basic	under pressure
loss,	attack and	with consistent	defensive ideas in a	attack and	with consistent
negating positions	defensive ideas in	accuracy	game	defensive ideas in a	accuracy
to play, etc.	a game			game	
		Plays different	Identifies the main		Plays different positions,
Demonstrates basic	Identifies the main	positions,	rules and tactics of a	Identifies the main	understanding
attack and	rules and tactics of	understanding	variety of games	rules and tactics of a	the role of each
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defensive ideas in a	a variety of games	the role of each	Plays different	variety of games	Recognises the
game	vallety of garnes	Doog anisos the	1	Passes and catches	
Identifies the main	Deves a size of	Recognises the	positions,		achievements of others
	Passes and	achievements of	understanding	under pressure	
rules and tactics of	catches under	others	the role of each	with consistent	Recognises their own
a	pressure			accuracy	achievements
variety of games	with consistent	Recognises their own	Recognises the		
	accuracy	achievements	achievements of	Plays different	Recognises when to let
Passes and catches			others	positions,	others take the
under pressure	Plays different	Recognises when to		understanding	lead
with consistent	positions,	let others take the	Recognises their own	the role of each	
accuracy	understanding	lead	achievements		Recognises when to
	the role of each			Recognises the	take the lead
Plays different		Recognises when to	Recognises when to let	achievements of	
positions,	Recognises the	take the lead	others take the	others	Responds when
understanding	achievements of		lead		circumstances change
the role of each	others	Responds when		Recognises their own	within a game
		circumstances	Recognises when to	achievements	
Recognises the	Recognises their	change	take the lead		Catches a ball cleanly
achievements of	own achievements	within a game		Recognises when to	thrown from a
others			Responds when	let others take the	distance whilst moving
	Recognises when	Varies the speed and	circumstances change	lead	Catches balls from
Recognises their	to let others take	direction of a ball	within a game		different heights and
own achievements	the			Recognises when to	speeds mostly accuracy
	lead	Explains how exercise	Varies the speed and	take the lead	
Recognises when to		makes us	direction of a ball		Demonstrates some
let others take the	Recognises when	stronger and fitter,		Responds when	accuracy and
lead	to take the lead	e.g. strengthening		circumstances	technique in a range of
		the heart		change	throwing
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	Recognises when to	Responds when	Identifies potential		within a game	activities
	take the lead	circumstances				
		change			Catches a ball cleanly	Throws for distance and
	Responds when	within a game			thrown from a	accuracy
	circumstances				distance whilst moving	consistently
	change	Identifies what they			Catches balls from	
	within a game	could do to			different heights and	
		improve			speeds mostly	
	Identifies what they	their passing,			accuracy	
	could do to	receiving or striking				
	improve	skills			Identifies what they	
	their passing,				could do to improve	
	receiving or striking	Keeps a ball under			their passing, receiving	
	skills	control whilst			or striking skills	
		moving at speed				
	Keeps a ball under				Keeps a ball under	
	control whilst	Moves and passes			control whilst	
	moving at speed	with fluency			moving at speed	
	Moves and passes	Moves at speed			Moves and passes	
	with fluency	with a ball			with fluency	
	Moves at speed				Moves at speed with a	
	with a ball				ball	
Key Vocabulary	<u>Handball</u>	<u>Football</u>	HRE	<u>Badminton</u>	<u>Basketball</u>	Cricket/Softball/
	Ball familiarisation	Passing/Receiving	Heart Rate	Grip	Ball familiarisation	<u>Rounders</u>
	Dribbling	Shooting	Pulse	ready position	Passing	Ball familiarisation
	Passing	Dribbling	Circuits	Clear	Dribbling	Catching

	W shape The 'D' Goalkeeper	Ball control Defending/Marking /Tackling	Exercise Components of fitness Testing Dodgeball Throwing Catching Dodging Decision Making Direction Blocking Attacking	Drop shot service Table Tennis Grip Backhand push Serve Forehand Competition	Pivoting Movement Shooting Lay up Golf Stance Clubs Putter Hitta Etiquette Stroke Chipping	Fielding Bowling Batting Strategy Game situation
Pupils should know (Core knowledge and concepts to be learned)	Handball – Fundamental skills are further practised and developed. Start to learn the different positions within the game and use defensive strategies.	Football – Develop the principles of attack and defence in a directional game. Use small sided game situations to allow for tactical planning and refinement. Allow students to make decisions, assess	Fitness – Develop a range of fitness techniques to test an individual's physical capacity. Involve opportunities to show understanding of the body systems and the adaptations to exercise. Build a variety of different roles to support own and others' learning.	Badminton – Develop the principles of attack and defence. Involve progressive gameplay to allow for tactical planning and refinement. Allow students to make decisions, assess outcomes and suggest improvements.	Basketball Develop the principles of attack and defence in a directional game. Involve small sided game situations to allow for tactical planning and refinement. Allow students to make decisions, assess outcomes and suggest improvements.	Cricket/Softball Build on a range of sending and receiving skills with progressive challenge Involve gameplay to allow for tactical planning. Allow students to make decisions, assess outcomes and suggest improvements. Develop confidence in movement

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Pupils should be able to do (Skills being developed)	Uses good body control and efficiency	Keeps control of a football when dribbling and	Confidently uses basic techniques in a range of running,	Reads the ball and alternates types of stroke to outwit	Uses good body control and efficiency	Confidently catches a long throw or hit

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	shielding	jumping and throwing	opponent	Responds to changing	Confidently uses basic
Demonstrates		activities		conditions and	techniques in a
consistently high	Quickly/deftly		Uses good body	situations	range of running,
levels	retrieves a ball	Paces themselves over	control and		jumping and throwing
of play in training	which has	longer	efficiency	Sets own challenges	activities
and game	gone beyond/falls	distances		within an activity	
situations	short		Successfully applies		Retrieves a ball quickly
		Demonstrates effective	pressure to an	Successfully applies	in the field
Successfully applies	Uses good body	team skills e.g.	opponent in	pressure to an	showing a good sense
pressure to an	control and	leadership, motivation	possession	opponent in	of spatial
opponent in	efficiency			possession	awareness
possession		Sets own challenges	Takes part actively in		
	Actively involves	within an activity	a full length game	Demonstrates the	Returns the ball from the
Protects themselves	themselves in			stamina necessary to	field showing a
and others from	planning	Explains the different		play in a variety of	good directional sense
danger	team strategy	aspects to being		positions within a	when throwing
		fit		game	
Demonstrates the	Successfully applies				Uses good body control
stamina necessary	pressure to an	Identifies foods which			and efficiency
to	opponent in	contain energy			
play in a variety of	possession	and which types are			Successfully applies
positions within a		the best sources			pressure to an
game					opponent in possession
Takes part actively	Demonstrates the	Pinpoints muscles which			Protects themselves and
in a full length	stamina necessary	are working			others from
game	to	hardest in different			danger
	play in a variety of	activities			
	positions within a				Takes part actively in a
	game				full length game
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Key Vocabulary	<u>Handball</u>	<u>Football</u>	HRE	<u>Badminton</u>	<u>Basketball</u>	Cricket/ Softball/
	Ball Familiarisation	Control	Heart Rate	Ready position	Pivot	<u>Rounders</u>
	Skills	Turns	Pulse	Clear	Triple threat	Fielding practice
	High arm	Short/Long Passing	Circuits	Smash	Attacking	Batting drive shot
	Co-operation	Shooting	Exercise	Preparation	Outwitting	Pull shot
	Ball circulation	Passing/Receiving	Components of fitness	Disguise	Defending	Bowling run up
	Phases	Shooting	Testing	Flick	Set shot	Field placement
	Shooting	Dribbling	<u>Dodgeball</u>	Outwitting	Jump shot	Outwitting opponents
		Ball control	Accuracy		Competition	Positioning
		Defending/Marking	Technique	<u>Table Tennis</u>		Batting development
		/Tackling	Strategy	Forehand topspin	<u>Golf</u>	
			Blocking	Backhand topspin	Chipping consistency	
			Countering	Service laws	Loft	
			Pressuring	Doubles	Strategy	
			Attacking	Singles	Swing	
			Ğ	Outwitting	Stance	
					Accuracy	
					,	
Year 9	Handball -	Football –	FITNESS –	BADMINTON –	BASKETBALL	Cricket/Softball –
	Understand	 Build upon 	 Build upon the 	 Build upon 	 Build upon 	 Build upon
Pupils should	Positions confidently	fundamentals	range of fitness	fundamental skills	fundamentals but	fundamental skills
know	and be able to play	but increase in	techniques learnt to	but increase in	increase in speed	but increase
(Core	different roles in the	speed and level	further test an	speed and level of	and level of	complexity and
knowledge and	game	of challenge.	individual's physical	challenge.	challenge.	level of challenge.
concepts to be	A so so by soliff a round	Develop the	capacity.	Develop the	Develop the	Develop the
learned)	Apply different shooting techniques	principles of attack and	 Encourage the replication of 	principles of attack and	principles of attack and defence while	principles of placement and
	into a game	defence while	techniques in a	defence while	working with others.	deception.
	situation	working with	range of contexts.	working with	Involve pressurised	Involve pressurised
	35311011	others.	. 3 30 31 301110/10.	others.	game situations to	game situations to
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Pupils should be able to do (Skills being developed)	Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game. Works in a team, building on trust and developing skills to solves problems either individually or as a group. Works as an effective member of a team within a range of competitive sports.	Works in a team, building on trust and developing skills to solves problems either individually or as a group. Undertakes three periods of strenuous activity per week with presents intellectual and physical challenges. Uses a range of tactics and strategies to overcome opponents in direct competition through team and	Undertakes muscle-strengthening activities, e.g. push-ups and sit-ups, lifting weights, climbing stairs, digging in the garden, etc. Undertakes bone-strengthening activities, e.g. running, walking, jumping rope, lifting weights, etc. Undertakes flexibility activities, e.g. touching toes, yoga, pilates, callisthenics, stretches, etc. Understands and applies the principles	Develops technique and improves performance in other competitive sports. Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	Develops technique and improves performance in other competitive sports [for example, athletics and gymnastics]. Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game.	Analyses their performances compared to previous ones and demonstrate improvement to achieve their personal best. Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game.
	spons.		Understands and applies the principles of nutrition and health.		a foil game.	
Key terminology	Handball Applying decisions Outwitting opponents Progression Footwork	Football Passing/Receiving Shooting Dribbling Ball control	HRE Heart Rate Pulse Circuits Exercise	Badminton Movement Forehand Overhead clear Jump shot Tactics	<u>Basketball</u> Developing Lay up Defence Zones Attacking	Cricket/ Softball/ Rounders Fielding fundamentals Batting defensive shots Cut

	Execution Height Power Accuracy	Defending/Marking /Tackling	Components of fitness Testing Dodgeball Accuracy Technique Strategy Blocking Countering Pressuring Attacking	Deception Table Tennis Game familiarisation Accuracy Topspin Slice Analyse	Tactics Variations Golf Accuracy Distances Competition Round	Bowling Pace Spin Wicket keeping Competition
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