

## 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	<p><b>Handball –</b></p> <ul style="list-style-type: none"> <li>• Gain familiarity with a handball and its unique size.</li> <li>• Focus on generic ball handling skills</li> </ul>	<p><b>Football –</b></p> <ul style="list-style-type: none"> <li>• Build on the basic principles of attack and defence while increasing the level of challenge.</li> <li>• Involve progressive gameplay to allow for tactical planning.</li> <li>• Allow students to take on</li> </ul>	<p><b>Fitness –</b></p> <ul style="list-style-type: none"> <li>• Introduce fitness related techniques in isolation and as part of a larger skill set.</li> <li>• Involve opportunities to show understanding of the body systems and the adaptations to exercise.</li> <li>• Introduce different roles to support</li> </ul>	<p><b>Badminton –</b></p> <ul style="list-style-type: none"> <li>• Build upon the basic principles of attack and defence that increase in level of challenge.</li> <li>• Involve progressive gameplay to allow for tactical planning.</li> <li>• Allow students to take on different roles within practices and games using</li> </ul>	<p><b>Basketball –</b></p> <ul style="list-style-type: none"> <li>• Incorporate the basic principles of attack and defence that increase in level of challenge.</li> <li>• Involve progressive gameplay to allow for tactical planning.</li> <li>• Allow students to take on different roles</li> </ul>	<p><b>Cricket/Softball/ Rounders</b></p> <ul style="list-style-type: none"> <li>• Develop a range of sending and receiving skills with progressive challenge</li> <li>• Introduce basic gameplay to allow for tactical planning.</li> <li>• Allow students to take on different roles within practices and games.</li> </ul>
<p><b>Pupils should know...</b> (Core knowledge and concepts to be learned)</p>						

		different roles within practices and games using modified rules.	own and peer learning. <i>i.e.</i> coach.  <b>Dodgeball –</b> 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.  <b>Table Tennis –</b> <ul style="list-style-type: none"> <li>Experienced a range of sending and receiving skills that becomes progressively challenging.</li> <li>Involve basic gameplay to allow for tactical planning.</li> <li>Allow students to take on different roles within practices and games.</li> </ul>	within practices and games using modified rules. <b>Golf –</b> <ul style="list-style-type: none"> <li>Intro to Golf: Etiquette, Rules 101, Scoring, Clubs.</li> <li>Putting basics, grips, stance and stroke</li> <li>Chipping basics. Grip, stance, stroke.</li> </ul>	
<b>Pupils should be able to do...</b> (Skills being developed)	Initiates physical activity for 20 minutes  Applies pressure to an opponent in possession	Applies pressure to an opponent in possession  Begins to influence a game  Changes pace to	Undertakes a broad range of physically active pursuits, e.g. sport, play, exploration  Undertakes directed physical activity for	Applies pressure to an opponent in possession  Begins to influence a game  Changes pace to	Applies pressure to an opponent in possession  Begins to influence a game  Changes pace to	Begins to influence a game  Changes pace to maintain effective play  Communicates during play to aid

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

	W shape The 'D' Goalkeeper	Ball control Defending/Marking /Tackling	Exercise Components of fitness Testing  <u>Dodgeball</u> Throwing Catching Dodging Decision Making Direction Blocking Attacking	Drop shot service  <u>Table Tennis</u> Grip Backhand push Serve Forehand Competition	Pivoting Movement Shooting Lay up  <u>Golf</u> Stance Clubs Putter Hitta Etiquette Stroke Chipping	Fielding Bowling Batting Strategy Game situation
Year 8  <b>Pupils should know...</b> (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 – <ul style="list-style-type: none"> <li>Develop the principles of attack and defence in a directional game.</li> <li>Use small sided game situations to allow for tactical planning and refinement.</li> <li>Allow students to make decisions, assess</li> </ul>	Fitness – <ul style="list-style-type: none"> <li>Develop a range of fitness techniques to test an individual's physical capacity.</li> <li>Involve opportunities to show understanding of the body systems and the adaptations to exercise.</li> <li>Build a variety of different roles to support own and others' learning.</li> </ul> Dodgeball	Badminton – <ul style="list-style-type: none"> <li>Develop the principles of attack and defence.</li> <li>Involve progressive gameplay to allow for tactical planning and refinement.</li> <li>Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul>	Basketball <ul style="list-style-type: none"> <li>Develop the principles of attack and defence in a directional game.</li> <li>Involve small sided game situations to allow for tactical planning and refinement.</li> <li>Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul> Golf –	Cricket/Softball <ul style="list-style-type: none"> <li>Build on a range of sending and receiving skills with progressive challenge</li> <li>Involve gameplay to allow for tactical planning.</li> <li>Allow students to make decisions, assess outcomes and suggest improvements.</li> <li>Develop confidence in movement</li> </ul>

		outcomes and suggest improvements.	<p>PHYSICAL - Basic physical skill development and combining physical skills.</p> <p>ANALYSIS - Extensive opportunities for self-reflection, peer observation, discussion and feedback.</p> <p>PROBLEM-SOLVING - Higher order, open ended questions posed to pupils.</p> <p>TACTICAL - Learning tactics for attacking and defending both individually and as a team.</p>	<ul style="list-style-type: none"> <li>Develop confidence in movement relating to net games.</li> </ul> <p>Table Tennis –</p> <ul style="list-style-type: none"> <li>Develop the principles of attack and defence.</li> <li>Involve progressive gameplay (singles and doubles) to allow for tactical planning and refinement.</li> <li>Allow students to make decisions, assess outcomes and suggest improvements.</li> <li>Develop confidence in movement relating to net games.</li> </ul>	<ul style="list-style-type: none"> <li>Long irons, Stance and stroke.</li> <li>Ball placement before the swing for long irons and stroke.</li> </ul>	relating to striking and fielding games.
<b>Pupils should be able to do...</b> (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

	<p>Demonstrates consistently high levels of play in training and game situations</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Protects themselves and others from danger</p> <p>Demonstrates the stamina necessary to play in a variety of positions within a game</p> <p>Takes part actively in a full length game</p>	<p>shielding</p> <p>Quickly/deftly retrieves a ball which has gone beyond/falls short</p> <p>Uses good body control and efficiency</p> <p>Actively involves themselves in planning team strategy</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Demonstrates the stamina necessary to play in a variety of positions within a game</p>	<p>jumping and throwing activities</p> <p>Paces themselves over longer distances</p> <p>Demonstrates effective team skills e.g. leadership, motivation</p> <p>Sets own challenges within an activity</p> <p>Explains the different aspects to being fit</p> <p>Identifies foods which contain energy and which types are the best sources</p> <p>Pinpoints muscles which are working hardest in different activities</p>	<p>opponent</p> <p>Uses good body control and efficiency</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Takes part actively in a full length game</p>	<p>Responds to changing conditions and situations</p> <p>Sets own challenges within an activity</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Demonstrates the stamina necessary to play in a variety of positions within a game</p>	<p>Confidently uses basic techniques in a range of running, jumping and throwing activities</p> <p>Retrieves a ball quickly in the field showing a good sense of spatial awareness</p> <p>Returns the ball from the field showing a good directional sense when throwing</p> <p>Uses good body control and efficiency</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Protects themselves and others from danger</p> <p>Takes part actively in a full length game</p>
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<b>Key Vocabulary</b>	<u>Handball</u> Ball Familiarisation Skills High arm Co-operation Ball circulation Phases Shooting	<u>Football</u> Control Turns Short/Long Passing Shooting Passing/Receiving Shooting Dribbling Ball control Defending/Marking /Tackling	<u>HRE</u> Heart Rate Pulse Circuits Exercise Components of fitness Testing <u>Dodgeball</u> Accuracy Technique Strategy Blocking Countering Pressuring Attacking	<u>Badminton</u> Ready position Clear Smash Preparation Disguise Flick Outwitting  <u>Table Tennis</u> Forehand topspin Backhand topspin Service laws Doubles Singles Outwitting	<u>Basketball</u> Pivot Triple threat Attacking Outwitting Defending Set shot Jump shot Competition  <u>Golf</u> Chipping consistency Loft Strategy Swing Stance Accuracy	<u>Cricket/ Softball/ Rounders</u> Fielding practice Batting drive shot Pull shot Bowling run up Field placement Outwitting opponents Positioning Batting development
Year 9  <b>Pupils should know...</b> (Core knowledge and concepts to be learned)	<b>Handball -</b> Understand Positions confidently and be able to play different roles in the game  Apply different shooting techniques into a game situation	<b>Football –</b> <ul style="list-style-type: none"> <li>Build upon fundamentals but increase in speed and level of challenge.</li> <li>Develop the principles of attack and defence while working with others.</li> </ul>	<b>FITNESS –</b> <ul style="list-style-type: none"> <li>Build upon the range of fitness techniques learnt to further test an individual's physical capacity.</li> <li>Encourage the replication of techniques in a range of contexts.</li> </ul>	<b>BADMINTON –</b> <ul style="list-style-type: none"> <li>Build upon fundamental skills but increase in speed and level of challenge.</li> <li>Develop the principles of attack and defence while working with others.</li> </ul>	<b>BASKETBALL</b> <ul style="list-style-type: none"> <li>Build upon fundamentals but increase in speed and level of challenge.</li> <li>Develop the principles of attack and defence while working with others.</li> <li>Involve pressurised game situations to</li> </ul>	<b>Cricket/Softball –</b> <ul style="list-style-type: none"> <li>Build upon fundamental skills but increase complexity and level of challenge.</li> <li>Develop the principles of placement and deception.</li> <li>Involve pressurised game situations to</li> </ul>

	<p>Lacrosse - Develop the ability to get around players in a 1v1 situation</p> <p>To be able to recognise special awareness to incorporate attacking strategies</p>	<ul style="list-style-type: none"> <li>● Involve pressurised game situations to allow for tactical planning and refinement.</li> <li>● Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul>	<ul style="list-style-type: none"> <li>● Involve opportunities to show understanding of the body systems and the adaptations to exercise.</li> <li>● Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul> <p>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.</p>	<ul style="list-style-type: none"> <li>● Involve pressurised game situations to allow for tactical planning and refinement.</li> <li>● Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul> <p>Table Tennis –</p> <ul style="list-style-type: none"> <li>● Build upon fundamental skills but increase in speed and level of challenge.</li> <li>● Develop the principles of attack and defence while working with others.</li> <li>● Involve pressurised game situations to allow for tactical planning and refinement.</li> <li>● Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul>	<p>allow for tactical planning and refinement.</p> <ul style="list-style-type: none"> <li>● Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul> <p>Golf –</p> <ul style="list-style-type: none"> <li>● Hitting with accuracy</li> <li>● Short and long shots with accuracy.</li> <li>● Putting it all together. All skills learned are practised.</li> </ul>	<p>allow for tactical planning and refinement.</p> <ul style="list-style-type: none"> <li>● Allow students to make decisions, assess outcomes and suggest improvements.</li> </ul>
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<p><b>Pupils should be able to do...</b> (Skills being developed)</p>	<p>Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game.</p> <p>Works in a team, building on trust and developing skills to solves problems either individually or as a group.</p> <p>Works as an effective member of a team within a range of competitive sports.</p>	<p>Works in a team, building on trust and developing skills to solves problems either individually or as a group.</p> <p>Undertakes three periods of strenuous activity per week with presents intellectual and physical challenges.</p> <p>Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p>	<p>Undertakes muscle-strengthening activities, e.g. push-ups and sit-ups, lifting weights, climbing stairs, digging in the garden, etc.</p> <p>Undertakes bone-strengthening activities, e.g. running, walking, jumping rope, lifting weights, etc.</p> <p>Undertakes flexibility activities, e.g. touching toes, yoga, pilates, callisthenics, stretches, etc.</p> <p>Understands and applies the principles of nutrition and health.</p>	<p>Develops technique and improves performance in other competitive sports.</p> <p>Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p>	<p>Develops technique and improves performance in other competitive sports [for example, athletics and gymnastics].</p> <p>Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game.</p>	<p>Analyses their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game.</p>
<p><b>Key terminology</b></p>	<p><u>Handball</u> Applying decisions Outwitting opponents Progression Footwork</p>	<p><u>Football</u> Passing/Receiving Shooting Dribbling Ball control</p>	<p><u>HRE</u> Heart Rate Pulse Circuits Exercise</p>	<p><u>Badminton</u> Movement Forehand Overhead clear Jump shot Tactics</p>	<p><u>Basketball</u> Developing Lay up Defence Zones Attacking</p>	<p><u>Cricket/ Softball/ Rounders</u> Fielding fundamentals Batting defensive shots Cut</p>

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