



# PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

## KS3 Boys Physical Education

Topic		KNOWLEDGE ACQUISITION	DURATION (Approx Lessons)	Term 1a	Term1b	Term 2a	Term 2b	Term 3a	Term 3b
<b>Year 7</b>									
1	Rugby	Ball familiarisation; Intro passing & receiving 2v1; 3v1, 3v2, 3v3; Passing/Use of width; Attacking/outwitting an opponent; Competitive games – touch rugby.	6						
2	Badminton	Grip, ready position, forehand low serve; Low serve refinement; High serve & overhead clear shot; Develop the clear shot; Outwitting opponents game play; Outwitting opponents by refining game play.	6						
3	Hockey	Introduction, safety, grip, dribbling (straight dribble); Push pass & stopping the ball; Passing & moving into space; Dribbling variations (Indian dribble, open/closed stick); Tackling basics - block tackle, interception; Small-sided conditioned games (focus on dribble, pass, tackle).	6						
4	Dance	Discovering the stimulus; Developing the motif; Facing in duo; Levels; Formations; Performance skills.	6						
5	Football	Ball familiarity, control & passing; Dribbling with purpose; Turns & change of direction; Dribbling under pressure; 2v1 attack situations; Small sided games	6						
6	Basketball	Ball familiarity & dribbling; Passing & catching; Shooting technique; Basic attacking play; Basic defence; Small-sided games.	6						
7	Orienteering	Map symbols running game; Cone orienteering; Map walk; Star exercise North or South; Star exercise North or South; Team anagrams.	6						
8	Health Related Fitness	Introduction to fitness suite & what is heart rate; Resting heart rate & recovery rate; Heart rate during continuous exercise; Heart rate in interval training; Target heart rate zones; Review of heart rates.	6						
9	Cricket	Introduction to cricket; Batting basics; Bowling basics; Fielding skills; Mini games; Festival games.	6						
10	Introduction to Athletics	Sprinting (60m-100m); Middle distance (200m-400m); Relays (4x100m); Long jump; High jump; Throwing (shot put/javelin).	6						
11	Tennis	Racket and ball familiarity; Forehand groundstroke; Backhand groundstroke; Combining forehand & backhand; Underarm serve; Mini games.	6						
12	Striking and fielding: Softball	Introduction & basic rules; Throwing & catching for accuracy; Batting technique (tee hitting); Fielding in small games; Mini game, hit & run; Competitive whole game.	6						
<b>Year 8</b>									
1	Rugby	Recap passing and refine handling skills; Introduce front tackle; Ball presentation in tackle; Pass from breakdown; Ball presentation & pass from breakdown; Competitive games.	6						
2	Badminton	Recap low serve & high serve & ready position; Recap the overhead clear shot; Smash shot; Refine smash shot; Outwitting opponents game play singles; Outwitting opponents game play singles.	6						
3	Hockey	Recap dribbling & passing; Introduction to hitting (slap hit, basic hit for distance); Shooting at goal (accuracy, technique, follow through); Defensive play - jab tackle, delay attacker; Attacking principles - creating space & width; Small-sided games with emphasis on passing, shooting & defense.	6						
4	Gymnastics: Basic skills & balances	Basic gymnastic skills introduction; Basic gymnastic skills development; Balance - Individual/Partner work; Balance - Partner linked balances; Performance - Group work; Final routine performance.	6						
5	Football	Basic passing techniques; Passing on the move; Support play; Decision making in passing; Passing to break defensive lines; Small-sided games.	6						
6	Basketball	Dribbling under pressure; Passing & movement development; Shooting under pressure; Team attacking strategies; Defensive principles; Game play.	6						
7	Orienteering	Map symbols running game; Cone orienteering; Map walk; Star exercise North or South; Star exercise North or South; Team anagrams.	6						
8	Health Related Fitness	Components of fitness overview; Cardiovascular endurance; Muscular strength & endurance; Flexibility; Fitness testing; Review & reflection.	6						
9	Cricket	Batting; Bowling; Fielding; Running between wickets; Small-sided cricket games; Match play.	6						
10	Developing athletic skills	Sprinting (100m-200m); Middle distance (400m-800m); Relays (4x100m, 4x200m); Long jump; High jump; Throwing (shot put/javelin/discus).	6						
11	Tennis	Recap forehand & backhand; Serving development; Rallying consistency; Net play (volley basics); Attacking & defending; Conditioned games.	6						
12	Striking and fielding variations	Recap rules & fielding roles; Throwing & catching under pressure; Batting development (moving ball); Base running & decision making; Game tactics, batting & fielding; Competitive whole game.	6						
<b>Year 9</b>									
1	Rugby	Recap tackling; Ball presentation; Introduce ruck; Ruck development; Competitive games; Competitive games.	6						
2	Badminton	Recap low serve, high serve & ready position; Recap the overhead clear & smash; Net play; Outwitting opponents game play singles; Outwitting opponents game play singles; Outwitting opponents game play doubles.	6						
3	Hockey	Recap core skills (dribbling, passing, tackling) in conditioned drills; Advanced dribbling (eliminating a defender, feints); Advanced hitting (slap hit, sweep hit for accuracy); Team attacking strategies - overloads (2v1, 3v2); Defensive strategies - marking, pressing & team shape; Game play with officiating & tactical	6						
4	Gymnastics: Flight	Rotation & jumps from floor/bench; Flight from springboard; Vaults on/off box; Through vaults; Straddle vaults; Refine vaults & flight on & off the box.	6						
5	Football	Shooting basics; Passing into shooting; Crossing & finishing; Attacking tactics; Attacking under pressure; Small-sided games.	6						
6	Volleyball	Introduce volleyball through throw catch game; Throw catch game with 2 catches max; Introduce set technique; Set shot development; Underarm serve; Game play.	6						
7	Orienteering	Map walk; Star exercise North or South; Star exercise North or South; Team anagram; Cross country competitions; Finding factors.	6						
8	Health Related Fitness	Recap 5 components of fitness; Linking components of fitness to sports performance; Principles of training (FITT + Overload); Designing a personal training plan; Testing & evaluation; Performance & review.	6						

