Key Stage 3 Curriculum Information

PE & SPORTS LEAD:

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https://www.teachpe.com/anatomy-physiology/skeletal-muscles

Year 7 Core PE Curriculum Information

https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2

		Autumn 8	& Spring	Autumn, Spring, Summer	Sumn	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
Knowle	To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To use creativity to develop/choreog raph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.	To develop knowledge and understanding of the components of fitness by describing – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, flexibility. Develop knowledge and understanding	To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NBG) of all activities. Develop performance of the basic skills of	To develop knowledge and understanding by recognising and demonstrating the basic techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all athletics events.
Knowledge Covered	Develop performance of the basic skills of passing, shooting, footwork, turning, dribbling and ball	To develop choreography based on set motifs using the basic 5 dance	To develop sequences based on travel using different parts of the	Develop performance of the basic skills of serving, forehand and backhand.	on how to prepare for physical activity – identify the key stages of a warm-up, cool down, stretches; demonstrate and	fielding, throwing, catching, batting and bowling. Develop knowledge	Develop performance of the basic techniques in sprinting, long- distance running,
	control. Develop knowledge and understanding of basic tactics and positional play and identify opportunities to demonstrate these within a game.		body, level and speed working both independently and in groups.	Develop knowledge and understanding of basic tactics and positional play and identify opportunities to demonstrate these within a game.	describe the purpose of each.	and understanding of basic tactics and positional play (fielding and directional hitting) and identify opportunities to demonstrate these within a game.	throwing and jumping events.
					Develop knowledge and understanding by describing the long and short-term effects of exercise on the body.		Develop knowledge and understanding of the factors that affect performance in these events and be able to describe these.
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Year 8 Core PE Curriculum Information

		Autumn 8	& Spring	Autumn, Spring, Summer	Sum	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
	To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of	To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply	To further develop knowledge and understanding of the components of fitness — aerobic endurance, speed, strength, muscular endurance.	To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply	Apply knowledge and understanding of basic tactics and positional play (fielding and directional hitting).
	them in competitive situations.	performance.	aesthetics in performance.	them in competitive situations.	agility, co-ordination, and flexibility.	them in competitive situations.	To develop knowledge and understanding of
Knowledge	Apply basic skills of passing, shooting, footwork, turning, dribbling and ball control in competitive	To develop choreography and performance skills based on set motifs developing the dance actions	To develop sequences based on balance as individuals and in groups using different parts of the body and level.	Apply the basic skills of serving, forehand and backhand in competitive situations.	To demonstrate knowledge and understanding on how to prepare for physical activity – warm up, cool down, stretches through delivering a warm-up. To develop knowledge and understanding of the benefits of a healthy active lifestyle.	Apply basic skills of fielding, throwing, catching, batting and bowling in competitive situations	basic, techniques, rules and regulations of all athletics events. Develop performance of the basic techniques in sprinting, long-distance running, throwing and jumping events.
dge	situations.					•	
Covered	Develop knowledge and understanding of advanced skills and techniques.			Develop knowledge and understanding of advanced skills and techniques.		Develop knowledge and understanding of advanced skills and techniques.	
	Develop and demonstrate a clear knowledge and understanding of			Apply knowledge and understanding of basic tactics and positional play in competitive situations.			Develop knowledge and understanding of advanced skills and techniques.
	basic attacking and defending tactics in competitive situations.						Apply knowledge and understanding of the factors that affect performance in these events.

THE BULWELL ACADEMY

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Year 8 Core PE Curriculum Information

		Autumn & Spring					Autumn, Spring Summer	,	Sum	mer
Topic	Inva	Invasion Games Dance (Maybe taught as separate part of the curriculum) Gymnas		tics	Health-related fitness	Net and Wall		Striking and Fielding	Athletics	
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Year 9 Core PE Curriculum Information

		Autumn 8	& Spring	Autumn, Spring, Summer	Sun	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
Knowledge Covered	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To further, develop knowledge and understanding of the components of fitness by identifying — aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, and flexibility.	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.

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Year 9 Core PE Curriculum Information

		Autumn	& Spring	Autumn, Spring Summer	g, Summer		
Topic	Invasion Game	S Dance (Maybe taught as separate part of the	Gymnastics	s Health-related fitness	Net and Wall	Striking and Fielding	Athletics
	Apply advanced skills in long-rang passing, shooting footwork, turning dribbling and bal control in	, performance skills based on set motifs developing the dance actions,	To develop sequences bas on flight using different parts of the body, level and speed	forehand and of backhand in	To understand how adapt your own training within PE t meet the demands your individual spo	skills of fielding, throwing, catching, of batting and bowling	Develop performance of the advanced techniques in sprinting, long- distance running,
	competitive situations. Develop and demonstrate a classification with the competition of	performance skills, timing and structure.	working both independently and in groups. To use vaulting equipment safety in order to develop	and understanding of advanced skills and techniques including slice and	To develop knowledge and understanding of di and nutrition.	Develop knowledge and understanding of advanced skills and techniques.	throwing and jumping events.
	advanced attack and defending tactics in competitive situations.	ng	a variety of vau from the buck t the box (head a hand springs)	ults Apply knowledge to and understanding	_	Apply knowledge and understanding of basic tactics and positional play (fielding and directional hitting).	Apply knowledge and understanding of the factors that affect performance in these events in competition.
Online Resources bbc.co.uk/bitesize/guides/z8634j6/revisibbc.co.uk/bitesize/guides/z9ntfrd/revisi			vision/1 te	bc.co.uk/bitesize/guides/zpkeachpe.com/anatomy-physionuscles	-	bbc.co.uk/bitesize/guides/	