



KS3 Curriculum Content

PE

Year 7	Block 1	Block 2	Block 3
	Group 1: Fitness and Basketball Group 2: Dance and Swim Group 3: Football and OAA Group 4: Basketball and Fitness Group 5: Fitness and Dance Group 6: Swimming, OAA and Football	Group 1: Football and OAA Group 2: Netball and Badminton Group 3: Fitness and Basketball Group 4: OAA and Football Group 5: Netball, Swimming and Badminton Group 6: Swimming, Basketball and Fitness	Group 1: Swimming and Dance Group 2: Football and basketball Group 3: Badminton and Netball Group 4: Handball and Dance Group 5: Swimming, Basketball and Fitness Group 6: Netball and Badminton
Vocabulary Links	agility balance cardiovascular endurance coordination flexibility muscular endurance explosive strength reaction time strength Illinois agility speed	passing dribbling shooting intercepting tackling feint dodge tactics defending opponent stretching warm up cool down	vitamins minerals dehydration carbohydrate protein fibre fat sedentary diabetes self-esteem obesity
National Curriculum	<p><u>SKILLS</u></p> <p>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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p>	<p><u>SKILLS</u></p> <p>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]</p> <p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>perform dances using advanced dance techniques within a range of dance styles and forms</p>	<p><u>SKILLS</u></p> <p>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]</p> <p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>perform dances using advanced dance techniques within a range of dance styles and forms</p>

	<p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations. <p><u>ASSESSMENT</u></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations. <p><u>ASSESSMENT</u></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>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</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations. <p><u>ASSESSMENT</u></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>
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Year 7	Block 4	Block 5	Block 6
	Group 1: Badminton and Netball Group 2: Fitness, Swimming and OAA Group 3: Dance and Handball Group 4: Netball, Badminton and Swimming Group 5: Swimming, OAA and Football Group 6: Handball and Dance	Group 1 S&F and Athletics Group 2: S&F and Athletics Group 3: Athletics, Swimming and Tennis Group 4: S&F, Swimming and Athletics Group 5: S&F and Athletics Group 6: Tennis and Athletics	Group 1: Athletics, S&F and Tennis Group 2: Tennis and Athletics Group 3: Athletics and S&F Group 4: Swim, Athletics, and Tennis Group 5: Athletics and Tennis Group 6: S&F , Swimming and Athletics
Vocabulary Links	deltoid pectorals biceps triceps abdominals gluteals hamstrings quadriceps gastrocnemius	circuit training weight training heart rate continuous training interval training	specific measurable goal achievable goal realistic goal leadership organisation
National Curriculum	<p><u>SKILLS</u> 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]</p> <p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	<p><u>SKILLS</u> 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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to: ♣ swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p><u>SKILLS</u> 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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to: ♣ swim competently, confidently and proficiently over a distance of at least 25 metres</p>

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Year 8	Block 1	Block 2	Block 3
	Group 1: Fitness and Basketball Group 2: Table Tennis and Swimming Group 3 : Football and Trampoline Group 4: Basketball and Fitness Group 5: Table Tennis and Swimming Group 6: Trampoline and Football	Group 1: Football and Trampoline Group 2: Badminton, Swimming and Netball Group 3: Fitness and Basketball Group 4: Trampoline and Fitness Group 5: Netball, Swimming and Badminton Group 6: Basketball and Fitness	Group 1: Table Tennis and Swimming Group 2: Football and Basketball Group 3: Badminton and Netball Group 4: Table Tennis and Swimming Group 5: Basketball and Fitness Group 6: Netball and Badminton
Vocabulary Links	cranium vertebrae scapula humerus sternum femur tibia fibula cartilage ligaments hinge joint ball and socket joint patella	capillaries arteries veins atria ventricles systole diastole oxygenated deoxygenated cardiac output aorta	intercostals inspiration expiration aerobic anaerobic lactic acid trachea alveoli
National Curriculum	<p><u>SKILLS</u> 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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to:</p>	<p><u>SKILLS</u> 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]</p> <p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p>	<p><u>SKILLS</u> 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]</p> <p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>perform dances using advanced dance techniques within a range of dance styles and forms</p>

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Vocabulary Links	specificity frequency intensity time type individual needs progressive overload	sprain strain concussion fracture abrasion RICE	basic skill complex skill open skill closed skill gross skill fine skill
National Curriculum	<p><u>SKILLS</u> 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]</p> <p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p>	<p><u>SKILLS</u> 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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 	<p><u>SKILLS</u> 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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

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Year 9	Half Term 1 September - October	Half Term 2 October - December	Half Term 3 January – February
	<p>Group 1 Racket Sports Group 2 Basketball Group 3 Swim Group 4 Racket Sports Group 5 Netball Group 6 Football</p>	<p>Group 1 Swim Group 2 Football Group 3 Basketball Group 4 Football Group 5 Racket Sports Group 6 Netball</p>	<p>Group 1 Basketball Group 2 Swim Group 3 Racket Sports Group 4 Netball Group 5 Football Group 6 Gym / Dance</p>
Vocabulary Links	warm up cool down	carbohydrate protein fat vitamins minerals dehydration fibre	sedentary diabetes self-esteem obesity
National Curriculum	<p>SKILLS Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p>	<p>SKILLS Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p>	<p>SKILLS Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p>

	<p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><u>ASSESSMENT</u></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><u>ASSESSMENT</u></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>	<p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p><u>ASSESSMENT</u></p> <p>Students will be assessed at the end of each activity and given a score 1-5. After each block of activities the scores will be combined and averaged to give the student an overall Physical Education Assessment Score</p>
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Year 9	Half Term 4 February – March	Half Term 5 April - May	Half Term 6 June - July
	<p>Group 1 Football Group 2 Racket Sports Group 3 Football Group 4 Swim Group 5 Gym / Dance Group 6 Racket Sports</p>	<p>Group 1 Athletics Group 2 Striking and Fielding Group 3 Athletics Group 4 Athletics Group 5 Swim Group 6 Athletics</p>	<p>Group 1 Striking and Fielding Group 2 Athletics Group 3 Striking and Fielding Group 4 Striking and Fielding Group 5 Athletics Group 6 Swim</p>
Vocabulary Links	agility balance cardiovascular endurance coordination flexibility muscular endurance explosive strength reaction time strength Illinois agility speed	Dislocation sprain strain concussion fracture abrasion tennis elbow golfer's elbow RICE	circuit training weight training heart rate continuous training interval training
National Curriculum	<p><u>SKILLS</u> Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p> <p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	<p><u>SKILLS</u> 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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to: ♣ swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p><u>SKILLS</u> 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]</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>The swimming curriculum is continued at SNHS, In particular, pupils are taught to: ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a</p>

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