

Key Stage 3 Curriculum Map 2019-20

Subject: Physical Education

Key Themes delivered via each physical activity:

- Development of skills and techniques
- Development of strategies and tactics
- Analysis of performance and improvement to achieve personal best
- Health, fitness and wellbeing.

Year 7	Half term 1 Sept – October	Half term 2 November – December	Half term 3 January - Feb	Half term 4 February – April	Half term 5 April - May	Half term 6 June - July
Weeks	7 weeks	7 weeks	6 weeks	6 weeks	5 weeks	7.5 weeks
Module	INVASION Football	OUTDOOR ADVENTUROUS Climbing	INDIVIDUAL Swimming	NET GAMES Tennis / Badminton / Table Tennis / Squash	STRIKING & FIELDING Rounders / Softball / Cricket	WATERSPORTS / BIKING FOR CONFIDENCE
Key learning questions	What parts of the foot can I use to pass the ball? Which is the best part of the foot to use and why? What are the different types of pass? What does the term weight of pass mean? Which is the best part of the foot to use and why? How does running with the ball differ from dribbling? How do you position the body to head the ball? What is the difference between an attacking header	Why is bouldering different to climbing? Why do we use chalk? What are the safety checks for helmets? What is the ABC of climbing? How do you spot a bouldering climber? What is the importance of teamwork? How do you score a bouldering challenge? How would you plan this route? How many points of contact when climbing? How do you fit a harness? What is the bellringer technique of belaying? What are the different types of grip and hold	Why is water safety important? What are the pool rules? How do we tread water? What ways can we float? What shapes can we use to enter the water? How do we perform a straddle entry? How do we perform a surface dive/duck dive? What is push and glide? What is sculling? How do you perform a handstand in water? How do you perform a somersault in water? What is the eggbeater action?	How do you grip the racket/bat? What is the ready position? What are the court markings for singles/doubles? How do we serve correctly? Why do we use a long and a short serve? What is an attacking shot? What is a defensive shot? How can you use disguise in your game play? How do you explain to someone else how to keep score?	How do you bowl correctly? How do you take a low/high catch? What is the long barrier? How do you stand to hit the ball? How do you hold the bat? How do you get out? How do you score?	Why is water safety important? What is the correct stance? How do you perform a turn? What is the correct way to paddle? How do you balance? How do you remount? What can you say to '?' to help improve? Why is teamwork important?

	<p>and a defensive header?</p> <p>How do you execute a shot on goal?</p> <p>What influences the direction of the shot?</p> <p>What varieties of shot could be used?</p> <p>How would the technique change for these types of shot?</p> <p>Why should the defender jockey from a side on position?</p>	<p>and how they are used when climbing?</p> <p>How do you lower a climber safely?</p>	<p>What are the 4 strokes used in swimming?</p> <p>What is the body position for the stroke?</p> <p>What is the leg kick for the stroke?</p> <p>What is the arm action for the stroke?</p> <p>How do you breathe for the stroke?</p> <p>What is the timing for the stroke?</p> <p>How have you improved any of the following for a chosen stroke?</p> <p>Body Position, Legs, Arms, Breathing, Timing.</p> <p>What is an action to get help?</p> <p>What is a shout and signal rescue?</p>			
Off-site opportunity	@ Hove Park Russell Martin Astro Pitches	@ Boulder Brighton x4 weeks Withdean x3 weeks	@ King Alfred	@ East Brighton Courts, Moulsecoomb Leisure Centre, Brighton Table Tennis Centre	@ Hove Park	@ Hove Lagoon / @ Stanmer Park
Extended writing	Match report for tournament	Safety in climbing presentation.				
Assessment End of module	Student led warm ups. Small sided competitive game.	Teamwork, participation and support.	Mini Olympics / Individual Medley	Act as an official Ladder Tournament		

Celebration of achievement: outcome, display, presentation, class book etc.	Representing Homewood at KS3 Schools Tournament. Assembly, certificates.	Photos				
PD passport	Participate in a team game.	Climb independently. Support a climber.	Water confidence	Outwit an opponent		

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Subject: Physical Education

Key Themes delivered via each physical activity:

- Development of skills and techniques
- Development of strategies and tactics
- Analysis of performance and improvement to achieve personal best
- Health, fitness and wellbeing.

Year 8&9	Half term 1 Sept – October	Half term 2 November – December	Half term 3 January - Feb	Half term 4 February – April	Half term 5 April - May	Half term 6 June - July
Weeks	7 weeks	7 weeks	6 weeks	6 weeks	5 weeks	7.5 weeks
Module	INVASION Football	OUTDOOR ADVENTUROUS Climbing	INDIVIDUAL Swimming	MULTI-SPORTS Kwik Cricket / Dodgeball / Danish Longball /Basketball	STRIKING & FIELDING Rounders / Softball / Cricket	WATERSPORTS / BIKING FOR CONFIDENCE
Key learning questions	Which is the best part of the foot to use and why? When would you perform a turn within the game? What are the key points for the side foot pass? How / when can a defender intercept the ball? What are the key points for running with the ball? What area of the pitch they would attempt to beat a player and why?	What is the ABC of climbing? What are the safety checks needed prior to ascending? What are the hazards? How do you fit a harness? How do you do a figure of 8 knot? What is a stopper knot? What are the 3 climbing calls? How do you solo belay? What is the solo ready position? What is 3 point climbing?	Why is water safety important? What are the pool rules? How do we tread water? What ways can we float? What shapes can we use to enter the water? How do we perform a straddle entry? How do we perform a surface dive/duck dive? What is push and glide? What is sculling? How do you perform a handstand in water? How do you perform a somersault in water? What is the eggbeater action?	How do you bowl correctly? How do you take a low/high catch? How do you stand to hit the ball? How do you hold the bat? How do you get out? How do you score? What is the long barrier?	*NEED TO COMPLETE How do you bowl correctly? How do you take a low/high catch? What is the long barrier? How do you stand to hit the ball? How do you hold the bat? How do you get out? How do you score?	*NEED TO COMPLETE Why is water safety important? What is the correct stance? How do you perform a turn? What is the correct way to paddle? How do you balance? How do you remount? What can you say to '?' to help improve? Why is teamwork important? Tennis / Badminton / Table Tennis / Squash How does the grip change for forehand/backhand shots?

	<p>What influences the direction of the shot?</p> <p>What varieties of shot could be used?</p> <p>How would the technique change for these types of shot?</p> <p>What position should you be in to jockey a player and why?</p> <p>What is the key technique for a Block tackle?</p> <p>On what occasion during the game might a defensive player use an attacking header?</p>	<p>How do you tie a climber in?</p> <p>What is layback?</p> <p>What is mantelling?</p> <p>How do you deal with a fall?</p> <p>What is anchoring?</p> <p>What are the different climbing techniques used?</p> <p>What is the 3 man team belay technique?</p>	<p>What are the 4 strokes used in swimming?</p> <p>What is the body position for the stroke?</p> <p>What is the leg kick for the stroke?</p> <p>What is the arm action for the stroke?</p> <p>How do you breathe for the stroke?</p> <p>What is the timing for the stroke?</p> <p>How have you improved any of the following for a chosen stroke?</p> <p>Body Position, Legs, Arms, Breathing, Timing.</p> <p>What is an action to get help?</p> <p>What is a shout and signal rescue?</p>			<p>What is the ready position and why is it important?</p> <p>What are the court markings for singles/doubles?</p> <p>What are the service rules?</p> <p>Why do we add spin?</p> <p>What are the different types of spin?</p> <p>How do we add spin?</p> <p>What is an attacking formation?</p> <p>What is a defensive formation?</p> <p>How can you use disguise in your game play?</p> <p>How do you explain to someone else how to keep score?</p> <p>What is this players strengths?</p> <p>How could they improve?</p>
Off-site opportunity	<p>@ Russell Martin Astro Pitches</p> <p>4G pitch</p>	<p>@ Stanley Deason x4 weeks</p> <p>Withdean x3 weeks</p>	<p>@ King Alfred</p>	<p>@ East Brighton Courts, Moulsecoomb Leisure Centre, Brighton Table Tennis Centre</p>	<p>@ Stanmer / Hove Park</p>	<p>@ Hove Lagoon / @ Stanmer / Hove Park</p>
Extended writing	<p>Match report for tournament.</p>	<p>Safety in climbing presentation.</p>				
Assessment End of module	<p>Student led warm ups.</p> <p>Small sided competitive game.</p> <p>Demonstrate an ability to outwit opponent.</p>	<p>Teamwork, participation and support.</p>	<p>Mini Olympics / Individual Medley</p>	<p>Act as an official Ladder Tournament</p>		

Celebration of achievement: outcome, display, presentation, class book etc.	Representing Homewood at KS3 Schools Tournament					
PD passport	Participate in a team game.	Climb independently. Belay a climber	Water confidence. Width/Length aided/unaided			