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| Key Stage 3 Curriculum Map **2021-22** 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 | **MULTISPORTS**  Team Building games /  Table Tennis / Football / Basketball Intro | **OUTDOOR ADVENTUROUS**  Bouldering | **INDIVIDUAL**  Swimming  LEARN TO SWIM AWARD (Swim England) IT IS NOT EXPECTED SWIMMERS WILL ACHIEVE ALL STAGES SHOWN BELOW IN A SINGLE MODULE. | **NET GAMES**  **Tennis** / Badminton /  Table Tennis / Squash | **INVASION**  Football | **STRIKING & FIELDING**  Rounders / Softball / Cricket |
| **Key learning questions** | What are the rules?  Why are listening skills important?  Can you describe a tactic that can be used in ‘a’ game?  How could you have done that differently?  Did it have an effect?  Can you create a game? How will you teach this to the class?  What skills are needed in this game? Identify 3 rules? What if a rule is broken? How do you control the ball? What is a dribble? How can you throw the ball far? How can you pass the ball? What is your position?  How do you hold the bat? How is Forehand different to Backhand?  What is coordination? | 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? What is the grading for climbs?  What are the different types of grip and hold and how they are used when climbing? How have you demonstrated progress?  What is muscular strength?  How will muscular strength help in this sport? | 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?  What are the 4 strokes used in swimming?  What is the body position for the stroke?  What is the leg kick for the stroke?  What is the arm action for the stroke?  How do you breathe for the stroke?  What is the timing for the stroke?  How have you improved any of the following for a chosen stroke?  Body Position, Legs, Arms, Breathing, Timing.  What is an action to get help?  What is a shout and signal rescue?  What is speed? Why is it important in this sport? What is reaction time? Why is it important in this sport? | 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?  What is agility? Why is this important in this sport? What is coordination? Why is it important in this sport? | 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 and a defensive header?  How do you execute a shot on goal?  What influences the direction of the shot?  What varieties of shot could be used?  How would the technique change for these types of shot?  Why should the defender jockey from a side on position?  What is power? Why is this important in this sport?  What is Muscular Endurance? Why is it important in this sport? | 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?  What is balance? Why is it important in this sport?  What is coordination? Why is it important in this sport? |
| **Off-site opportunity** | @ Homewood College | @ Boulder Brighton | @ King Alfred | @ East Brighton Courts, Moulsecoomb Leisure Centre, Brighton Table Tennis Centre | @ Russell Martin Astro Pitches  4G pitch | @ Stanmer Park |
| **Extended writing** | Can you describe your favourite playground game?  What are the rules? | How would you describe Bouldering to a person who had never taken part before? | Create a poster for water safety. |  |  |  |
| **Assessment**  **End of module** | Small sided competitive games. | Degree of difficulty – best climb achieved. | Mini Olympics / Individual Medley | Act as an official  Ladder Tournament | Student led warm ups.  Small sided competitive game. |  |
| **Celebration of achievement: outcome, display, presentation, class book etc.** | Teaching group your playground game.  Photos for classroom. Shared in assembly | Photos for classroom. Shared in assembly.  Display of writing for instruction. | Photos for classroom. Shared in assembly.  ASA Certificate |  | Representing Homewood at KS3 Schools Tournament |  |
| **PD passport** |  |  |  |  |  |  |