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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 8** | **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 | **INDIVIDUAL**  Swimming  **(Recap of prior learning – loss of learning – COVID)**  LEARN TO SWIM AWARD (Swim England) IT IS NOT EXPECTED SWIMMERS WILL ACHIEVE ALL STAGES SHOWN BELOW IN A SINGLE MODULE. | **OUTDOOR ADVENTUROUS**  Bouldering  **(Recap of prior learning – loss of learning – COVID)** | **NET GAMES**  **Tennis** / Badminton/  Table Tennis / Squash  **(Recap of prior learning – loss of learning – COVID)** | **INVASION**  Football  **(Recap of prior learning – loss of learning – COVID)** | **STRIKING & FIELDING**  Rounders / Softball / Cricket  **(Recap of prior learning – loss of learning – COVID)** | **WATERSPORTS**  TBC |
| **Key learning questions** | 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? | Why is bouldering different to climbing?  Why do we use chalk?  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? | 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? | 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 influences the direction of the shot?  What varieties of shot could be used?  How would the technique change for these types of shot?  What position should you be in to jockey a player and why?  What is the key technique for a Block tackle?  On what occasion during the game might a defensive player use an attacking header?  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? | 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? |
| **Off-site opportunity** | @ King Alfred | @ Boulder Brighton | @ East Brighton Courts, Moulsecoomb Leisure Centre, Brighton Table Tennis Centre | @ Russell Martin Astro Pitches  4G pitch | @ Stanmer / Hove Park | @ Hove Lagoon |
| **Extended writing** | Create a poster for water safety. | How would you describe Bouldering to a person who had never taken part before? |  |  |  |  |
| **Assessment**  **End of module** | Mini Olympics / Individual Medley | Degree of difficulty – best climb achieved. | Act as an official  Ladder Tournament | Student led warm ups.  Small sided competitive game.  Demonstrate an ability to outwit opponent. |  |  |
| **Celebration of achievement: outcome, display, presentation, class book etc.** | Photos for classroom. Shared in assembly.  ASA Certificate | Photos for classroom. Shared in assembly.  Display of writing for instruction. |  | Representing Homewood at KS3 Schools Tournament |  |  |
| **PD passport** |  |  |  |  |  |  |