

## Key Stage 3 PE

### Curriculum Overview

|                                                                     |                                         | HT1<br>Dodgeball                                                                                                                                                                                                                                                                                                                                                                                                           | HT2<br>Futsal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | HT3<br>Health and fitness                                                                                                                                                                                                                                                                                                    | HT4<br>Handball                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | HT5<br>Cricket                                                                                                                                                                                                                                                                                                                          | HT6<br>Athletics                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| Learning outcomes/composite knowledge:<br>Pupils will be able to... |                                         | KS3 National Curriculum PE through the three pillars of learning.<br>Focusing on developing students' motor competence/tactics/healthy participation through Dodgeball                                                                                                                                                                                                                                                     | Focusing on developing students' motor competence/tactics/healthy participation through Futsal                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Focusing on developing students' motor competence/tactics/healthy participation through Health and Fitness                                                                                                                                                                                                                   | Focusing on developing students' motor competence/tactics/healthy participation through Handball                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Focusing on developing students' motor competence/tactics/healthy participation through Cricket                                                                                                                                                                                                                                         | Focusing on developing students' motor competence/tactics/healthy participation through Athletics                                                                                                                                                                                                                                                                                                                                                 |
| Knowledge Components                                                | Declarative Knowledge: <b>know what</b> | <ul style="list-style-type: none"> <li>I know the rules of dodgeball</li> <li>I know the importance of working as a team</li> <li>I know the best method to attack a single opponent in dodgeball</li> <li>I know the 5 D's of dodgeball</li> <li>I know the basics of defending and blocking</li> <li>I know the most effective movement</li> <li>I know what outwitting your opponent in dodgeball looks like</li> </ul> | <ul style="list-style-type: none"> <li>I know the rules of futsal</li> <li>I understand the importance of working as a team</li> <li>I know what effective attacking approaches can assist in a game situation</li> <li>I know what a counter attack is</li> <li>I know what type of passing and shooting options to select</li> <li>I know what defending is and its importance</li> <li>I know what movement in a futsal game works</li> <li>I know what possession is</li> <li>I know what you have to do to outwit your opponents</li> </ul> | <ul style="list-style-type: none"> <li>I know what a component of fitness is</li> <li>I know what the components of fitness mean (definition)</li> <li>I know which fitness test measures these components</li> <li>I know what to do with the results of the fitness test</li> <li>I know what normative data is</li> </ul> | <ul style="list-style-type: none"> <li>I know the rules of handball</li> <li>I understand the importance of working as a team</li> <li>I know what effective attacking approaches can assist in a game situation</li> <li>I know what a fast break (counter attack) is</li> <li>I understand the importance of moving in to space to receive the ball</li> <li>I know what defending is and its importance</li> <li>I know how to 'man mark'</li> <li>I know what intercepting a ball is</li> <li>I know what you have to do to outwit your opponents</li> </ul> | <ul style="list-style-type: none"> <li>I know the rules of Cricket</li> <li>I know the importance of teamwork</li> <li>I know what bowling in cricket is</li> <li>I know the different types of bowling techniques (Fast, Medium, Spin)</li> <li>I know what batting in cricket is</li> <li>I know what a wicket keeper does</li> </ul> | <ul style="list-style-type: none"> <li>I know what the sprint running technique entails and what techniques to use (thumb to bum, stride length x frequency, high knees full stretch)</li> <li>I know what you need to run middle and longer distances (training, diet, pace)</li> <li>I know what triple and high jump are</li> <li>I know what shot putt and javelin are</li> <li>I know what grip and stance to use in these throws</li> </ul> |

|  |                                                  | HT1<br>Dodgeball                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | HT2<br>Futsal                                                                                                                                                                                                                                                                                                                                                                                                                                          | HT3<br>Health and fitness                                                                                                                                                                                                                                                                                                                                                       | HT4<br>Handball                                                                                                                                                                                                                                                                                                                                                                                                                                                          | HT5<br>Cricket                                                                                                                                                                                                                                                                                                                                                                                      | HT6<br>Athletics                                                                                                                                                                                                                                                                  |
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|  | Procedural Knowledge: <b>know how &amp; when</b> | <ul style="list-style-type: none"> <li>I know how and when to apply the rules of dodgeball</li> <li>I know how to work as a team effectively</li> <li>I know when is best to attack a single opponent in dodgeball</li> <li>I know how to apply the 5 Ds of dodgeball</li> <li>I know how to apply the basic defensive principles of dodgeball</li> <li>I know how to outwit my opponents in dodgeball</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>I know how to apply the rules of futsal</p> <p>I know how to work as a team</p> <p>I know how to attack in a game situation</p> <p>I know how to counter attack</p> <p>I know how to select the best types of passing and shooting in a game</p> <p>I know how to defend and understand its importance</p> <p>I know how movement in a futsal game works</p> <p>I know how to keep possession</p> <p>I know how to outwit an opponent in futsal</p> | <ul style="list-style-type: none"> <li>I know how important it is to understand components of fitness</li> <li>I know which components of fitness are suitable for my sport</li> <li>I know how to conduct fitness tests</li> <li>I know how to interpret the results of the fitness test</li> <li>I know how to find normative data (Brianmac.com, Topensports.com)</li> </ul> | <ul style="list-style-type: none"> <li>I know how to apply the rules of handball</li> <li>I know how to work as a team</li> <li>I know how to what to effectively attack in a game situation</li> <li>I know how to perform a fast break (counter attack)</li> <li>I how to move in to space to receive the ball</li> <li>I know how to defend and 'man mark' an opponent</li> <li>I know how to intercept the ball</li> <li>I know how to outwit an opponent</li> </ul> | <ul style="list-style-type: none"> <li>I know how to apply the rules of Cricket</li> <li>I know how to work as a team</li> <li>I know how to bowl in cricket: positioning and technique</li> <li>I know how to perform the different types of bowling techniques (Fast, Medium, Spin)</li> <li>I know how to bat</li> <li>I know how to wicket keep in cricket (positioning and actions)</li> </ul> | <ul style="list-style-type: none"> <li>I know how to sprint using good technique</li> <li>I know how to run middle and longer distances effectively</li> <li>I know how to perform a triple and long jump</li> <li>I know how to perform a javelin and shot putt throw</li> </ul> |
|  | National Curriculum reference                    | <p>National curriculum for Core PE at KS3</p> <p>Pupils should be taught to: 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>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> |                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                   |
|  | Common misconceptions                            | <ul style="list-style-type: none"> <li>Free time to play will develop skill levels</li> <li>Physical activity is the same as physical education</li> <li>Skill vs ability</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>Free time to play will develop skill levels</li> <li>Physical activity is the same as physical education</li> </ul>                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>Strength is the same as power</li> <li>'Fitness is how fit you are'</li> <li>Fitness tests are all very long and tiring</li> </ul>                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>Free time to play will develop skill levels</li> <li>Physical activity is the same as physical education</li> <li>Skill vs ability</li> </ul>                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>Free time to play will develop skill levels</li> <li>Physical activity is the same as physical education</li> <li>Skill vs ability</li> </ul>                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>Free time to play will develop skill levels</li> <li>Physical activity is the same as physical education</li> <li>Skill vs ability</li> </ul>                                                                                              |

|                                   | <b>HT1<br/>Dodgeball</b>                                                                                                                                                                                                                                                         | <b>HT2<br/>Futsal</b>                                                                                                                                                                                                                            | <b>HT3<br/>Health and fitness</b>                                                                                                                                                                                            | <b>HT4<br/>Handball</b>                                                                                                                                                                                                                               | <b>HT5<br/>Cricket</b>                                                                                                                                                                                                                          | <b>HT6<br/>Athletics</b>                                                                                                                                                                                                                               |
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| <b>Exemplar Composite Task(s)</b> | <ul style="list-style-type: none"> <li>• Successfully block a shot using a dodgeball</li> <li>• Perform a no-look successful shot when throwing ball at opponent</li> <li>• Successfully catch a live ball thrown by opponent to return a team mate back to the game.</li> </ul> | <ul style="list-style-type: none"> <li>• Play and officiate a game of futsal within the rules</li> <li>• Explain difference in some rules between futsal and football</li> <li>• Demonstrate a good pass/shot using correct technique</li> </ul> | <ul style="list-style-type: none"> <li>• Defining a component of fitness</li> <li>• Administering a fitness test successfully</li> <li>• Interpreting the results of fitness test and comparing to normative data</li> </ul> | <ul style="list-style-type: none"> <li>• Assisting a peer with the rules of the game</li> <li>• Self-refereeing a game of handball</li> <li>• Demonstrating a fast break</li> <li>• Performing good examples of pass and move within games</li> </ul> | <ul style="list-style-type: none"> <li>• Perform a bowl in cricket using fast/medium/spin techniques</li> <li>• Apply the rules successfully in a game situation</li> <li>• Demonstrate good shot selection in a batting performance</li> </ul> | <ul style="list-style-type: none"> <li>• Demonstrate good sprint technique</li> <li>• Prepare well for middle distance run</li> <li>• Demonstrate good technique in throws</li> <li>• Apply pre-run preparation techniques for a longer run</li> </ul> |