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| Subject: PE |
| Group/ Year: KS3 |

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| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **Dodgeball & Badminton** | **Basketball & Futsal** | **Health & Fitness** | **Handball** | **Cricket & Rounders** | **Athletics** |
| **Rules of the games**   * Learning and applying basic rules, focusing on learning whilst playing * Adaptations of rules to suit small sided games * Singles and Doubles rules   **Teamwork**   * Working as a team, collective identity, team goals * Team mate support   **Attacking**   * Focusing on opponent, keeping aware of counter attack from opponent * Selecting opponent to target   5 D’s of Dodgeball   * Dodge, Duck, Dip, Dive and Dodge * Importance of dodging, spatial awareness, eyes on the back of your head * Trick shots, feint shots, screening behind team mate * Look one way, throw one the other   **Defending**   * Defensive shots * Movement * Placing of shots * Tip toes-ready   Dodgeball   * Anticipating throws * Blocking * Catching * Side on   **Movement**   * Movement on court * Net shots * High serve   Dodgeball  **Outwitting opponents**   * Trick shots, feint shots, screening behind team mate * Look one way, throw one the other | **Rules of the games**   * Learn and apply basic rules, learn in active environment, team selection, links to other team sports * Basic principles in both sports, attacking and defensive, explored and spoken of briefly   **Teamwork**   * Working as a team, collective identity, team goals * Team mate support   **Attacking**   * Counter Attack, possession, passing, creating space * Passing and shooting drills, attack vs defence, creating shooting chances * Shooting, passing, team work, shot selection, power, technique   **Defending**   * Marking, tracking opponent, defensive responsibility * Intercepting, blocking, contact (football) non-contact (basketball) * Goalkeeping, conditioned games   **Movement**   * Improving sport related fitness, Cardiorespiratory Fitness Spatial Awareness * Measuring using appropriate fitness test   **Outwitting opponents**  **Possession and Retaining Ball**   * Keeping possession, passing, creating space, passing and moving * Importance of movement, creating space   **Types of Passes**   * Short passes, long pass, inside of foot controlled, driven with laces, lobbed pass * Chest, shoulder, bounce, back hand | **Components of Fitness**   * Strength, Power, Agility, Balance * Speed, Flexibility, Muscular Endurance, Cardiovascular Endurance   **Fitness Testing: Definitions, Tests, Administration**   * Agility: T Drill Test, *Flexibility*: Sit & Reach Test, Power: Standing Long Jump Test * Muscular Endurance: 1 min Press/Sit Up Tests, Aerobic Endurance: 15m Beep Test, Strength: squat test or burpee test, Balance: Standing stork test * Definitions, Administration of tests   **Interpreting Results, Training Methods**   * Normative data, interpretation, categorising * Fartlek training, interval training, circuit training: sport specific   **Training Programmes**   * Client Information, Client Goals * Design, Exercises, Training Programme technique   **FITT Principles**   * Frequency, intensity, time, type * Testing for progress, frequency of re-tests   **Review and Evaluate**  Strengths, Areas for improvements | **Rules of the games**   * Learn and apply basic rules in active environment * Team selection * Links to other team sports * Grip of ball * Picking up balls Passing ball * Exercises to instil in game like scenarios   **Teamwork**   * Working as a team, collective identity * Team goals * Team mate support   **Attacking**   * Fast break * Support play * Teamwork Screening moves to create space * Running with ball * Applying in game situation   **Defending**   * Man to man marking * Interceptions * Blocking pass and shots * Rules of defending * Goalkeeping * Enlargement as goalkeeper * Conditioned game   **Movement**   * Passing and moving * Feint pass and pivot * Movement without ball   **Outwitting opponents**   * Methods of beating opponent 1-1 * Using teammate | **Rules of the games**   * Read, practice and become accustomed to rules * Throwing techniques Catching techniques * Hand-eye coordination   **Teamwork**   * Stopping ball (barrel technique, catches), Stopping running from base-base to ensure success * Working in pairs, in partnership with team mate to ensure cohesion when running * Teamwork: verbal and non-verbal communication to facilitate group work   **Bowling**   * Underarm throw * Shoulder throw * Dynamic throws * Throws to wicket keeper, wicket, fellow-fielder * Straight arm bowling * Pitch * Line and length * Follow markers for line   **Batting**   * Shot types * Shot selection: straight drive, cover, off-side, defensive   **Basic Skills – Fielding**   * Barrel fielding * Catching * Positioning * Next move with ball * Throw selection   **Outwitting opponents**   * Working in teams, analysing best approach to game * Long shots vs Positioned shots   Speed of throwing, pitch of ball delivery | **Sprint Running Technique**   * Start position Cue to run * Body position, torso straight, head still * Thumb to bum * Stride length and stride frequency * High knees and full stretch   **Middle Distance Running**   * Stamina * Practice * Relaxed jaw for breathing ease, upright body position, feet should not ‘thump’ off the floor   **Middle Distance Running** 2   * Positioning of hands, ankles pushed forward * Strategy and approach to run   **Jumping: Triple and High**   * Basic jump, run and take off * Alternative feet take off, arms up and over, knee drive * Landing: Two footed landing, Balance   **Throwing: Shot Put and Javelin**   * The grip: Technique card, practice, apply teaching points based on initial observation * Technique first, 40⁰ (shot put) then distance, peer observation |