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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 FitnessSpatial 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 ballsPassing 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
* TeamworkScreening 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 techniquesCatching 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 positionCue 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
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