



KEY STAGE 3 – YEAR 9 – PHYSICAL EDUCATION

CURRICULUM MAP

Autumn Term		Spring Term		Summer Term	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Themes	Key Themes	Key Themes	Key Themes	Key Themes	Key Themes
Basketball 1) Attacking/Outwitting an opponent 2) Develop shooting – lay up 3) Defense – Zone 4) Strategies for attack / 3 man weave 5) Tactics 6) Assessment	Badminton 1) Recap grip and ready position 2) Overhead/Underarm Clear 3) Drop Shot 4) Smash 5) Doubles and singles tactics 6) Assessment	Gymnastics 1) Recap Balance – Individual/Partner work; Counter-Tension/Counter balance 2) Recap rotation 3) Inverted balance 4) Linking Counter balance, inverted balance and rotation into sequences 5) Vaulting – low level apparatus (beams); Intro to basic vaulting 6) Vaulting – apparatus 7) Assessment	HRF 1) Introduction to the Gym – Health and Safety 2) Circuit Training – Upper and lower Body 3) Methods of Training – Interval Training 4) Methods of training – Fartlek Training 5) Methods of Training – Weight Training 6) Methods of Training – Continuous Training 7) Assessment – Components of Fitness Testing	Athletics 1) Sprint Running Technique 2) Middle Distance 3) Jumping 4) Jumping 5) Throwing 6) Assessment	Cricket 1) Fielding Fundamentals 2) Batting – Defensive shots 3) Batting – cut 4) Bowling – Spin/Pace 5) Wicket Keeping 6) Assessment
NC Aspect – Tactics and strategies in Team Games	NC Aspect – Use a range of tactics and strategies to overcome opponents in direct competition through individual games	NC Aspect – Improving Technique and performance in sports	NC Aspect – Improving Technique and performance in sports and lead active and healthy lives	NC Aspect – Develop their technique and improve their performance in competitive sports	NC Aspect – Use a range of tactics and strategies to overcome opponents in direct competition through team games



KEY STAGE 3 – YEAR 9 – PHYSICAL EDUCATION

Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks
<ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and sequences To show their knowledge and understanding of the rules in basketball. Further development - Inter house/form basketball comp. 	<ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in badminton. To know and use the different types of shots in Badminton. To demonstrate a variety of tactics based on the movements of others 	<ul style="list-style-type: none"> Link skills to create simple routines for assessment of own and others work. To accurately replicate vaulting techniques over differentiated apparatus. To improve pupils appreciation of performance and ways of improving. To know their own KS3 level and ways of improving. 	<ul style="list-style-type: none"> To accurately replicate tests for health/skill related fitness. To understand the relationship between test scores and strengths as a performer. To develop individual weaknesses by targeting a specific station. 	<ul style="list-style-type: none"> To demonstrate an accurate replication of running, jumping and throwing techniques. To show an understanding of the rules for each event and the underlining principles of each. 	<ul style="list-style-type: none"> To demonstrate a knowledge of the wicket keepers role and perform basic stance + catching. To replicate a combination of skills to outwit opponents in a match situation. To develop knowledge of fielding positions and correct terminology. To encourage the use of leadership & communication in all game roles.