

Subject: KS3 Core PE	Components of Physical Education			'Core' knowledge	'Hinterland' knowledge
	What new knowledge do we introduce?			Essential knowledge needed to be successful	What do students <i>do</i> with this knowledge?
	Year 7	Year 8	Year 9		
Autumn 1 <i>September - October</i>	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Theory Element – Skeletal System</p>	<p><b>Select and apply tactic to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Theory Element – Respiratory System</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p>	<p><b>Techniques to succeed</b> Students will develop, refine specific skills in a variety of activities through outwitting opponents, exercising safely, identifying and solving problems and performing at maximum levels. (See SOW)</p> <p>Students will refine their leadership qualities</p>	<p>Students can attend extra-curricular clubs to further enhance and broaden their skill set, knowledge and understanding.</p> <p>The PE team can direct students to a variety of local club links in numerous activities.</p>
Autumn 2 <i>November - December</i>	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Theory Element Muscular System</p>	<p><b>Select and apply tactic to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Theory Element - Cardiovascular System</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p>	<p>Students will focus on being taught the following theoretical components: Musculoskeletal system, the benefits and importance of warm-ups and cool downs.</p> <p><u>Select and apply tactics to succeed</u></p> <p>Students will build on the skills learnt, and apply them to different defensive and offensive tactics in a variety of activities through outwitting opponents, exercising safely, identifying</p>	<p>Opportunities to go to live sporting events.</p> <p>Use of professional athletes to challenge and inspire.</p> <p>Recommended reading list for sport.</p> <p>Be able to lead a healthy active lifestyle.</p>
Spring 1 <i>January - February</i>	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a</p>	<p><b>Select and apply tactic to succeed</b> Apply a variety of</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a</p>		

Curriculum Overview Template – KS3

	<p>variety of sports</p> <p>Theory Element</p> <p>Warm up and cool down</p>	<p>different defensive and offensive tactics in a variety of sports</p> <p>Theory Element - Personal Hygiene</p>	<p>variety of skills to outwit opponents.</p>	<p>and solving problems and performing at maximum levels. (See SOW)</p> <p>Students will focus on being taught the following theoretical components: Health and fitness: Benefits &amp; consequences.</p>	
<p>Spring 2</p> <p><i>March - April</i></p>	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Theory Element - Nutrition</p>	<p><b>Select and apply tactic to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Theory Element – Promotion of Positive Mental Well being</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p>	<p><u>Making appropriate decisions to succeed</u></p> <p>Students will apply, specific skills to develop their decision making skills in a variety of activities through outwitting opponents, exercising safely, identifying and solving problems and performing at maximum levels. (See SOW)</p>	
<p>Summer 1</p> <p><i>April - May</i></p>	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Theory Element – Active and Sedentary Lifestyles</p>	<p><b>Select and apply tactic to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Theory Element – Health and Fitness</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p>	<p>Students will focus on being taught the following theoretical components: Heart Rate, fitness components, effects of exercise.</p> <p>The theory elements of the course will allow students to have a knowledge and understanding of the benefits to a healthy active lifestyle and apply this to the own lives.</p>	
<p>Summer 2</p> <p><i>June - July</i></p>	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a</p>	<p><b>Select and apply tactic to succeed</b> Apply a variety of</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a</p>		

Curriculum Overview Template – KS3

	<p>variety of sports</p> <p>Theory Element – Blood Donation</p>	<p>different defensive and offensive tactics in a variety of sports</p> <p>Theory Element – Basic First Aid</p>	<p>variety of skills to outwit opponents.</p>		
<p>What do students learn? Combined these</p> <p><b>What will a student know by the end of a unit? Why?</b></p> <p><b>What will a student know by the end of a term? Why?</b></p> <p><b>What will a student know by the end of a year? Why?</b></p> <p>Yr 7 -Techniques to succeed – Students develop the foundations in a range of sports in order to be successful. These underpin the core skills for each sport.</p> <p>Yr 8 - Select and apply tactics to succeed – Students will build on last year and develop the ability to outwit opponents whilst maintaining high quality technique. This will be done for a range of sports focusing on both offensive and defensive skills.</p> <p>Yr 9 Making appropriate decisions to succeed – Students will apply these techniques and skills and tactics to full game situations.</p> <p>Units are tailored to the needs of the group. Activities are usually on the GCSE list, though some are adapted or simplified versions, or activities which use the basic/generic skills required for GCSE activities. Activities are often also those in which the Academy can field teams to enhance the more able and give extended opportunities.</p> <p>Theory Elements</p> <p>Through the delivery of 1 lesson a fortnight in year 7 and 8 students will look at some areas of the RSE curriculum that can be delivered through Physical Education. These are all focused on students leading a healthy active lifestyle.</p>			<p>Students have access to an extensive extra-curricular programme in a variety of activities.</p> <p>Students have chances to compete against local, area and county schools in a variety of competitions.</p> <p>Students are able to attend many trips to watch top level sport.</p> <p>Teacher to have an intriguing question or fact that will help students to develop an appreciation of Physical education. For example, in athletics show and mark out the distance of a world record in a particular event.</p>	<p><i>Resources</i></p> <p><i>Recommended resources</i></p> <p>Sport Specific</p>	

<p><b>What will a student know by the end of Key Stage 3? Why?</b></p> <p>Be able to apply skills, rules and tactics to a broad range of activities. Have developed their confidence in physical activity. Understand the importance of a healthy, active lifestyle. Be able to participate in a sport/activity of choice outside of school with identified pathways available. Have developed leadership qualities they can apply in a range of contexts.</p> <p><b>The above will allow them to continue in some form of physical activity or sport after school, living an healthy and active lifestyle</b></p> <p>Consider choosing an academic or vocational PE qualification – For those that have a passion for sport and potentially would like to have a career in this field.</p>		
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