


KS3 Curriculum Overview

	Components of Physical Education			Core knowledge	Hinterland knowledge
	New knowledge 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	Acquiring basic skills Students will learn basic skills which are used in a variety of sports Via – A range of team and individual sports	Skill development to succeed Students develop and refine specific skills in a variety of sports Via – A range of team and individual sports	Health and skill related components Students will gain knowledge of components of fitness and when they are used in a variety of sports Via – A range of team and individual sports	Acquiring basic skills Students will learn a number of basic skills e.g. passing/shooting that can be transferred into game play and across a variety of sports. Skill development to succeed Students will develop and refine specific skills in a variety of activities through outwitting opponents, exercising safely, identifying and solving problems and performing at maximum levels. Health and skill related components Students will be taught the different health and skill related components (cardiovascular endurance, muscular strength, muscular endurance, flexibility, agility, balance, coordination, power, reaction time and speed) and how they relate to different sports and activities.	Students can attend extra-curricular clubs to further enhance and broaden their skill set, knowledge and understanding. The PE team can direct students to a variety of local club links in numerous activities. Opportunities to go to live sporting events.
Autumn 2	Acquiring basic skills Students will learn basic skills which are used in a variety of sports Via – A range of team and individual sports	Skill development to succeed Students develop and refine specific skills in a variety of sports Via – A range of team and individual sports	Health and skill related components Students will gain knowledge of components of fitness and when they are used in a variety of sports Via – A range of team and individual sports		
Spring 1	Acquiring basic skills Students will learn basic skills which are used in a variety of sports Via – A range of team and individual sports	Skill development to succeed Students develop and refine specific skills in a variety of sports Via – A range of team and individual sports	Health and skill related components Students will gain knowledge of components of fitness and when they are used in a variety of sports Via – A range of team and individual sports		
Spring 2	Acquiring basic skills Students will learn basic skills which are used in a variety of sports Via – A range of team and individual sports	Skill development to succeed Students develop and refine specific skills in a variety of sports Via – A range of team and individual sports	Health and skill related components Students will gain knowledge of components of fitness and when they are used in a variety of sports Via – A range of team and individual sports		
Summer 1	Acquiring basic skills Students will learn basic skills which are used in a variety of	Skill development to succeed Students develop and refine specific skills in a variety of sports	Health and skill related components Students will gain knowledge of components of fitness and when they are		

	sports Via – A range of team and individual sports	Via – A range of team and individual sports	used in a variety sports Via – A range of team and individual sports		
Summer 2	Acquiring basic skills Students will learn basic skills which are used in a variety of sports Via – A range of team and individual sports	Skill development to succeed Students develop and refine specific skills in a variety of sports Via – A range of team and individual sports	Health and skill related components Students will gain knowledge of components of fitness and when they are used in a variety sports Via – A range of team and individual sports		
<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.</p> <p>What will a student know by the end of Key Stage 3? Why? Be able to apply skills to game play and identify components of fitness used in different activities and sport. 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.</p> <p>The above will allow them to continue in some form of physical activity or sport after school, living an healthy and active lifestyle 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>			<p>Students have access to 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 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>Resources Recommended resources</p> <p>Sport-specific equipment.</p> <p>Generic sports equipment.</p>	