TCS KS3 Physical Education Curriculum

Core PE

In KS3 pupils will develop their physical performance and their physical literacy to enable them to understand how to prepare and carry out physical activity safely and understand the effects of exercise on their body.

The pupils will be assessed against 4 aims:

Aim 1: Develop technical, skilful & tactical competence in practical performance
Aim 2: Develop physical confidence via fitness development & understating
Aim 3: Analyse practical skills and sports performance
Aim 4: Lead & have a knowledge of a healthy, active lifestyle

Year 7

Year 7 Boys	Sport	Assessment / Step Aims	Skill Development
Autumn 1	Baseline testing to establish entry steps level	1	The Year 7 Baseline test is made up of a range of sports and physical activities that pupils have focused on in KS1+2. These pupils will be assessed against Aim 1: Develop technical, skilful & tactical competence in practical performance. Each lesson contains a warm-up, a core task (conditioned game) and a full game to assess a step level for that sport. The sports and activities covered in the first 6-7 weeks, Netball (High 5), Athletics, Tag Rugby, Handball, Gymnastics, Striking and Fielding (Dartmoor 3 Ball), Football (Optional extra) Pupils will also do a PE Theory Test to assess their entry level of physical literacy and develop understanding of the Components of physical fitness.
Autumn 2	Rugby / Tag rugby	1,3	**Skills:** Tackling, short and long passing, rucking, scrum, **Tactics:** Team shape, Positions, Drawing players in, Creating an overload, passing it down the line.

			Pupils will also develop their understanding of the Components of skill related fitness.
Spring 1	Table tennis/ Badminton/Dance	1,3	**Skills:** Table Tennis: Serve, Push shot, Forehand drive, Slice/chop, spin Badminton: Serve, Overhead clear, drop shot, lift/clear, smash **Tactics:** Table tennis: Correct use of spin, using the table, sequencing your shots. Badminton: Sequencing your shots, moving your opponent around the court, identifying your opponent's weakness. Pupils will also learn why fitness components are important to be able to successfully meet the physical & skill related demands of the sport in order to reach optimal performance
Spring 2	Football	1,4	**Skills:** Tackling, short and long passing, Shooting, dribbling, first touch. **Tactics:** Team shape, Drawing players in, Creating an overload, Positions, when to use certain passes. Pupils will also learn why fitness components are important for being able to perform efficiently and giving due consideration to the type of event/position played.
Summer 1	Athletics	1,3	**Skills:** Sprint start, Different jump techniques, Javelin techniques, Shot put techniques **Tactics:** Pacing Pupils will also learn about exercise intensity and how it can be determined: intensity, target zones and training thresholds, Borg Scale / Rate of Perceived Exertion (RPE)
Summer 2	Cricket	1,3	**Skills:** Bowling (spin), Throwing, Catching, Defence shot, Cover drive, Pull shot **Tactics:** Aim to space, Passing to people, Where to place people for fielding Pupils will also learn about exercise intensity and how it can be determined: the relationship between RPE and heart rate and Application of the FITT principles to training methods.

Year 7 Girls	Sport	Assessment / Step Aims	Skill Development
Autumn 1	Baseline testing	1	The Year 7 Baseline test is made up of a range of sports and physical activities that pupils have focused on in KS1+2. These pupils will be assessed against Aim 1: Develop technical, skilful & tactical competence in practical performance. Each lesson contains a warm-up, a core task (conditioned game) and a full game to assess a step level for that sport. The sports and activities covered in the first 6-7 weeks, Netball (High 5), Athletics, Tag Rugby, Handball, Gymnastics, Striking and Fielding (Dartmoor 3 Ball), Football (Optional extra) Pupils will also do a PE Theory Test to assess their entry level of physical literacy and develop understanding of the Components of physical fitness.
Autumn 2	Netball	1,3	**Skills:** Footwork, different types of passing, defending, shooting. **Tactics:** Team work, rules, creating space, passing into space, learning Positions. Pupils will also develop their understanding of the Components of skill related fitness.
Spring 1	Football	1,4	**Skills:** Tackling, short and long passing, Shooting, dribbling, first touch. **Tactics:** Team shape, Drawing players in, Creating an overload, Positions, when to use certain passes. Pupils will also learn why fitness components are important to be able to successfully meet the physical & skill related demands of the sport in order to reach optimal performance
Spring 2	Gymnastics / Badminton	1,3	**Skills:** Badminton: Serve, Overhead clear, drop shot, lift/clear, smash **Gymnastics:** Balance, Counter balance, Travel, jumps **Tactics:** Badminton: Sequencing your shots, moving your opponent around the court, identifying your opponent's weakness. **Gymnastics** Fluency, execution, control, pair work

			Pupils will also learn why fitness components are important for being able to perform efficiently and giving due consideration to the type of event/position played.
Summer 1	Athletics	1,3	**Skills:** Sprint start Different jump techniques Javelin techniques Shot put techniques **Tactics:** Pacing Pupils will also learn about exercise intensity and how it can be determined: intensity, target zones and training thresholds, Borg Scale / Rate of Perceived Exertion (RPE)
Summer 2	Rounders	1,3	**Skills:** Bowling (spin), Throwing, Catching, Batting, Base work **Tactics:** Aim to space, Passing to people, Where to place people for fielding, Spatial awareness. Pupils will also learn about exercise intensity and how it can be determined: the relationship between RPE and heart rate and Application of the FITT principles to training methods.

Year 8

Year 8 Boys	Sport	Assessment / Step Aims	Skill Development
Autumn 1	Rugby / Tag Rugby	1,4	**Skills:** Tackling, short and long passing, rucking, scrum, kicking, line outs. **Tactics:** Team shape, Drawing players in, Creating an overload, passing it down the line, Positions. Pupils will also learn the basic principles of training (FITT): Frequency, Intensity, Time, Type and how to use these in a training programme.
Autumn 2	Fitness suite / Circuits	2,4	**Skills:** Safe, correct use of equipment Using gym effectively. How to design a fitness program How to use Training principles Pupils will also learn about the additional principles of training: Progressive overload, Specificity, Individual needs, Adaptation, Reversibility, Variation, Rest and recovery.
Spring 1	Trampolining / Basketball	1,3	**Skills:** Trampolining:

			Creating air time, Seat landing, Front Landing, Back landing, Rotation, Front/back summersaults <u>Basketball:</u> Dribbling, 3 different passes, Jump/set shot, Layup, Tackling / intercepting **<u>Tactics:</u>** <u>Trampolining:</u> Sequencing, Linking <u>Basketball:</u> When to sue each type of pass, When to use each shot, Channelling, Counter attacking. Pupils will also learn the requirements for undertaking the fitness training method, including warm-up and cool down and how to apply the basic principles of training (FITT) for each fitness training method.
Spring 2	Football / gymnastics / Parkour	1,4	**<u>Skills:</u>** <u>Football:</u> Tackling, short and long passing, Shooting, dribbling, first touch crossing, heading. <u>Gymnastics/Parkour:</u> Take off, Landing, Vaults, Rotation, Rolls, Sequencing **<u>Tactics:</u>** <u>Football:</u> Team shape, Drawing players in, Creating an overload, Positions, when to use certain passes. Pupils will also learn the Safe, correct use of equipment and training techniques and how to effectively apply the principles of training
Summer 1	Softball / Ultimate Frisbee	2,3	**<u>Skills:</u>** Bowling, Throwing, Catching, Base play, Batting Rules of the Game **<u>Tactics:</u>** Aim to space, Passing to people, Where to place people for fielding Pupils will also learn about the different methods of training and their advantages and disadvantages.
Summer 2	Athletics / Volleyball	1,3	**<u>Athletic Skills:</u>** Sprint start, Different jump techniques, Javelin techniques, Shot put techniques **<u>Volleyball Skills</u>** Serving, digging, setting, hitting, blocking, rules of the game **<u>Athletic Tactics:</u>** Pacing, passing at a height in high jump **<u>Volleyball Tactics:</u>** Using 3 players, positioning, playing to opponents weaknesses

			Pupils will also learn how to link the methods of training to the components of fitness they want to improve

Year 8 Girls	Sport	Assessment / Step Aims	Skill Development
Autumn 1	Netball	1,4	**Skills:** Defending, short and long passing, shooting, throw in's, footwork. **Tactics:** Defensive strategies, game plans, set plays, different Positions. Pupils will also learn the basic principles of training (FITT): Frequency, Intensity, Time, Type and how to use these in a training programme.
Autumn 2	Dance	2,4	**Skills:** Different styles of dance, How to choreograph a routine, Develop movements into a routine. Pupils will also learn about the additional principles of training: Progressive overload, Specificity, Individual needs, Adaptation, Reversibility, Variation, Rest and recovery.
Spring 1	Gymnastics / football	1,4	**Skills:** Football: Tackling, short and long passing, Shooting, dribbling, first touch crossing, heading. Gymnastics Take off, Landing, Vaults, Rotation, Rolls, Sequencing **Tactics:** Football: Team shape, Drawing players in, Creating an overload, Positions, when to use certain passes. Pupils will also learn the requirements for undertaking the fitness training method, including warm-up and cool down and how to apply the basic principles of training (FITT) for each fitness training method.
Spring 2	Trampolining	1,3	**Skills:** Creating air time, Seat landing, Front Landing, Back landing, Rotation, Front/back summersaults **Tactics:** Sequencing, Linking, Routines Pupils will also learn the Safe, correct use of equipment and training techniques and how to effectively apply the principles of training
Summer 1	Athletics	1,3	**Skills:** Sprint start Different jump techniques Javelin techniques

			Shot put techniques **Tactics:** Pacing, Passing height in High Jump Pupils will also learn about the different methods of training and their advantages and disadvantages.
Summer 2	Rounders	2,3	**Skills:** Bowling styles Throwing Catching Rules of the Game **Tactics:** Aim to space Passing to people Where to place people for fielding Pupils will also learn how to link the methods of training to the components of fitness they want to improve

Year 9

Year 9 Boys	Sport	Key ass/Step Aim	Skill Development
Autumn 1	Baseline fitness Test's / Rugby	2,4	Pupils will carry out fitness tests for these components of fitness: flexibility: sit and reach test, strength: grip dynamometer, aerobic endurance: 12 minute run, speed: 35m sprint, speed and agility: Illinois agility run test, anaerobic power: vertical jump test, muscular endurance: one-minute press-up, one-minute sit-up, body composition: BMI, Skinfold testing Pupils will understand the methods of the test and how to use normative data to analyse tests. Rugby Skills Pushing in the scrum, lineouts, effective use of kicking, and effective use of strategy in gameplay.
Autumn 2	Football / basketball	1,4	**Skills:** Football: Tackling, short and long passing, Shooting, dribbling, first touch crossing, heading. Basketball: Dribbling, 3 different passes, Jump/set shot, Layup, Tackling / intercepting and positions **Tactics:** Football: Team shape, Drawing players in, Creating an overload, Positions, when to use certain passes. Basketball:

			When to sue each type of pass, When to use each shot, Channelling, Counter attacking. Pupils will also learn the Importance of fitness testing to sports performers and coaches and goal setting to give a performer something to aim for.
Spring 1	Gymnastics/ Tramp	1,3	**Skills:** Gymnastics/Parkour: Take off, Landing, Vaults, Rotation, Rolls, Sequencing Trampolining: Creating air time, Seat landing, Front Landing, Back landing, Rotation, Front/back summersaults **Tactics:** Trampolining: Sequencing, Linking, routines / competition scoring Pupils will learn how to prepare effectively for exercise and testing.
Spring 2	Fitness suite / Circuits	2,4	**Skills:** Safe, correct use of equipment Using gym effectively. How to design a fitness program How to use Training principles Pupils will learn the Requirements for administration of each fitness test and carry out further tests including the 1 rep max test
Summer 1	Athletics / Fitness retest	1,2	**Skills:** Sprint start Different jump techniques Javelin techniques Shot put techniques **Tactics:** Pacing, throw and jump competition tactics Pupils will also undergo fitness retesting and analyse the results to show improvement as a result of their fitness training and see how this impacts different athletics events.
Summer 2	Cricket / softball / Volleyball	1,3	**Cricket / Softball Skills:** Bowling, Throwing, Catching, Batting, Rules of the Game **Tactics:** Aim to space, Passing to people, Where to place people for fielding **Volleyball Skills**

			Serving, digging, setting, hitting, blocking, rules of the game **<u>Volleyball Tactics:</u>** Using 3 players, positioning, playing to opponents weaknesses Pupils will also develop the ability suggest and justify appropriate recommendations for improvements to fitness and suggest and justify appropriate fitness training methods that could be used.

Year 9 Girls	Sport	Key ass/Step Aim	Skill Development
Autumn 1	Baseline fitness Test's / Invasion Game	2,4	Pupils will carry out fitness tests for these components of fitness: flexibility: sit and reach test, strength: grip dynamometer, aerobic endurance: 12 minute run, speed: 35m sprint, speed and agility: Illinois agility run test, anaerobic power: vertical jump test, muscular endurance: one-minute press-up, one-minute sit-up, body composition: BMI, Skinfold testing Pupils will understand the methods of the test and how to use normative data to analyse tests. <u>Invasion games</u> Gameplay, positional awareness, footwork, dodging and marking, intercepting
Autumn 2	Netball / basketball	1,4	**<u>Skills:</u>** <u>Netball:</u> Footwork, passing, shooting, defending <u>Basketball:</u> Dribbling, 3 different passes, Jump/set shot, Layup, Tackling **<u>Tactics:</u>** <u>Netball:</u> Team positioning, Drawing players in, Creating space, Positions, when to use certain passes. <u>Basketball:</u> When to sue each type of pass, When to use each shot, Channelling, Counter attacking. Pupils will also learn the Importance of fitness testing to sports performers and coaches and goal setting to give a performer something to aim for.
Spring 1	Gymnastics / Trampolining	1,3	**<u>Skills:</u>** <u>Gymnastics:</u> Take off, Landing, Vaults, Rotation, Rolls, Sequencing <u>Trampolining:</u> Creating air time, Seat landing, Front Landing, Back landing, Rotation, Front/back summersaults

			Tactics: Trampolining: Sequencing, Linking, routines and competition scoring Pupils will learn how to prepare effectively for exercise and testing.
Spring 2	Fitness suite / Circuits	2,4	**Skills:** Safe, correct use of equipment, Using gym effectively. How to design a fitness program, How to use Training principles Pupils will learn the Requirements for administration of each fitness test and carry out further tests including the 1 rep max test
Summer 1	Athletics/Fitness retest	1,2	**Skills:** Sprint start Different jump techniques Javelin techniques Shot put techniques **Tactics:** Pacing, throw and jump competition tactics Pupils will also undergo fitness retesting and analyse the results to show improvement as a result of their fitness training and see how this impacts different athletics events.
Summer 2	Rounders	1,3	**Rounders Skills:** Bowling, Throwing, Catching, post play, fielding, Rules of the Game **Rounders Tactics:** Aim to space, Passing to people, Where to place people for fielding **Volleyball Skills** Serving, digging, setting, hitting, blocking, rules of the game **Volleyball Tactics:** Using 3 players, positioning, playing to opponents weaknesses Pupils will also develop the ability suggest and justify appropriate recommendations for improvements to fitness and suggest and justify appropriate fitness training methods that could be used.