

KS3 Core PE Curriculum Maps

Term	Year 7			Year 8			Year 9		
	Topic	Knowledge	Skill	Topic	Knowledge	Skill	Topic	Knowledge	Skill
Terms 1 & 2	Football Introduce and develop fundamental football skills and apply into small sided games	Attacking and defending principles. How to apply skills in a game.	Passing and receiving. Running with the ball. Shooting. Finding space. Defending.	Football Develop football skills in isolated practice and apply skills and strategies to larger sided games.	Finding and exposing space. Decision making. Application of rules.	Passing and receiving. Dribbling. Evading defenders. Ball control. Defending - marking and tackling	Football Refining fundamental skills and develop more advanced skills and apply to larger games.	Attacking and defensive principles. Exploiting space. Decision making.	Passing and receiving. Dribbling and evading defenders. Ball control. Marking and tackling.
	Rugby Introduce and develop fundamental rugby skills and apply into small sided games.	Attacking and defending principles. How to apply skills in a game.	Passing and receiving. Finding space. Front on Tackling.	Rugby Develop rugby skills in isolated practice and apply skills and strategies to larger sided games.	Creating overlaps. Closing space (when defending). Decision making. Application of rules.	Passing and receiving. Evading defenders. Side-on tackling.	Rugby Refining fundamental skills and develop more advanced skills and apply to larger games.	Attacking and defensive principles. Exploiting space. Decision making. Defensive line.	Passing and receiving over longer distances and in tighter spaces. Set moves (scissors, run-around etc.)
	Netball Introduce and			Netball Develop netball			Netball		

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	develop fundamental netball skills and apply into games.	Attacking and defending principles. What Positions. How to apply skills in a game.	Passing and receiving. Footwork. Shooting. Finding space. Marking.	skills in isolated practice and apply skills and strategies to games.	Finding and exposing space. Decision making. Application of rules.	Passing and receiving. Evading defenders. Footwork. Defending. Marking and intercepting	Refining fundamental skills and develop more advanced skills and apply to games in multiple positions.	Attacking and defensive principles. Exploiting space. Decision making.	Passing and receiving. Footwork. Evading defenders. Marking.
	Trampolining Students will be able to perform basic skills and link them together. Spatial awareness. Performing routines. Evaluate performance.	Recognising good performance How to make movements look aesthetically pleasing. Basic workings of a trampoline. Safety.	Shaped jumps, turns/twists. Body landings Rotation. Controlled bouncing.	Trampolining Students will be able to perform more advanced skills and link them together in set routine. Spatial awareness performing routines. Evaluate performance.	Recognising good performance How to make movements look aesthetically pleasing. How to learn and replicate a routine. Safety.	Shaped jumps, turns/twists. Rotation. Body landings. Controlled bouncing.	Trampolining Students will be able to perform basic skills and link them together. Spatial awareness. Performing routines including those developed independently. Evaluate performance.	Recognising good performance How to make movements look aesthetically pleasing. Creating a routine.	Shaped jumps, turns/twists. Rotation. Somersaulting. Controlled bouncing.
	Fitness			Fitness			Fitness		

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	Learn the basics of monitoring and participating in training.	Training zones. Warm up and cool down. Short term and long term effects of exercise. Different training methods. Muscle groups.	Ability to warm up and cool down. Measuring heart rate. Identifying muscle groups. Recognise key training methods and their purpose. Ability to self assess effort and performance.	Adapt basic training routines to meet specific demands. Recognising different athletes need different training.	Fitness Training zones. Warm up and cool down Short term and long term effects of exercise. Components of fitness. Different training methods. Muscle groups.	Ability to warm up and cool down. Measuring heart rate. Identifying muscle groups. Recognise key training methods and their purpose. Ability to self assess effort and performance.	Developing training methods for personal fitness. Evaluating success and improvements in own plans.	Fitness Training zones. Warm up and cool down. Short term and long term effects of exercise. Different training methods. Muscle groups.	Ability to warm up and cool down. Measuring heart rate. Identifying muscle groups. Recognise key training methods and their purpose. Ability to self assess effort and performance.
	Gymnastics Students will be able to perform basic skills and link them together. Spatial awareness Creating and performing routines. Evaluate performance.	Recognising good performance. How to make movements look aesthetically pleasing. Collaborative working Safety	Shaped jumps, turns/twists. Balances. Rolls/						
	Dance								

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	Topic	Knowledge	Skill	Topic	Knowledge	Skill	Topic	Knowledge	Skill
	Timing movements to music. Spatial awareness. Performing routines and adding own choreography.	Counts of 8 Working on the count. How to make movement aesthetically pleasing.	Cannon Synchronisation Basic and more advanced dance movements						
				Basketball Introduce and develop fundamental basketball skills and apply into small-sided games.	Attacking and defending principles. How to apply skills in a game.	Passing and receiving. Running with the ball. Shooting/lay-up. Finding space. Defending.	Basketball Develop basketball skills in isolated practice and apply skills and strategies to larger sided games.	Finding and exposing space. Decision making. Application of rules.	Passing and receiving. Dribbling. Evading defenders. Ball control. Defending – zone and man-to-man.
	Hockey Introduce and develop fundamental hockey skills and apply into small sided games	Attacking and defending principles. How to apply skills in a game.	Passing and receiving. Running with the ball. Shooting. Finding space. Defending.	Hockey Develop hockey skills in isolated practice and apply skills and strategies to larger sided games.	Finding and exposing space. Decision making. Application of rules	Passing and receiving. Dribbling. Evading defenders. Ball control. Defending - marking and tackling	Hockey Refining fundamental skills and develop more advanced skills and apply to larger games.	Attacking and defensive principles. Exploiting space. Decision making	Passing and receiving. Dribbling and evading defenders. Ball control. Marking and tackling.



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				<p><u>Volleyball</u> Four fundamental volleyball shots in isolation and developed into game.</p>	<p>Basic rules. How to create attacking opportunities. How to order the shots. Decision Making.</p>	<p>Dig, volley, spike and serve. Positioning on court. Decision making</p>	<p><u>Volleyball</u> Four fundamental volleyball shots in isolation and developed into game.</p>	<p>Basic rules. How to create attacking opportunities. How to order the shots. Decision Making.</p>	<p>Playing dig, volley and spike in combination. Positioning on court. Decision making. Maintaining positions.</p>
				<p><u>OAA</u> Teamwork and communication . Following instructions. Reading a map. Recognising physical features in real life and on the map.</p>	<p>Finding north. Recognising symbols. Giving and receiving instructions to each other.</p>	<p>Orientating the map. Placing yourself on the map, getting from one place to another using the map.</p>			
Term 3	<p><u>Cricket</u> Learning the basic principles of batting,</p>	<p>Awareness of basic fielding principles. Understand bowling</p>	<p>Batting technique (including footwork)</p>	<p><u>Cricket</u> Develop batting, bowling and</p>	<p>When to use different fielding techniques.</p>	<p>Playing straight and square of the wicket. Attacking and defending.</p>	<p><u>Cricket</u> Advanced batting, bowling and</p>	<p>When to take risks in the field. Placing the ball away from</p>	<p>Playing legside and offside Bowling spin. Consolidating fielding skills.</p>



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	bowling and fielding. Awareness of basic rules.	techniques and tactics. Fundamental batting skills. Understanding of scoring and how to win. Knowledge of where to place fielders. Decision making in fielding, batting and running between the wickets.	High/low catching, Long barrier. Throwing. Bowling.	fielding principles. More complex rules.	Attacking and defending when batting. Varying line and length when bowling.	Bowling short, length, and full. Returning the ball.	fielding principles. Develop larger games.	fielders. How to bowl spin.	
	Rounders Introduce fundamental rounders skills and apply to games	Pitch shape and knowledge of lines. Rules of running and fielding at bases. No-balls. An understanding	Hitting the ball into play. Bowling consistently. High/low catches. Stopping the ball. Throwing to the correct base.	Rounders Develop fundamental rounders skills and apply to games.	Decision making i.e. when to run and when to stay. How to prevent rounders being scored. Applying rules to games.	Hitting into spaces. Ball retrieval and returning to base. Varying bowling to make batting more difficult.	Rounders Develop more advanced rounders skills and apply to games.	Hitting the ball away from fielders. Moving fielders to where ball is more likely to go. Reducing run scoring opportunities.	Hitting ball to less natural places. Fielding in multiple positions. Applying into full games.



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	Topic	Knowledge	Skill	Topic	Knowledge	Skill	Topic	Knowledge	Skill
		of tactics in batting fielding and running.							
	Tennis Introduce fundamental tennis skills into a game	Grip and stance. Court markings. Develop a rally. Apply basic rules in service line game.	Basic forehand and backhand. Serving.	Tennis Develop fundamental skills to play more competitively.	How to move opponent around the court. “Ready” position. Developing knowledge of rules.	Develop forehand and backhand techniques with spin. Hitting serves to different parts of the court.	Tennis Introduce more advanced skills into games.	Building a rally to create space. Knowledge of rules and applying into a game. Exploiting the weakness of an opponent.	Selecting shots (inc. spin and power) for the situation.
	Athletics Basic principles of running, jumping and throwing events.	Warming-up appropriately. Health and safety. Selecting take off foot for jumps and run-up. Maximising power in throwing events. Starting position for running events.	Knee drive. Stride length. Chin-knee-toe. Scissors action. Rotation. Baton change. Pacing.	Athletics Develop running, jumping and throwing techniques.	Warming up for different activities. Health and safety. Marking out and using a run up. Creating momentum for throwing events. Body position and arm drive for sprinting. Stride length.	Run-up/approach. Fosbury Flop. Sprint starts. Angle of release.	Athletics Further develop running, jumping and throwing techniques.	Warming up for different activities. Health and safety. Marking out and using a run up. Maximising power and momentum for throwing events. Optimal body position and	Run-up/approach. Fosbury Flop. Sprint starts. Angle of release.

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	Topic	Knowledge	Skill	Topic	Knowledge	Skill	Topic	Knowledge	Skill
		Pacing in long distance running. Use of arms and legs when running. Rules around baton changin.g			When to increase pace in distance events.			arm drive for sprinting. Stride length. When to increase pace in distance events.	

	Start Point	End Point	Misconceptions
<u>Invasion games</u>	Understanding how to score. Basic passing and receiving skills.	Better developed skills. Execution of tactics and strategies.	Passing to the “best” player in all situations. Dribbling/running with the ball too often. Shooting/attempting to score at inappropriate times.
<u>Net/wall games</u>	Hitting to the other side of the net. Holding a bat/racket.	Play competitive rally/game. Use a range of shots.	Power is more important than control.
<u>Striking and Fielding games</u>	Hitting the ball. Understanding the different ways to score a run/rounder. Catching and throwing the ball.	Planning how best to score/when to take risks. Range of ways to hit the ball. Hitting the ball to different areas. Different ways to field a ball.	Power over placement/control. You always have to run for as long as you can.
<u>Aesthetic activities</u>	Moving in time to music. Creating different shapes with your body.	Following a planned sequence and adding your own interpretation to it.	Difficult moves done badly are better than simple moves done very well.

<p><u>Athletics</u></p>	<p>Basic run, jump and throw skills.</p>	<p>Recognise common concepts between different throwing events and applying them.</p> <p>Recognise common concepts between different running events and applying them.</p> <p>Recognise common concepts between different jumping events and applying them.</p>	<p>Looking to see where your competitors are when running sprints.</p> <p>Strength and power will beat technique.</p> <p>Jumping off 'near' foot when high jumping.</p>
<p><u>OAA</u></p>	<p>Matching a feature in front of you with a feature on a map.</p>	<p>Plan how to get from one place to another by the quickest route based on map features.</p>	<p>Not orientating the map to match north and/or the features in front of you.</p>
<p><u>Fitness</u></p>	<p>Doing more exercise makes you fitter.</p>	<p>Understand how to train for different sports/components of fitness.</p>	<p>Trying to lift the same amount as someone else is important.</p> <p>You should always work 'flat-out'.</p> <p>You don't have to plan what you do to get fit.</p>