



KS3 Curriculum Map

PE / NATIONAL CURRICULUM: Rising Stars

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 7	<p>Basketball (indoor / outdoor)</p> <p>Attempt to dribble the ball with my good hand Try to pass the ball Attempt a set shot Play in a game but still need guidance as to where I should be and what to do</p>	<p>Badminton</p> <p>Hold a racket and attempt to hit forehand and backhand shots</p> <p>Play a 1 or 2 shot rally with a partner</p> <p>Attempt a basic serve</p> <p>Attempt forehand 'up bounces'</p>	<p>Health related Fitness</p> <p>Skill replication in a range of fitness activities that test physical capacity. Basic understanding of the way the body responds to exercise Warm up/cool down movements Circuit movements Tests for components of fitness Simple measurements of the body – heart rate</p>	<p><u>Hockey</u> / Rugby</p> <p>Knowledge</p> <p>Principles of attack and defence Finding and using space Different marking, covering, delaying strategies Application of modified game rules Passing/Receiving Dribbling Ball control Shooting Defending/block tackle</p>	<p>Athletics</p> <p>Understand the need to use my arms when running Understand the commands 'Take your marks, Set, Go' Show I know track includes relay, sprint, middle and long distances Show I know I should take off from 1 foot on land on 2 feet Understand what is meant by 'take off board' Know the difference between long jump and triple jump Hold the shot putt correctly and know why I need a high elbow Understand the shot putt is measured to where it lands Understand what makes a 'no throw' in javelin and shot putt Stand correctly to do a static throw</p>	<p>Rounders / Cricket</p> <p>Understand scoring and basic pitch positions Demonstrate throwing and catching actions over short distances Adopt the correct batting stance with good grip Demonstrate the correct bowling action with some consistency Perform a 'long barrier' and throw accurately using basic underarm and overarm throws Influence the game in either batting or fielding Anticipate and adjust my position according to the pace of the ball and successfully field the ball coming at different heights and speeds Select and apply attacking and defensive shots</p>
Year 8	<p>Basketball (indoor / outdoor)</p> <p>Demonstrate what chest and bounce passes are</p>	<p>Badminton</p> <p>Hold a racket and sometimes hit forehand and backhand shots Play a 3 or 4 shot rally with a partner</p>	<p>Health related Fitness</p> <p>Skill replication in a range of fitness activities that test physical capacity.</p>	<p><u>Hockey</u> / Rugby</p> <p>Principles of attack and defence Finding and using space</p>	<p>Athletics</p> <p>Explain the differences of sprint, middle and long distance races</p>	<p>Rounders / Cricket</p> <p>Understand scoring and basic pitch positions Demonstrate throwing and catching actions over short distances</p>



KS3 Curriculum Map

PE / NATIONAL CURRICULUM: Rising Stars

	<p>Dribble the ball in a straight line with my good hand</p> <p>A basic set shot but often miss</p> <p>A basic pivot</p>	<p>Complete a basic serve</p> <p>Complete forehand 'up bounces' at least 5 times</p>	<p>Basic understanding of the way the body responds to exercise</p> <p>Warm up/cool down movements</p> <p>Circuit movements</p> <p>Tests for components of fitness</p> <p>Simple measurements of the body – heart rate</p>	<p>Different marking, covering, delaying strategies</p> <p>Application of modified game rules</p> <p>Passing/Receiving</p> <p>Dribbling</p> <p>Ball control</p> <p>Shooting</p> <p>Defending/block tackle</p>	<p>Understand what is meant by the term 'pacing'</p> <p>Explain the 'hop step jump' technique of triple jump</p> <p>Explain the importance of using my arms to create more power</p> <p>Be able to perform a standing long jump correctly</p> <p>Explain the rules of both long jump and triple jump</p> <p>Explain all the rules of throwing events</p> <p>Understand how to measure during throwing events</p>	<p>Adopt the correct batting stance with good grip</p> <p>Demonstrate the correct bowling action with some consistency</p> <p>Perform a 'long barrier' and throw accurately using basic underarm and overarm throws</p> <p>Influence the game in either batting or fielding</p> <p>Anticipate and adjust my position according to the pace of the ball and successfully field the ball coming at different heights and speeds</p> <p>Select and apply attacking and defensive shots</p>
--	--	--	--	---	--	---



KS3 Curriculum Map

PE / NATIONAL CURRICULUM: Rising Stars

<p>Year 9</p>	<p>Basketball (indoor / outdoor) Pass and catch accurately with a partner Dribble keeping the bounce of the ball under control Pivot a little bit but can't do it in a game yet Shoot a set shot with the right technique successfully Play in games with increased confidence</p>	<p>Badminton Hold a racket correctly Play an overarm hit which crosses the service line Complete an underarm serve Play a rally with a partner, including different shots Understand the rules of service and scoring</p>	<p>Health related Fitness Skill replication in a range of fitness activities that test physical capacity. Use a range of health and fitness terminology. Understanding of the way the body responds to exercise. Warm up & cool down routines/movements. Circuit movements Tests for components of fitness Boxercise techniques Difference in running for speed/endurance</p>	<p>Hockey / Rugby Principles of attack and defence Finding, using and denying space Making decisions quickly and efficiently Application of game rules Understanding how to work as a team effectively Skills Passing/Receiving Dribbling – open and reverse side Ball control Shooting Defending/Tackling</p>	<p>Athletics Explain the differences of sprint, middle and long distance races Understand what is meant by the term 'pacing' Explain the 'hop step jump' technique of triple jump Explain the importance of using my arms to create more power Be able to perform a standing long jump correctly Explain the rules of both long jump and triple jump Explain all the rules of throwing events Understand how to measure during throwing events</p>	<p>Rounders / Cricket Throw, catch and stop the ball Demonstrate a static bowling action Demonstrate the correct batting technique making contact some of the time Use the correct technique in defensive and attacking shots making contact most of the time Apply variation of height, speed and spin to outwit the batsman Field from all positions and communicate effectively with my team mates Control my shots and place the ball dependent on field position</p>
----------------------	---	--	--	--	---	--