

## Curriculum Mapping: Physical Education Year 7-9

Our KS3 Physical Education curriculum offers a broad and balanced range of activities following National Curriculum recommendations. Carefully constructed programmes of study engage, support and motivate pupils to become competent, creative and reflective movers. We have devised a curriculum programme that is aspirational and based upon the needs of our pupils. The sequencing of topic delivery is determined by seasonal consideration and availability of facilities.

Year	Autumn		Spring		Summer	
Year 7 – Fundamental Skills	Invasion Games Swimming Activities	Aesthetic Activities Net Games	Health & Fitness Aesthetic Activities	Outdoor & Adventurous Activities Invasion Games	Striking & Fielding Games Swimming Activities	Athletic Activities Net Games
	<b>Concepts/Tier 3 vocabulary</b> Netball, Rugby, Trampoline, Lacrosse, Badminton, Handball Front crawl, Back Stroke, Breast Stroke, Butterfly  <i>Perfect model, Listening Skill, Honesty</i>		<b>Concepts/Tier 3 vocabulary</b> Football, Basketball, Cross Country, Dance, Orienteering, Table Tennis Types of training e.g. Continuous, Interval, Fartlek  <i>Resilience, Problem Solving, Choreography</i>		<b>Concepts/Tier 3 vocabulary</b> Rounders, Track & Field Athletics, Short Tennis/Tennis, Cricket Front crawl, Back Stroke, Breast Stroke, Butterfly  <i>Personal best, Sportsmanship, Respect</i>	
	<b>Justification:</b>  Pupils build on and embed the physical development and skills learned in key stages 1 and 2. They become more competent and confident in performing their fundamental motor skills and apply them in a wide range of different physical activities.	<b>Justification:</b>  Pupils are taught to develop their techniques and improve their performance in competitive sports, for example how to perform basic shapes in trampolining or the timing of the arm and leg actions in swimming.	<b>Justification:</b>  Students develop their understanding of what skills are required to be successful in team games for example passing & tackling in rugby and football.  In dance, pupils learn about motif development and choreographical devices.	<b>Justification:</b>  Students explore map skills in orienteering and participate in physical activity for sustained periods of time.  In Health & Fitness they will be taught why regular exercise has a benefit on their physical, mental and social well-being.	<b>Justification:</b>  In the Summer term pupils start to explore batting and fielding skills in cricket and rounders. In tennis, pupils learn to play basic forehand and backhand ground strokes, serves and volleys.	<b>Justification</b>  In athletics, pupils will experience a number of sprint and distance events. They will participate in jumping and throwing and will be able to explain how the relevant components of fitness help to improve performance e.g. co-ordination, reaction time, power, speed, balance and agility.
	<b>Assessment:</b> Students are awarded twelve assessed grades throughout year 7 for the range of activities, with a best fit grade reported home three times per year. Baseline assessments are completed in the first 6 lessons of the year which enable our young learners to be grouped according to games ability. Students are placed where we feel they will make the best progress, build confidence and maintain motivation. Where a student may excel in one specific activity, there is flexibility to move between groups to allow for stretch and challenge.					
<b>Cultural Capital:</b> Throughout year 7 students are encouraged to participate in a wide range of extra-curricular activities. The department offer before school, lunch time & after school clubs in order for our students to develop their skills and participate in healthy active lifestyles. We have a large number of school club links and ensure our students attend county and elite pathway programme trials. Our clubs are not restricted to the elite. We offer 'Sport for All' sessions as well as Academy training.						

		Autumn		Spring		Summer		
Year 8 – Games for Understanding		<b>Invasion Games</b>  <b>Swimming Activities</b>	<b>Aesthetic Activities</b>  <b>Net Games</b>	<b>Health &amp; Fitness</b>  <b>Aesthetic Activities</b>	<b>Outdoor &amp; Adventurous Activities</b>  <b>Invasion Games</b>	<b>Striking &amp; Fielding Games</b>  <b>Swimming Activities</b>	<b>Athletic Activities</b>  <b>Net Games</b>	
		<b>Concepts/Tier 3 vocabulary</b>  Netball, Rugby, Trampolining, Lacrosse, Badminton, Handball  Synchronised Swimming  <i>Outwitting Opponents, Communication</i>		<b>Concepts/Tier 3 vocabulary</b>  Football, Basketball, Cross Country, Dance, Orienteering, Table Tennis  Types of training e.g. Aerobics, Circuit  <i>Healthy Active Lifestyle, Physical Challenge, Trust</i>		<b>Concepts/Tier 3 vocabulary</b>  Rounders, Track & Field, Short Tennis / Tennis, Cricket  Water Polo  <i>Teamwork, Versatility, Independence</i>		
		<b>Justification:</b>  Pupils are taught to use and develop a variety of ways to overcome opponents in team and individual activities.  In football and netball, for example, pupils are taught when and why to use which pass. They are encouraged to explore the best way to get free, the use of channels and how to create space as well as close it down.	<b>Justification</b>  In synchronised swimming pupils develop the strokes practiced in year 7 and create routines in the water in time to music.  During badminton lessons, pupils work out how to outwit their opponent in half court and full court singles as well as learning the scoring systems, court markings and service rules.	<b>Justification:</b>  In this year's Health & Fitness unit of work students learn the benefits of regular exercise. We apply various tests that can be used to assess different components of fitness such as the 12 minute Cooper Run and the Multi-Stage Fitness Test.	<b>Justification:</b>  In orienteering, pupils take part in activities which present increasing levels of intellectual and physical challenge. Pupils are encouraged to work in a team, building on trust and develop skills to solve problems.	<b>Justification:</b>  Pupils are taught to analyse their own performance compared to previous ones.  Games are increasingly played to reinforce understanding of the skills developed in year 7. Pupils are encouraged to take on different roles within games such as bowling, batting, backstop / wicket keeper in cricket and rounders.	<b>Justification:</b>  Students revisit previously learned skills within their athletics lessons and extend their performances, for example by adding longer run ups in jumps or learning a glide in shot put.  Regular practice helps pupils to develop fluency, consistency and control. Pupils are encouraged to attend extra-curricular sessions and local clubs.	
		<b>Assessment:</b> Students are awarded twelve assessed grades throughout year 8 again, with a best fit grade reported home three times per year. It is expected that students will make at least half a level of progress each term. Teachers give regular verbal feedback to groups and individuals regarding knowledge of performance & knowledge of results. In year 8 there is an increased emphasis on pupils developing more intrinsic feedback and becoming less reliant upon extrinsic feedback.						
		<b>Cultural Capital:</b> Cross Curricular activities are evident in many lessons such as creating collages to act as stimuli in dance. Sports Day is an exciting opportunity for students to represent their house with pride and test their athletic skills in a competitive but friendly environment. Pupils participate in charity fund raising activities within their PE lessons, for example fancy dress Just Dance for Children in Need. Success and regular participation are celebrated on a daily basis on our Social Media platforms. A football & basketball tour to Barcelona is one highlight of the academic year for our year 8s.						

	Autumn		Spring		Summer	
<b>Year 9 – Coaching &amp; Officiating</b>	Invasion Games Swimming Activities	Aesthetic Activities Net Games	Health & Fitness Aesthetic Activities	Outdoor & Adventurous Activities Invasion Games	Striking & Fielding Games Swimming Activities	Athletic Activities Net Games
	<b>Concepts/Tier 3 vocabulary</b> Netball, Rugby, Trampolining, Lacrosse, Badminton, Handball Lifesaving & Personal Survival  <i>Understanding and applying rules &amp; regulations</i> <i>Observation and Analysis</i>		<b>Concepts/Tier 3 vocabulary</b> Football, Basketball, Cross Country, Dance, Orienteering, Table Tennis  Fitness testing & Personalised Exercise Programmes  <i>Organising tournaments, Physical &amp; Mental Wellbeing</i>		<b>Concepts/Tier 3 vocabulary</b> Rounders, Track & Field, Short Tennis / Tennis, Cricket  Water polo  <i>Leadership, Empathy</i>	
	<b>Justification:</b> Students continue to develop tactics and strategies for example different centre pass options in netball and doubles formations in badminton.	<b>Justification:</b> Staff support and encourage students to work together in order to participate and perform with increasing independence. In trampolining, for example, pupils learn how to judge routines and score in competitive situations.	<b>Justification:</b> In dance, pupils choreograph and present their own contemporary performances using the dance vocabulary and skills developed in years 8&9.	<b>Justification:</b> During Health & Fitness lessons, specific theoretical knowledge is imparted in preparation for GCSE PE.	<b>Justification:</b> Pupils are challenged to demonstrate improvement and to achieve their personal bests for example in 100m or long jump.  Pupils develop their organisational skills by running their own mini tournaments.	<b>Justification:</b> Pupils are taught how to undertake roles such as coach or officiator in order to develop transferable skills for the future such as effective communication and leadership.
	<b>Assessment:</b> Students are awarded twelve assessed grades throughout year 9, with a best fit grade reported home three times per year. There is an increased emphasis on self and peer assessment this year, to aid understanding of how to improve their own and others' performance. Pupils who show an aptitude for Physical Education are encouraged to attend GCSE fast track lessons so that they are aware of the examination course requirements.					
	<p><b>Cultural capital:</b> Many students help coach and officiate lower school teams and we provide opportunities for our students to gain officiating qualifications such as Basketball Referee Level 1. Cross Curricular activities continue to feature in many lessons such as developing mathematical skills when measuring in orienteering and plotting graphs during fitness testing. In the Summer term we offer a cricket &amp; netball tour to Barbados. Any Key Stage 3 pupil who has represented the school is invited to attend our annual Sports Awards Evening where certificates are presented to celebrate representative honours and trophies are awarded for Player of the Year in over 20 different activities.</p> <p><b>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. These principles complement our whole school values (THRIVE) and our school ethos of 'Be The Best You Can Be'.</b></p>					