



# KS3 Physical Education

## Introduction

Pupils should build on and embed the physical development and skills learned in PE, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the long-term health benefits of physical activity.

## Year 7

Term 1	Topics: 1. Health & Fitness 2. Specific games: Badminton, netball, futsal
	Scope: 1. The importance of warming up and cooling down in all sports. 2. The importance of maintaining and living a healthy lifestyle. 3. Improve overall fitness levels and core strength.
Term 2	Topics: 1. Specific games: Football & Tennis
	Scope: <b>The core skills of football:</b> 2. Passing and receiving (ball control using both foot and thigh). 3. Dribbling - close control, use of the inside and outside of the dominant foot. 4. Shooting - short and long range with dominant foot, half volley. 5. Tackling - block, lunge, slide. 6. Heading – distance and height.  <b>The core skills of tennis:</b> 1. Underarm serve. 2. Forehand groundstroke. 3. Backhand groundstroke. 4. Dropshots (forehand and backhand). 5. Volleys (forehand and backhand). 6. Simple cooperative games. 7. The rules of the game (taught in line with the core skills).
Term 3	Topics: Specific game: Handball

	<p>Scope:</p> <p><b>Core skills of handball:</b></p> <ol style="list-style-type: none"> <li>1. Passing – shoulder, side wrist, bounce, feint (stationary and on the move).</li> <li>2. Receiving – making a target (signalling), one/two handed catch – stationary and on the move, intercepting.</li> <li>3. Shooting – standing, jump, hip.</li> <li>4. Moving with the ball – dribbling/dodging.</li> <li>5. Jockeying/marketing/blocking/tackling.</li> </ol> <p><b>Rules:</b></p> <ol style="list-style-type: none"> <li>1. Passing – Any form of passing is allowed in handball but we want to see one hand passing at all times.</li> <li>2. Receiving – Pupils cannot take more than 3 steps without bouncing the ball after receiving it.</li> <li>3. Shooting – Players must shoot from outside the D. Players can jump into the D but must release the ball before their feet touch the floor.</li> <li>4. Moving with the ball – Players cannot take more than 3 steps without bouncing the ball. They cannot be stationary with the ball for more than 3 seconds. Players cannot bounce the ball in 2 hands. Players cannot dribble, stop dribbling and dribble again (double dribble).</li> </ol>
How are Students Assessed	<ol style="list-style-type: none"> <li>1. Fitness test</li> <li>2. Interclass specific games match</li> </ol>
<b>Year 8</b>	
Term 1	<p>Topics:</p> <ol style="list-style-type: none"> <li>1. Health &amp; Fitness</li> <li>2. Specific games: Futsal, Netball, Basketball</li> </ol> <p>Scope:</p> <ol style="list-style-type: none"> <li>1. The importance of warming up and cooling down in all sports.</li> <li>2. The importance of maintaining and living a healthy lifestyle.</li> <li>3. Improve overall fitness levels and core strength.</li> <li>4. Develop and improve shooting technique (using B.E.E.F – Balance, Eyes, Elbow, Follow-through).</li> <li>5. Improve ball handling skills.</li> <li>6. Develop lay-up technique using both hands.</li> <li>7. Develop passing and receiving.</li> <li>8. Develop footwork and positioning.</li> <li>9. Improve ability to be able to pace oneself during a longer run.</li> </ol>
Term 2	<p>Topics:</p> <p>Specific games: Football &amp; Tennis</p> <p>Scope:</p> <p><b>The core skills of football:</b></p> <ol style="list-style-type: none"> <li>1. Passing and receiving (control using both feet and thigh).</li> <li>2. Dribbling - close control, use of inside and outside of dominant foot.</li> <li>3. Shooting - short and long range with dominant foot, half volley.</li> <li>4. Tackling - block, lunge, slide.</li> </ol>

	<p>5. Heading – distance and height.</p> <p><b>The core skills of tennis:</b></p> <ol style="list-style-type: none"> <li>Underarm serve.</li> <li>Forehand groundstroke.</li> <li>Backhand groundstroke.</li> <li>Dropshots (forehand and backhand).</li> <li>Volleys (forehand and backhand).</li> <li>Simple cooperative games.</li> <li>The rules of the game (taught in line with the core skills).</li> </ol>
Term 3	<p>Topics: Specific game: Badminton</p> <p>Scope:</p> <p><b>The core skills of Badminton:</b></p> <ol style="list-style-type: none"> <li>Service – high, low, flick (forehand or backhand).</li> <li>Overhead – clear, drop (forehand and backhand where appropriate).</li> <li>Underarm – clear, drive, drop (forehand and backhand where appropriate).</li> <li>Net play.</li> <li>Smash.</li> </ol> <p><b>The rules of the game:</b></p> <ol style="list-style-type: none"> <li>Rules for service</li> <li>Dimensions of the court for singles and doubles play</li> <li>Rules of scoring and officiating</li> </ol>
How are Students Assessed	<ol style="list-style-type: none"> <li>Fitness test</li> <li>Interclass specific games match</li> </ol>
<b>Year 9</b>	
Term 1	<p>Topics:</p> <ol style="list-style-type: none"> <li>Health &amp; Fitness</li> <li>Specific games: Futsal, Netball, Basketball</li> </ol> <p>Scope:</p> <ol style="list-style-type: none"> <li>Develop and improve shooting technique (using B.E.E.F – Balance, Eyes, Elbow, Follow-through).</li> <li>Improve ball handling skills.</li> <li>Develop lay-up technique using both hands.</li> <li>Develop passing and receiving.</li> <li>Develop footwork and positioning.</li> <li>The importance of warming up and cooling down in all sports.</li> <li>The importance of maintaining and living a healthy lifestyle.</li> <li>Improve overall fitness levels and core strength.</li> </ol>
Term 2	<p>Topics: Specific games: Football &amp; Tennis</p> <p>Scope:</p> <p><b>The core skills of tennis:</b></p>

	<ol style="list-style-type: none"> <li>Underarm serve.</li> <li>Forehand groundstroke.</li> <li>Backhand groundstroke.</li> <li>Dropshots (forehand and backhand).</li> <li>Volleys (forehand and backhand).</li> <li>Simple cooperative games.</li> <li>The rules of the game (taught in line with the core skills).</li> </ol> <p><b>The core skills of football:</b></p> <ol style="list-style-type: none"> <li>Passing and receiving (control using both feet and thigh).</li> <li>Dribbling - close control, use of inside and outside of dominant foot.</li> <li>Shooting - short and long range with dominant foot, half volley.</li> <li>Tackling - block, lunge, slide.</li> <li>Heading – distance and height</li> </ol>
Term 3	<p>Topics: Specific game: Tag rugby</p> <p>Scope: <b>The core skills of tag rugby:</b></p> <ol style="list-style-type: none"> <li>Handling (passing and receiving, long and short, at varying pace, push, spin, switch/scissors).</li> <li>Tackling (front, rear, side).</li> <li>Evading tackle (sidestep, spin, feint, dummy).</li> </ol> <p><b>Rules:</b></p> <ol style="list-style-type: none"> <li>Handling – Passing backwards and sideways only. Forward pass results in turnover of the ball.</li> <li>Tackling – Must give the tag back after taking it. No hand offs allowed. No deliberate contact allowed. Offside rule applies after every tackle. 5 tackles without a try are a turnover.</li> <li>Evading tackle – Must not hand off. No deliberate blocking to make space.</li> </ol>
How are Students Assessed	<ol style="list-style-type: none"> <li>Fitness test</li> <li>Interclass specific games match</li> </ol>