

KS3 PE

Rules, Strategies and Tactics

Evaluating and
improving

Decision making and
problem solving

Motor Competence

Outwitting and
opponent

Accurate Replication

Developing skills and
performance

Healthy participation

Personal
Development

Developing physical
and mental capacity

<u>HALF TERM 1</u>	YEAR 7		YEAR 8		YEAR 9
ACCURACY CONTROL MOVEMENT	Football <input type="checkbox"/> Basics <input type="checkbox"/> Fundamental attacking and defensive strategies <input type="checkbox"/> Key skills	Passing Through ball Positioning	Football <input type="checkbox"/> Outwitting an opponent <input type="checkbox"/> Defensive strategies and positioning <input type="checkbox"/> Movement and its importance.	Tactics Formation Advantage rule	Football <input type="checkbox"/> Fundamental skills <input type="checkbox"/> Self/peer assessment <input type="checkbox"/> Analysis of performance
MOVEMENT AWARENESS COMMUNICATION	Handball Rules T&C fundamentals Team play and communication	Dive shot Block Descent	Handball <input type="checkbox"/> Rules <input type="checkbox"/> T&C fundamentals <input type="checkbox"/> Team play and communication	defence Tackle Teamwork	Handball <input type="checkbox"/> Outwitting opponents <input type="checkbox"/> Key attacking and defensive strategies.
<u>HALF TERM 2</u> DRIBBLING CO-ORDINATION TRAVELLING	Basketball <input type="checkbox"/> Ball familiarisation <input type="checkbox"/> Basics of outwitting an opponent <input type="checkbox"/> Shooting variations	Lay up shot Set Shot Rebound Pivot	Basketball Dribbling and pivoting Emphasis on shooting BEEF Team play and Attacking/defending positioning.	Offensive Defensive Assist	Basketball <input type="checkbox"/> Shooting BEEF technique <input type="checkbox"/> Attacking/defense strategies. <input type="checkbox"/> Competitive games.
BASELINE TRAMLINES OVERHEAD CLEAR	Badminton <input type="checkbox"/> Grip and positioning <input type="checkbox"/> Shot variations <input type="checkbox"/> rules <input type="checkbox"/> Key skills of an effective badminton player.	Underarm clear Drop shot Positioning	Badminton <input type="checkbox"/> Rules & scoring <input type="checkbox"/> Shot variations <input type="checkbox"/> Doubles play	Tactical Awareness Self-assessment Analysis	Badminton <input type="checkbox"/> Analysis of performance <input type="checkbox"/> WWW/EBI <input type="checkbox"/> Competitive situations and analysis.

<p><u>HALF TERM 3</u></p> <p>FOREHAND</p> <p>BACKHAND</p> <p>FAULT</p>	<p>SHORT TENNIS</p> <ul style="list-style-type: none"> <input type="checkbox"/> BALL FAMILARISATION <input type="checkbox"/> SERVING BASICS <input type="checkbox"/> FOREHAND AND BACKHAND. 	<p>SERVICE LINE</p> <p>BASELINE</p> <p>VOLLEY</p>	<p>SHORT TENNIS</p> <ul style="list-style-type: none"> <input type="checkbox"/> RULES & SCORING <input type="checkbox"/> SERVING <input type="checkbox"/> OUTWITTING AN OPPONENT 	<p>ACE</p> <p>BACKSPIN</p> <p>BREAK POINT</p>	<p>SHORT TENNIS</p> <ul style="list-style-type: none"> <input type="checkbox"/> ANALYSIS OF PERFORMANCE AND Q&A ON HOW TO IMPROVE FURTHER. <input type="checkbox"/> USING PEER ASSESSMENT FOR HELP AND GUIDANCE.
<p>ORGANISATION</p> <p>TUCK</p> <p>STRADDLE</p> <p>SPOTTING</p>	<p>Trampolining</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baseline testing <input type="checkbox"/> Safe practice around a trampoline <input type="checkbox"/> Basic movements <input type="checkbox"/> Basic sequences 	<p>Trampette</p> <p>Seat landing</p> <p>Pike</p>	<p>Trampolining</p> <ul style="list-style-type: none"> <input type="checkbox"/> Advanced movements <input type="checkbox"/> Advanced sequences <input type="checkbox"/> Coaching others <input type="checkbox"/> Self/Peer Assessment 	<p>Front landing</p> <p>Back landing</p> <p>Somersault</p>	<p>Trampolining</p> <ul style="list-style-type: none"> <input type="checkbox"/> Front and Back Somersault <input type="checkbox"/> Analysis of performance <input type="checkbox"/> Self/Peer Assessment
<p><u>HALF TERM 4</u></p> <p>TRAINING</p> <p>BALANCE DIET</p> <p>HYDRATION</p> <p>CIRCUIT</p> <p>CALORIE</p>	<p>HRF</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baseline testing <input type="checkbox"/> Types of training <input type="checkbox"/> Nutrition <input type="checkbox"/> Effects of exercise 	<p>Warm up</p> <p>Cool down</p> <p>Heart rate</p> <p>Weight</p> <p>Interval</p>	<p>HRF</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baseline testing <input type="checkbox"/> Types of training <input type="checkbox"/> Short and long term effects of exercise. 	<p>Intensity</p> <p>Duration</p> <p>Technique</p> <p>Plyometric</p> <p>Analysis</p>	<p>HRF</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baseline testing <input type="checkbox"/> Types of training <input type="checkbox"/> Short and long term effects of exercise. <input type="checkbox"/> Analysis of performance
<p><u>HALF TERM 5</u></p> <p>TECHNIQUE</p> <p>AERODYNAMIC</p> <p>APPROACH</p>	<p>Athletics</p> <ul style="list-style-type: none"> <input type="checkbox"/> A range of athletic events <input type="checkbox"/> Competitions 	<p>Explosive</p> <p>Trajectory</p> <p>Co-ordination</p>	<p>Athletics</p> <ul style="list-style-type: none"> <input type="checkbox"/> A range of athletic events <input type="checkbox"/> Competitions <input type="checkbox"/> Self/peer assessment 	<p>Vertical</p> <p>Reaction time</p> <p>Disqualification</p>	<p>Athletics</p> <ul style="list-style-type: none"> <input type="checkbox"/> A range of athletic events <input type="checkbox"/> Competitions <input type="checkbox"/> Self/peer assessment

HALF TERM 6 BACKSTOP HALF ROUNDER STUMP WICKET BATSMAN	ROUNDERS <input type="checkbox"/> FUNDAMENTALS OF T&C <input type="checkbox"/> BALL STRIKING <input type="checkbox"/> GAMES PLAY	INNINGS NO BALL LBW	ROUNDERS <input type="checkbox"/> FUNDAMENTALS OF T&C <input type="checkbox"/> TEAM STRATEGIES <input type="checkbox"/> EVALUATING AND IMPROVING	INNINGS EFFECTIVENESS ACCURACY	ROUNDERS <input type="checkbox"/> FUNDAMENTALS OF T&C <input type="checkbox"/> TEAM STRATEGIES <input type="checkbox"/> EVALUATING AND IMPROVING INDIVIDUALLY AND AS A TEAM.
	Cricket <input type="checkbox"/> Kwick cricket basics <input type="checkbox"/> Team play and strategy.	Boundary Fielding Co-ordination	Cricket T&C fundamentals Full cricket games Evaluating performance	Wide ball Run out Crease	Cricket <input type="checkbox"/> T&C fundamentals <input type="checkbox"/> Full cricket games <input type="checkbox"/> Evaluating & improving performance with recommendations.

KS4 PE

Cambridge Nationals Sport Science (J828)

R180 - Reducing the risks of injuries and dealing with common medical conditions

TA1 – Different factors which influence the risk and severity of injury.

TA2- Warm up and cool down routines

TA3- Different types and causes of sports injury.

TA4- reducing risk, treatment and rehabilitation of sport injuries.

TA5- Causes, symptoms, and treatments of medical conditions.

R181 - Applying principles of training: fitness and how it affects skill performance.

TA1 – Components of fitness applied in sport

TA2- Principles of training in sport.

TA3- Organising and planning a fitness training program.

TA4- Evaluating own performance in planning and delivery of a fitness training program.

R183 – Nutrition and Sport performance

TA1 – Nutrients needed for a healthy, balanced nutrition plan.

TA2- Applying differing dietary requirements to varying types of sporting activity.

TA3- Developing a balanced nutrition plan for a selected sporting activity.

TA4- How nutritional behaviours can be managed to improve sports performance.