

## Key Stage 3 Subject Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topics and content to be learnt		Topics and content to be learnt		Topics and content to be learnt	
	(3 week rotation) Core skills (basic fitness tests, passing, attacking, defending, teamwork, communication skills)	(3 week rotation) Gymnastics Handball Rugby Badminton Football Basketball	(3 week rotation) Football Basketball Gymnastics Handball Rugby Badminton	(3 week rotation) Rugby Badminton Table tennis Basketball Football Gymnastics Handball	(3 week rotation) Athletics S and F (Rounders) Soft Tennis Cricket	(3 week rotation) Athletics S and F (Rounders) Soft Tennis Cricket
Y7	<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students begin to learn basic skills and techniques specific to each activity. Students will learn these in isolation building up a sequence of moves. Students will begin to put these skills into competitive situations, start to make decisions eg, which pass to use, which shot to use and work as teams.</p> <p><b>Cross curricular:</b> English – knowledge of key terms and how to spell these, definitions of these terms. Maths- Knowledge of basic sums as part of warm ups eg. Get into groups of 6 or get into groups of 12-8, adding up scores, how many passes have been completed.</p> <p>Links to Drama: Performing gymnastics routines Science / GCSE PE – starting to link in why we warm up and cool down, which muscles they are stretching and the location of these muscles</p>		<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students begin to learn basic skills and techniques specific to each activity. Students will learn these in isolation building up a sequence of moves. Students will begin to put these skills into competitive situations, start to make decisions eg, which pass to use, which shot to use and work as teams.</p> <p><b>Cross curricular:</b> English: knowledge of key terms and how to spell these, definitions of these terms. Maths: getting into groups of certain numbers as part of a warm up, adding up scores, how many passes</p> <p>Links to Drama: Performing gymnastics routines</p> <p>Science / GCSE PE – starting to link in why we warm up and cool down, which muscles they are stretching and the location of these muscles</p>		<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students begin to learn basic skills and techniques specific to each activity. Students will learn these in isolation building up a sequence of moves. Students will begin to put these skills into competitive situations, start to make decisions eg, which pass to use, which shot to use and work as teams.</p> <p><b>Cross curricular:</b> English – knowledge of key terms and how to spell these, definitions of these terms. Maths – Knowledge of getting into groups of certain numbers as part of a warm up, adding up scores, how many passes, measuring and recording times, distances.</p> <p>Science / GCSE PE – starting to link in why we warm up and cool down, which muscles they are stretching and the location of these muscles</p>	

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topics and content to be learnt		Topics and content to be learnt		Topics and content to be learnt	
	(3 week rotation) Football Basketball Fitness Hockey Rugby Badminton Handball Gymnastics	(3 week rotation) Badminton Rugby Table tennis Handball Gymnastics Football Basketball	( 3 week rotation) Gymnastics Handball Rugby Badminton Basketball Football Table tennis	(3 week rotation) Fitness Hockey Football Basketball Gymnastics Handball Table tennis	(3 week rotation) Athletics Soft tennis S and F (Rounders and introduction to softball) Cricket	(3 week rotation) Athletics Soft tennis S and F (Rounders and introduction to softball) Cricket
Y8	<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students are building on their skills from year 7. An element of recapping some skills as well as building in more advanced skills and how skills link together. Students will build on their decision making skills and these will become more effective.</p> <p><b>Links to maths:</b> getting into groups of certain numbers as part of warm ups (eg. 4x2=8 groups of 8), counting how many passes have been completed, how many skills you have in your routine (focus is balancing you need a start, 2 point of contact balances and 2 patch balances and a finish position).</p> <p><b>Links to English</b>-being able to understand and learn key words.</p> <p><b>Links to drama</b> – performing a gymnastic sequence</p> <p><b>Science / GCSE PE</b> – knowledge of which muscles they are stretching and the location, which components of fitness are being used, which components of fitness are needed in each sport.</p>		<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students are building on their skills from year 7. An element of recapping some skills as well as building in more advanced skills and how skills link together. Students will build on their decision making skills particularly in competitive situations when under pressure and these will become more effective.</p> <p><b>Links to maths:</b> getting into groups of certain numbers as part of warm ups (eg. 4x2=8 groups of 8), counting how many passes have been completed, how many skills you have in your routine (focus is balancing you need a start, 2 point of contact balances and 2 patch balances and a finish position).</p> <p><b>Links to English</b>-being able to understand and learn key words.</p> <p><b>Links to drama</b> – performing a gymnastic sequence</p> <p><b>Science / GCSE PE</b> – knowledge of which muscles they are stretching and the location, which components of fitness are being used, which components of fitness are needed in each sport.</p>		<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students are building on their skills from year 7. An element of recapping some skills as well as building in more advanced skills and how skills link together. Students will build on their decision making skills particularly in competitive situations when under pressure and these will become more effective.</p> <p><b>Links to maths:</b> getting into groups of certain numbers as part of warm ups (eg. 4x2=8 groups of 8), counting how many passes have been completed, measuring and recording distances and times.</p> <p><b>Links to English</b> – knowledge of key terms and their definitions</p> <p><b>Science / GCSE PE</b> – knowledge of which muscles they are stretching and the location, which components of fitness are being used, which components of fitness are needed in each sport.</p>	

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topics and content to be learnt		Topics and content to be learnt		Topics and content to be learnt	
	(3 week rotation) Football Basketball Gymnastics Handball Badminton Rugby Hockey	( 3week rotation) Badminton Rugby Gymnastics Handball Football Basketball	(3 week rotation) Handball Gymnastics Basketball Football Fitness Hockey Table tennis	( 3 week rotation) Fitness Hockey Football Basketball Handball Table tennis	( 3 week rotation) Athletics Cricket Soft tennis S and F (rounders and softball)	(3 week rotation) Athletics Cricket Soft tennis S and F (rounders and softball)
y9	<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students are now extending their KS3 skills and looking at how effective these skills are in a competitive situation. Students are able to link skills together in order to progress and decision making skills are more refined in competitive situations.</p> <p><b>Links to English</b>-being able to understand key words, terms</p> <p><b>Links to maths</b> – able to get into groups of certain numbers (eg. <math>20 / 5 = 4</math>), how many passes are completed, how many goals have been successfully scored.</p> <p><b>Links to drama</b> – performing gymnastics skills (vaults) and routines</p> <p><b>Links to Science and GCSE PE</b> – knowledge of components of fitness and how these components of fitness can be improved through different training methods. Knowledge of types of bones and which sports they are more effective in eg. Long bones in badminton</p>		<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students are now extending their KS3 skills and looking at how effective these skills are in a competitive situation. Students are able to link skills together in order to progress and decision making skills are more refined in competitive situations.</p> <p><b>Links to English</b>-being able to understand key words, terms</p> <p><b>Links to maths</b> – able to get into groups of certain numbers (eg. <math>20 / 5 = 4</math>), how many passes are completed, how many goals have been successfully scored.</p> <p><b>Links to drama</b> – performing gymnastics skills (vaults) and routines</p> <p><b>Links to Science and GCSE PE</b> – knowledge of components of fitness and how these components of fitness can be improved through different training methods. Knowledge of types of bones and joints.</p>		<p><b>Knowledge, skills and understanding explicit to these topics/stage</b></p> <p>Students are now extending their KS3 skills and looking at how effective these skills are in a competitive situation. Students are able to link skills together in order to progress and decision making skills are more refined in competitive situations.</p> <p><b>Links to English</b>-being able to understand key words, terms</p> <p><b>Links to maths</b> – able to get into groups of certain numbers (eg. <math>20 / 5 = 4</math>), measuring throwing distances and recording times.</p> <p><b>Links to Science and GCSE PE</b> – knowledge of components of fitness and how these components of fitness can be improved through different training methods. Knowledge of types of bones and joints.</p>	

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