

## PE Curriculum Planning Key Stage 3

		Athletics	Invasion Games	Net Games	Striking and Fielding	Dance	Gymnastics	OAA
Year 7 & 8	Physical	<ul style="list-style-type: none"> <li>perform a range of jumping and throwing skills with control, accuracy, power and sound technique</li> <li>show good range of running skills over different differences that suit the event</li> </ul>	<ul style="list-style-type: none"> <li>improve consistency/quality/use of skills</li> <li>adapt/develop the skills</li> <li>apply specific techniques</li> </ul>	<ul style="list-style-type: none"> <li>hit with accuracy, consistency and co-operatively and competitive</li> <li>play forehand/backhand with sound technique</li> </ul>	<ul style="list-style-type: none"> <li>technique for hitting with consistency/control</li> <li>bowling: vary speed &amp; flight quite accurately</li> <li>Fielding: intercept/catch consistently throw accurately</li> </ul>	<ul style="list-style-type: none"> <li>improve, perform range of actions - clarity and control</li> <li>use principles of movement - individual and preferred actions/phrases</li> <li>techniques and ideas - express comic, dramatic, abstract ideas</li> </ul>	<ul style="list-style-type: none"> <li>actions/balances with control/tension/extension</li> <li>link actions and balances fluently/good weight transfer</li> <li>show good timing</li> <li>variety of inversions</li> </ul>	<ul style="list-style-type: none"> <li>increasing awareness of achieving successful orienteering tasks</li> <li>apply skills accurately, effectively and confidently</li> <li>plan and trial efforts</li> </ul>
	Thinking	<ul style="list-style-type: none"> <li>pace their effort in a range of events</li> <li>perform effectively on different events by adapting skills</li> </ul>	<ul style="list-style-type: none"> <li>organise/select and apply strategies consistently and effectively</li> <li>adapt/apply strategies/tactics to others games</li> </ul>	<ul style="list-style-type: none"> <li>move opponent using simple shot combination</li> <li>describe how to vary shots</li> <li>identify attacking and defending shots</li> </ul>	<ul style="list-style-type: none"> <li>attacking and defending in batting</li> <li>describe strengths of batter and set appropriate field</li> <li>vary bowling to outwit batter</li> </ul>	<ul style="list-style-type: none"> <li>create and perform - range of movements could use, motif use and variation, group relationships, space</li> <li>communicate story - increasing sensitivity to accompaniment and other performers</li> </ul>	<ul style="list-style-type: none"> <li>explain and use how to increase interest for an audience through:                             <ul style="list-style-type: none"> <li>change in varying speed</li> <li>direction/level</li> <li>describe relationships</li> <li>different combinations</li> <li>chosen shapes</li> <li>directions</li> <li>timing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>have confidence to attempt new task</li> <li>make effective decisions</li> <li>adapt approach to complete challenge</li> <li>relate well to others taking on responsibility</li> </ul>
	Health	<ul style="list-style-type: none"> <li>identify how to improve own fitness</li> <li>explain and select appropriate overview for warm up and cool down</li> </ul>	<ul style="list-style-type: none"> <li>prepare for/recover safely from exercise</li> <li>recognise healthy benefits and good hygiene</li> </ul>	<ul style="list-style-type: none"> <li>explain how to improve their own fitness level</li> <li>identify fitness needs of game</li> <li>contribution to general health and well being</li> <li>do a warm up/cool down</li> </ul>	<ul style="list-style-type: none"> <li>knowledge of speed/power/fast reactions</li> <li>describe ways to improve fitness</li> <li>select warm up and cool down activities</li> <li>safety</li> </ul>	<ul style="list-style-type: none"> <li>what they can do to improve own fitness</li> <li>plan/implement appropriate warming up and cooling down - understand how to structure activities</li> </ul>	<ul style="list-style-type: none"> <li>explain importance of preparing the body</li> <li>explain how strength, power, flexibility are important for good quality work</li> </ul>	<ul style="list-style-type: none"> <li>describe physical nature of task</li> <li>explain how to develop own fitness to improve own performance</li> </ul>

		<ul style="list-style-type: none"> <li>• identify different types of fitness</li> </ul>		<ul style="list-style-type: none"> <li>• specific stretching</li> </ul>			<ul style="list-style-type: none"> <li>• identify parts of the body that work hardest</li> <li>• choose safe exercise</li> </ul>	
	Social	<ul style="list-style-type: none"> <li>• identify strengths and weaknesses of performance</li> <li>• explain how practice will affect performance</li> <li>• set focus for improvement</li> </ul>	<ul style="list-style-type: none"> <li>• effective evaluation of strengths/weaknesses of their own/others performance</li> <li>• suggest ways of improvement to attack/defence</li> </ul>	<ul style="list-style-type: none"> <li>• analyse consistency and accuracy</li> <li>• identify good technique</li> <li>• choose practises to improve own play</li> </ul>	<ul style="list-style-type: none"> <li>• simple analysis of strengths and weaknesses</li> <li>• using appropriate terms to give feedback</li> <li>• explain how to read game and adjust tactics</li> </ul>	<ul style="list-style-type: none"> <li>• appropriate terminology - describe, analyse, interpret and evaluate</li> <li>• identify and discuss - aspects of composition; recognise and describe characteristics of different dances</li> <li>• apply evaluations to improve their own work</li> </ul>	<ul style="list-style-type: none"> <li>• set own observation criteria</li> <li>• use appropriate terminology</li> <li>• identify strengths in technique/composition</li> <li>• areas to improve</li> </ul>	<ul style="list-style-type: none"> <li>• review work, identifying strengths and weaknesses</li> <li>• suggest and try out alternatives</li> </ul>