

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

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