

P.E Curriculum Plan

**KEY STAGE 3**

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|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 1**  **Scheme of Work** | Football | Basket ball | Fitness and exercise | Athletics | Rounder’s | Badminton. |
| **Example of Tasks** | * The basic principles of attack and defence. * Small team games with conditioned rules. * Participate in a variety of roes or positions (e.g goal keeper, defender, midfielder or striker). * Use and keep rules without supervision. | * To be able to perform the fundamental basketball skill of ball handling. * To be able to perform these in a small sided game to maintain ball possession. * To develop their understanding and knowledge of the basic rules of Basketball. | * To accurately replicate the basic technique at each station. * To sustain performance over 2 laps. To understand how to make the circuit harder.   To understand components of fitness involved in performance.   * To accurately replicate a sustained running technique for 12 minutes. * To perform and record the distance achieved.   To understand the relationship between heart rate recovery and fitness level. | * Introduction of running style (100/200/400m). * To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action. * Throwing – shot putt**.** To accurately replicate the technique for an effective shot putt. * Throwing – javelin,To accurately replicate the technique for an effective javelin throw. | * Fielding-Fielding game. Small teams. 2 rounder’s posts either end of grid. Can’t run with ball. Must pass between fielders to get close enough to stump posts. Drop ball=possession over * Bowling-Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3’s; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball | * Introduce the Grip and ready position. * Introduce the Overhead/Underarm Clear. * Introduce the Drop shot. * Introduce the Smash. * Doubles and singles tactics. |

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|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 2**  **Scheme of Work** | Football | Basket ball | Fitness and exercise | Athletics | Rounder’s | Badminton |
| **Example of Tasks** | * Provide knowledge and rules of the game. * Develop passing techniques. * Dribbling, turns and outwitting a defender. * Develop shooting techniques, and develop an awareness of your surroundings. And make informed and correct decisions when placed into a pressured situation. | * To be able to perform the fundamental basketball skill of ball handling. * To be able to perform these in a small sided game to maintain ball possession. * To develop their understanding and knowledge of the basic rules of Basketball. | * To accurately replicate the basic technique at each station. * To sustain performance over 2 laps. To understand how to make the circuit harder.   To understand components of fitness involved in performance.   * To accurately replicate a sustained running technique for 12 minutes. * To perform and record the distance achieved.   To understand the relationship between heart rate recovery and fitness level | * Introduction of running style (100/200/400m). * To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action. * Throwing – shot putt**.** To accurately replicate the technique for an effective shot putt. * Throwing – javelin,To accurately replicate the technique for an effective javelin throw. | Fielding-Fielding game. Small teams. 2 rounder’s posts either end of grid. Can’t run with ball. Must pass between fielders to get close enough to stump posts. Drop ball=possession over  Bowling-Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3’s; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball | * Introduce the Grip and ready position. * Introduce the Overhead/Underarm Clear. * Introduce the Drop shot. * Introduce the Smash. * Doubles and singles tactics. |

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|  | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **GROUP 3**  **Scheme of Work** | Football | Basket ball | Fitness and exercise | Athletics. | Rounder’s | Badminton |
| **Example of Tasks** | * The basic principles of attack and defence. * Small team games with conditioned rules. * Participate in a variety of roes or positions (e.g goal keeper, defender, midfielder or striker). * Use and keep rules without supervision*.* | * To be able to perform the fundamental basketball skill of ball handling. * To be able to perform these in a small sided game to maintain ball possession. * To develop their understanding and knowledge of the basic rules of Basketball. | * To accurately replicate the basic technique at each station. * To sustain performance over 2 laps. To understand how to make the circuit harder.   To understand components of fitness involved in performance.   * To accurately replicate a sustained running technique for 12 minutes. * To perform and record the distance achieved. * To understand the relationship between heart rate recovery and fitness level | * Introduction of running style (100/200/400m). * To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action. * Throwing – shot putt**.** To accurately replicate the technique for an effective shot putt. * Throwing – javelin,To accurately replicate the technique for an effective javelin throw. | Fielding-Fielding game. Small teams. 2 rounders posts either end of grid. Can’t run with ball. Must pass between fielders to get close enough to stump posts. Drop ball=possession over  Bowling-Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3’s; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball | * Introduce the Grip and ready position. * Introduce the Overhead/Underarm Clear. * Introduce the Drop shot. * Introduce the Smash. * Doubles and singles tactics. |