

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.

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| **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*.*
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