

KS3 and 4 PE practical curriculum map

- At both key stages the activities are delivered in rotations. Two activities per half term.
- Tennis, athletics and rounders are delivered in the Summer term, all other activities in the Autumn and Spring Terms.
- Both analysis and evaluation, and knowledge of rules are delivered throughout the key stages in all activities.

	Year 7	Year 8	Year 9	KS4
Games: <ul style="list-style-type: none"> • Invasion • Net/wall • Striking and fielding 	Develop basic core skills and apply them in small sided games. <ul style="list-style-type: none"> • Netball • Football • Tennis • Rounders 	Adapt and develop core skills and tactics, and apply them in full sided games. <ul style="list-style-type: none"> • Netball • Football • Basketball • Tag rugby • Tennis • Rounders 	Embed skills and tactics in full sided games. <ul style="list-style-type: none"> • Netball • Football • Basketball • Tag rugby • Tennis • Rounders 	Refine application of core skills and tactics (from KS3) in full sided games: <ul style="list-style-type: none"> • Netball • Basketball • Tennis • Rounders Develop core skills and tactics in new activities: <ul style="list-style-type: none"> • Volleyball • Badminton • Table tennis • Softball
Athletics	Develop technique in modified events, e.g. 60m sprint.	Develop technique in full version events: <ul style="list-style-type: none"> • 100m & 200m sprint • 800m • 4 x 100 relay • 70m hurdles • Discus • Shot • Javelin • High jump 	Refine and improve technique in the full version events: <ul style="list-style-type: none"> • 100m & 200m sprint • 800m • 4 x 100 relay • 70m hurdles • Discus • Shot • Javelin • High jump 	Extend and refine techniques and fluency of movements in full version events: <ul style="list-style-type: none"> • 100m & 200m sprint • 800m • 4 x 100 relay • 80m hurdles • Discus • Shot • Javelin • High jump
Gymnastic activities	<ul style="list-style-type: none"> • Individual -skills/balances and routines (floor and low-level apparatus) 	<ul style="list-style-type: none"> • Paired work- paired balances and routines (floor and low-level apparatus) • Vaulting 	<ul style="list-style-type: none"> • Group work (6's)- acro, balances and routines • Trampolining: <ul style="list-style-type: none"> ○ Skills ○ Short routines 	<ul style="list-style-type: none"> • Trampolining: <ul style="list-style-type: none"> ○ Skills ○ Full routines
Dance	<ul style="list-style-type: none"> • Bollywood 	<ul style="list-style-type: none"> • Charleston 	<ul style="list-style-type: none"> • Bob Fosse 	<ul style="list-style-type: none"> • Street

	• Contemporary	• Contemporary	• Contemporary	• Contemporary
Fitness			• Cardiovascular machines	• CV machines • Aerobics • HITT • Yoga/Pilates
Outdoor Activities	• Orienteering			• Problem Solving Activities
Analysis and evaluation	<ul style="list-style-type: none"> Analyse performances (self and peer)- identifying strengths and weaknesses. <ul style="list-style-type: none"> Plan ways in which gameplay/ performances can be improved. 			
Knowledge of rules	<ul style="list-style-type: none"> Develop knowledge and understanding of rules applied to games/ event/ performances. <ul style="list-style-type: none"> Apply rules correctly to games/ events/ performances. Officiate games/ events. 			
Introduction to GCSE theory topics	<ul style="list-style-type: none"> Skeletal system Warm up and cool down Components of fitness Immediate benefits to exercise. 	<ul style="list-style-type: none"> Muscular system Sport specific warm ups Components of fitness Short term effects of exercise 	<ul style="list-style-type: none"> Movements at joints Components of fitness Long term effects of exercise Training methods and zones. 	
Competitive sport	<p>Students are encouraged to take part in competitive sports and activities through:</p> <ul style="list-style-type: none"> Extracurricular clubs <ul style="list-style-type: none"> Intra school competitions- inter house games Inter schools competition/ school leagues Outside of school through community links or sports clubs 			