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: • **Invasion** • **Net/wall** • **Striking and fielding**	Develop basic core skills and apply them in small sided games. • Netball • Football • Tennis • Rounders	Adapt and develop core skills and tactics, and apply them in full sided games. • Netball • Football • Basketball • Touch rugby • Tennis • Rounders	Embed skills and tactics in full sided games. • Netball • Football • Basketball • Touch rugby • Tennis • Rounders	Refine application of core skills and tactics (from KS3) in full sided games: • Netball • Basketball • Tennis • Rounders Develop core skills and tactics in new activities: • Volleyball • Badminton • Table tennis • Softball
Athletics	Develop technique in modified events, e.g. 60m sprint.	Develop technique in full version events: • 100m & 200m sprint • 800m • 4 x 100 relay • 70m hurdles • Discus • Shot • Javelin • High jump	Refine and improve technique in the full version events: • 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: • 100m & 200m sprint • 800m • 4 x 100 relay • 80m hurdles • Discus • Shot • Javelin • High jump
Gymnastic activities	• Individual -skills/balances and routines (floor and low-level apparatus)	• Paired work- paired balances and routines (floor and low-level apparatus) • Vaulting	• Group work (6's)- acro, balances and routines • **Trampolining:** ○ Skills ○ Short routines	• **Trampolining:** ○ Skills ○ Full routines
Dance	• Bollywood	• Charleston	• Musical Theatre	• Street

	• Contemporary	• Contemporary	• Contemporary	• Contemporary
Fitness			• Cardiovascular machines	• CV machines • Aerobics • HITT • Yoga/Pilates
Outdoor Activities	• Orienteering			• Problem Solving Activities
Fundamental Movement skills	• Balancing • Running • Jumping • Throwing • Catching			•
Analysis and evaluation	• Analyse performances (self and peer)- identifying strengths and weaknesses. • Plan ways in which gameplay/ performances can be improved.			
Knowledge of rules	• Develop knowledge and understanding of rules applied to games/ event/ performances. • Apply rules correctly to games/ events/ performances. • Officiate games/ events.			
Introduction to GCSE theory topics	• Skeletal system • Warm up and cool down • Components of fitness • Immediate benefits to exercise.	• Muscular system • Sport specific warm ups • Components of fitness • Short term effects of exercise	• Movements at joints • Components of fitness • Long term effects of exercise • Training methods and zones.	
Personal Development	• roles of captain, vice-captain, team players, coaches, choreographer and officials • work individually and in teams and make informed choices e.g. tactics, choreography • adhere to and understand the rules of safety. • know and adhere to the rules and social etiquettes • make judgements about their own and others' performances. • respect individual differences and are confident to express their opinions and respect others' views. • respect for different styles of dance and musical diversity. • explore creativity and display emotions in routines • respect PE equipment and school buildings/facilities. • develop lifelong healthy lifestyle choices • develop their self-esteem/confidence • respect the venues during off site visits. • code of conduct, etiquette, handshake before and after matches, applauding the opposition, fair play, unwritten rules and sportsmanship • develop friendship and social mixing through involvement in sport. • participating with students from different religious, ethnic and socio-economic backgrounds.			

	Olympic and Paralympic values are promoted through PE and School Sport: • Friendship • Courage • Inspiration • Determination • Equality • Respect • Excellence
Competitive sport	Students are encouraged to take part in competitive sports and activities through: • Extracurricular clubs • Intra school competitions- inter house games • Inter schools competition/ school leagues • Outside of school through community links or sports clubs