



Key Stage 3 PE Curriculum Maps

Notes: Intent of PE Curriculum at Littleover Community School

To offer excellent opportunities to students to develop a healthy life and a love of physical activity.

To become the best they can be and achieve some sporting success in a competitive situation.

To develop a first class teaching and learning environment where both staff and students enjoy working hard together to achieve success and be active for a sustained period of time.

To offer a wide variety of activities so all students have the opportunity to enjoy sport and find something they excel in.

	AUTUMN		WINTER		SPRING		EASTER		SUMMER 1		SUMMER 2
YEAR 7 GIRLS	X COUNTRY		BADMINTON		BASKETBALL		HOCKEY		ATHLETICS		FOOTBALL
	GYMNASTICS		NETBALL		DANCE		TABLE TENNIS		ROUNDERS		CRICKET
YEAR 7 BOYS	RUGBY		GYMNASTICS		TABLE TENNIS		BASKETBALL		ATHLETICS		ATHLETICS
	TABLE TENNIS		X COUNTRY		HANDBALL		FOOTBALL		STRIKING AND FIELDING		SOFTBALL
YEAR 8 GIRLS	TABLE TENNIS		NETBALL		DANCE		VOLLEYBALL		ATHLETICS		FOOTBALL
	GYMNASTICS		OAA		FITNESS		HANDBALL		ROUNDERS		CRICKET
YEAR 8 BOYS	FOOTBALL		BASKETBALL		OAA		RUGBY		ATHLETICS		ATHLETICS
	HANDBALL		TABLE TENNIS		BADMINTON		FITNESS		CRICKET		SOFTBALL
YEAR 9 GIRLS	NETBALL	VOLLEYBALL	FITNESS	BADMINTON	TABLE TENNIS	HANDBALL	ATHLETICS	ROUNDERS	FOOTBALL		
	BADMINTON	TABLE TENNIS	HANDBALL	NETBALL	BASKETBALL	FITNESS	ROUNDERS	ATHLETICS	FOOTBALL		
YEAR 9 BOYS	FIELD	HANDBALL	TABLE TENNIS	FITNESS	FIELD	BADMINTON	ATHLETICS	CRICKET	SOFTBALL		

	FITNESS	FIELD	BADMINTON	TABLE TENNIS	HANDBALL	FIELD	CRICKET	ATHLETICS	SOFTBALL
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	FOOTBALL	NETBALL	RUGBY	X COUNTRY	HANDBALL	BADMINTON	TABLE TENNIS	BASKETBALL	VOLLEYBALL	FITNESS	ROUNDERS	CRICKET	SOFTBALL	ATHLETICS
YR 7 GIRLS	X	X		X	X	X	X	X			X	X		X
YR 7 BOYS	X		X	X	X	X	X	X				X	X	X
YR 8 GIRLS	X	X			X	X	X	X	X*	X	X	X		X
YR 8 BOYS	X		X		X	X	X	X		X		X	X	X
YR 9 GIRLS	X	X			X	X	X	X		X	X	X		X
YEAR 9 BOYS	X		X		X	X	X	X		X		X	X	X

	FOOTBALL	NETBALL	RUGBY	X COUNTRY	HANDBALL
YEAR 7	SK - Students are taught the basic rules of football and are given an opportunity to learn about and practice basic skills through conditioned games - for example learning short passes through possession games. PK - Students know the basic rules of football and how to play a competitive game.	SK Students are taught how to set up a game and the basic rules. Students learn various attacking and defending techniques via replication and trial and error which will allow the students to successfully work as a team to attack and defend. PK –	SK – They are taught the main rules of rugby, key safety considerations (with regards to tackling) and basic skills needed to play the game. PK – They know <u>what</u> the main rules of rugby are and are able to carry out basic rugby skills safely.	SK – Students are taught the basic types of training and learn how to pace themselves for various courses. PK – Students are able to complete in an event and carry out skills they have learnt related to pacing of the event.	SK - Students are taught the basic rules of Handball and are given an opportunity to learn about and practice basic skills through conditioned games - for example learning short passes through possession games. PK -

	They are aware of and can use the basic skills needed to be successful within a game/conditioned games.	Students know to set up a game, can apply the basic rules and use some of the basic attacking and defending skills.			Students know the basic rules of handball and how to play a competitive game. They are aware of and can use the basic skills needed to be successful within a game/conditioned games.
YEAR 8	SK - Students are taught the importance of control and accuracy with regards to the basic skills. They are taught <u>why</u> these skills are so important within a game. They practice this in conditioned games where control and accuracy are essential for success. PK - Students are able to utilise the basic skills with more control and accuracy and are aware of <u>why</u> they need these certain skills in a game.	SK – Students are taught to use various techniques in order to outwit their opposition and understand why consistency and variation are important. They are taught how to use more/all of the available space. PK – Students develop their skills, so they become more accurate and consistent. Students are aware of where to use their skills and why they are required. Consequently, the game is more free flowing with less loss of possession.	SK – Students are able to perform key skills such as passing and tackling with control, consistency and accuracy. They are taught how to retain possession after a tackle and <u>why</u> this is important. PK – They are able to perform the key skills needed for rugby consistently with more control. They learn about the more technical side of tackling - how to retain possession and <u>why</u> this is important - they can implement this into mini games.		SK - Students are taught the importance of control and accuracy with regards to the basic skills. They are taught <u>why</u> these skills are so important within a game. They practice this in conditioned games where control and accuracy are essential for success. PK - Students are able to utilise the basic skills with more control and accuracy and are aware of <u>why</u> they need these certain skills in a game.
YEAR 9	SK – Through game play and conditioned games they develop knowledge of tactics and strategies. They start to understand <u>when</u> to use certain tactics, strategies and skills. PK - Students can use appropriate tactics and strategies in order to beat an opponent and help their team succeed. They are aware of <u>why and when</u> they use certain tactics, strategies and skills.	SK – Through game play, students develop the knowledge of tactics and strategies which helps them learn how to work together as a team in order to outwit their opponents. Students learn to adapt and react to the ever changing game situation through playing small games and learn when to use skills and tactics. Students learn the consequences to breaking specific rules. PK –	SK – They are taught various tactics and strategies and practice implementing these into mini games. They also start to understand <u>when</u> to use certain tactics, strategies and skills within a game. PK – Students can use appropriate tactics and strategies in order to beat an opponent and help their team succeed. They are aware of <u>why and when</u> they use these tactics, strategies and skills.		SK – Through game play and conditioned games they develop knowledge of tactics and strategies. They start to understand <u>when</u> to use certain tactics, strategies and skills. PK - Students can use appropriate tactics and strategies in order to beat an opponent and help their team succeed. They are aware of <u>why and when</u> they use certain tactics, strategies and skills.

		Students can use appropriate team tactics and strategies in order to beat an opposition. They are aware of why and when they use these. Students can umpire games accurately and apply the rules.			
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	BADMINTON	TABLE TENNIS	BASKETBALL	VOLLEYBALL	FITNESS
YEAR 7	SK – Students are taught how to set up areas to play and how to hold the racket. Students learn various techniques via trial and error which will allow the shuttle to travel to the back of the court, or to the front of the court. PK- Students know to set up playing areas, can play some basic shots, such as a drop shot and a clear shot and can have a rally.	SK- Students are taught how to set up a table, with a net and how to hold the bat. Students learn various techniques via trial and error to maintain a backhand and a forehand shot. PK – Students know to set up the table, and net and can play some basic shots, such as a forehand and backhand and can have a rally.	SK – Students are taught the main rules of basketball. The students are taught and learn the various basic skills which they can use within a game. PK – Students know what the main rules are and are able to apply these rules to a game. They know the basic skills required and are able to use these within a game.	SK – Students are taught how to set up a basic court, with a net. Students learn various techniques via trial to perform a dig and a set shot. PK – Students know to set up the court, and net and can play some basic shots, such as a dig and a volley and can keep the ball in the air for a number of times between 2 people, they can also send the ball over the net.	
YEAR 8	SK – Students are able to repeat shots such as a serve consistently, so it goes to the same place each time. Students learn how to score a basic game. PK – Students develop their skills so they become consistent and can be repeated over again. Students can differentiate	SK – Students are able to repeat shots such as a serve consistently, so it goes to the same place each time. They learn how to score a basic game. PK – Students develop their skills so they become consistent and can be repeated over again. Students can differentiate	SK – Students are taught how to utilise the skills with more control and accuracy and given opportunities to think about <u>why</u> they use certain skills. For example, <u>why</u> would they use a bounce pass. PK –	SK – Students are able to repeat shots such as a dig, set shot and to serve consistently, so it goes to the same place each time. They learn how to score a basic game and learn rotations. PK –	SK – Students will be introduced to a variety of fitness tests, each designed to focus on a specific component. Pupils will use ratings charts or self assessment to identify their current standing for the given component. PK -

	which shots they play, so for example a clear goes to the back of the court and a drop shot just over the net. Students can maintain a rally.	which shots they play, so for example they can use a forehand and send it to the corner of the table and a drop shot just over the net. Students can maintain a rally.	Students developed their skills, so they become more controlled and accurate when utilising them in a game. They can understand <u>why</u> they need to use certain skills in a game and what benefit it has.	Students develop their skills so they become consistent and can be repeated over again. Students can understand when they need to play each shot, so for example when the ball comes low, they dig the ball, whereas if it was high, they would use a set shot. Students can use 3 shots before they return it over the net.	Students demonstrate appropriate testing methods accurately. They can recognise strengths and areas for development within their own and other's performance, and explain how these are relevant to the sports they do.
YEAR 9	SK – Students learn through game play the rules. Students develop the knowledge of tactics and strategies which helps them learn where to place the shuttle in order to beat an opponent. PK – Students can use appropriate tactics and strategies in order to beat an opponent. Students can score games accurately and apply the rules.4	SK – Students learn the rules through game play. Students develop the knowledge of tactics and strategies which helps them learn where to place the ball in order to beat an opponent. PK – Students can use appropriate tactics and strategies in order to beat an opponent. Students can score games accurately and apply the rules.	SK – Students are taught various tactics and strategies they might use, in order to help their team win a game. They start to think about <u>when</u> and <u>why</u> they would use certain skills and tactics. For example, <u>when</u> would they use a bounce pass. They practice this in conditioned and real games. PK – Students can use appropriate tactics and strategies in order to beat an opponent and help their team succeed. They are aware of <u>why</u> and <u>when</u> they use certain tactics, strategies and skills.	SK – Students learn the rules through game play. Students develop the knowledge of tactics and strategies which helps them learn where to place the ball in order to beat an opposing team. PK – Students can use appropriate tactics and strategies in order to beat an opposing team. Students can score games accurately and apply the rules, and understand the rotations used.	SK – Students will learn, through the introduction and practical application of specific training methods, how to develop and improve performance in each component of fitness. PK – Students are able to accurately apply appropriate methods of training to develop specific fitness components through a personal exercise plan. They are able to apply the principles of training effectively to ensure continued progress and development, whilst reducing the risk of injury.
	ROUNDERS	CRICKET	STRIKING AND FIELDING	ATHLETICS	
YEAR 7	SK – Students are taught how to set up the field of play and where key players stand in relation to this. They are taught the skills of batting, bowling and fielding through isolated practice with rules being delivered through game play.	SK – They are taught the main rules of cricket and can perform basic skills needed to play the game. PK – They know <u>what</u> the main skills and principles of cricket are and can play	SK – They are taught the main rules of cricket and adapted games so they can play games with some success using basic skills learnt. PK – They know <u>what</u> the main skills and principles of cricket are and can play	SK- Students are taught the fundamental skills of throwing, jumping and running. They are taught the basic technique in order to be able to complete a throw or jump or run. PK – Students know what the mains skills and principles of each discipline are and can perform each of these/	

	PK – Students consistently: set equipment up accurately; perform the key roles of batter, bowler, inner fielders and outer fielders; apply the rules accurately and know how to score.	simplified games and practices with different ways of scoring.	simplified games and practices with different ways of scoring.		
YEAR 8	SK – Students are able to develop skills through repeated, isolated practice focusing on specific techniques and developmental progressions. PK – Students perform skills accurately and consistently. They can recognise weaknesses in performance and know what to do to improve this.	SK – Students are able to perform key skills such as batting, bowling and fielding with some control, consistency and accuracy. They are taught how and why it is important to perform these skills correctly. PK – They are able to perform the key skills needed for cricket with some consistency and with more control. They learn about the more technical side of batting, bowling and fielding and <u>why</u> they need to use them.		SK – Students are able to develop skills through repeated, isolated practice focusing on specific techniques and developmental progressions. PK – Students perform skills accurately and consistently. They can recognise weaknesses in performance and know what to do to improve this.	
YEAR 9	SK – Students develop skills and tactics through conditioned game play and adaptation to changing circumstances. Continuous application of the rules allows students to become familiar with these and apply them accurately.	SK – They are taught various tactics and strategies and practice implementing these into mini games. They also start to understand <u>when</u> to use certain tactics, strategies and skills within a game. PK –		SK- Students focus on performance and how they can gain their best results. Can they ensure their technique is at its optimum to ensure they achieve the best outcomes. PK- Students can select the right skills for the discipline and also know how to	

	PK – Students demonstrate the appropriate selection of skills to a given situation. They use a variety of strategies during game play to outwit and beat opponents. They will umpire their own games accurately and consistently.	Students can use appropriate tactics and strategies in order to beat an opponent and help their team succeed. They are aware of <u>why</u> and <u>when</u> they use these tactics, strategies and skills.		measure and record results accurately.		
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