

LTP – KS3 P.E

The intent of Physical Education is to build love and passion of P.E. Students are exposed to a broad and balanced curriculum which provides them with multiple opportunities to master the fundamental skills in variety of sports. This underpins sports performance across lesson time. In addition allowing pupils to learn and apply rules, regulations and scoring systems within lessons.

Year 7					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Basketball</p> <ul style="list-style-type: none"> • Movement with the ball (Dribbling) • Execution of core skills (Passing/receiving & Shooting) • Outwitting Opponents in a competitive game situation • Developing an understanding of warm ups and basic rules 	<p>Football</p> <ul style="list-style-type: none"> • Movement with and without the ball • Execution of core skills (Dribbling, Passing, Shooting) • Developing Physical Literacy. (run, jump, kicking, control) • Outwitting Opponents in a competitive game situation 	<p>Trampolining</p> <ul style="list-style-type: none"> • Basic replication of movements • Development of physical literacy • Team workers/Effective participants • Developing creative thinkers 	<p>Badminton</p> <ul style="list-style-type: none"> • Anticipation & Coordination Skills (Physical Literacy Development) • Execution of core skills (forehand clear, backhand clear, serve and drop shot) • Outwitting Opponents in a competitive game situation • Developing an understanding of warm ups and basic rules 	<p>Volleyball</p> <ul style="list-style-type: none"> • Execution of core skills (Sending, receiving & hitting) • Developing an understanding of warm ups and basic rules • Outwitting Opponents in a competitive game situation • Anticipation & Judgment Skills (Physical Literacy Development) 	<p>Athletics</p> <ul style="list-style-type: none"> • Basic replication of core skills for running, jumping and throwing • Development of physical literacy (coordination & body management skills) • Developing personal bests and setting targets • Developing an understanding of warm ups & athletic event rules/terminology
Year 8					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Basketball</p> <ul style="list-style-type: none"> • Replication of core skills (Dribbling, Passing and receiving, Shooting, finishing at the basket) • Outwitting Opponents in an attacking situation • Understanding of game rules and team play • Development of decision making/problem solving 	<p>Football</p> <ul style="list-style-type: none"> • Development of decision making/problem solving • Understanding of rules, roles, teamwork & cooperation • Replication of core skills (Control, Turns, Short/Long Passing, Shooting) • Outwitting Opponents in attack 	<p>Trampolining</p> <ul style="list-style-type: none"> • Developing sequences/movement patterns • Aesthetics, control and body management skills • Development of peer/self-assessment • Replication of flight movements 	<p>Badminton</p> <ul style="list-style-type: none"> • Understanding of game rules and team play • Development of decision making/problem solving • Outwitting Opponents in an attacking situation • Replication of core skills (forehand, backhand, serve, smash, drop shot) 	<p>Volleyball</p> <ul style="list-style-type: none"> • Replication of core skills (Dig, Set, Serve, Spike, Block) • Outwitting Opponents in an attacking situation • Understanding of game rules and team play • Development of decision making/problem solving 	<p>Athletics</p> <ul style="list-style-type: none"> • Challenging physical capacity. • Understanding of heart rate and body functioning when exercising • Replication of event techniques • Development of reflective learners

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Basketball</p> <ul style="list-style-type: none"> • Develop possession and attack as a team • Replication of advanced skills (Passing variations, shooting techniques, use of dribble in tight spaces.) • Understanding of set plays, ways to create scoring opportunities and implementation of rules • Developing Reflective learners/Creative thinkers/Self managers 	<p>Football</p> <ul style="list-style-type: none"> • Possession and attack development • Understanding of set plays and ways to create scoring opportunities • Developing Reflective learners/Creative thinker's/Self managers • Replication of advanced skills (Passing variations, Shooting) 	<p>Trampolining</p> <ul style="list-style-type: none"> • Replication of core skills • Development of aesthetics, control and body management skills • Developing sequences/movement patterns • Development of peer/self-assessment 	<p>Badminton</p> <ul style="list-style-type: none"> • Replication of more advanced core skills (backhand flick/clear, serve variations & disguised drop shot) • Develop tactical use of clear and drop shot to beat opposition • Develop peer and self-assessment • Developing Reflective learners/Creative thinkers/Self managers 	<p>Volleyball</p> <ul style="list-style-type: none"> • Develop tactical use of 3 touches • Replication of core skills (Dig, Set, Serve, Spike, Block) • Developing Reflective learners/Creative thinker's/Self managers • Further understanding of game rules 	<p>Athletics</p> <ul style="list-style-type: none"> • Understanding of warm up and heart/lung functioning. • Replication of athletic techniques & challenging physical limits. • Development of leadership and communication skills • Developing Reflective learners/Creative thinkers/Self managers