

## PE CURRICULUM MAP KEY STAGE 3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	<b>THRESHOLD CONCEPTS:</b> By the end of the year, students should be able to:
KS3	<b>Sport 1 – Football</b> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Week 1-4	<b>Sport 2 – Invasion (continued)</b> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Week 6-9	<b>Sport 4 – Badminton</b> Develop competence to excel in a broad range of physical activities. Week 16-19	<b>Sport 5 Leadership (continued)</b> Know the attributes associated with successful sports leadership. Week 21-23	<b>Sport 7 – Athletics</b> Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Week 28-30	Inter House Engage in competitive sports and activities. Are physically active for sustained periods of time. Week 35	<ul style="list-style-type: none"> <li>Understand the rules, regulations and scoring systems for selected sports.</li> <li>Develop their skills and techniques to help improve their performance.</li> <li>Know about the components of fitness and the principles of training.</li> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> <li>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li> <li>Know the attributes associated with successful sports leadership.</li> <li>Respect - Caring how words and actions may impact others. Respect has two parts: 1) having respect for someone because of how their actions impact others and 2) showing respect by changing your actions to be sure you don't have a negative impact (Responsibility and Independency).</li> <li>Self-Belief - A person's belief in their ability to complete tasks and to achieve their goals. Judging yourself to be capable of success and how this will increase your chances of actual success (Tenacity and Excellence).</li> <li>Team Work: Individuals working together to achieve a common goal. Teamwork is essential to achieving a victory as it requires the effort of every member on the team (Hard work and Visionary). Team Work: Individuals working together to achieve a common goal. Teamwork is essential to achieving a victory as it requires the effort of every member on the team (Hard work and Visionary).</li> </ul>
	Inter House Engage in competitive sports and activities. They are physically active for sustained periods of time. Week 5	Inter House Engage in competitive sports and activities. They are physically active for sustained periods of time. Week 10	Inter House Engage in competitive sports and activities. They are physically active for sustained periods of time. Week 20	<b>Sport 6 – Basketball</b> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Week 24-26	Inter House Engage in competitive sports and activities. Are physically active for sustained periods of time. Week 31	<b>Sport 9 – Rounders</b> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Week 36-38	
	<b>Sport 2 - Invasion</b> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Week 6-9	<b>Sport 3 - Outdoor Pursuits</b> Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Week 11-14 Standardisation Activity Engage in competitive sports and activities. Are physically active for sustained periods of time. Week 15	<b>Sport 5 Leadership</b> Know the attributes associated with successful sports leadership. Week 21-23	<b>Standardisation Activity</b> Engage in competitive sports and activities. Are physically active for sustained periods of time. Week 27	<b>Sport 8 – Cricket</b> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Week 32-34	<b>Standardisation Activity</b> Engage in competitive sports and activities. Are physically active for sustained periods of time. Week 39	

# PE CURRICULUM MAP – KEY STAGE 4

K S 4	<b>Sport 1 - Leadership</b>  Know the attributes associated with successful sports leadership.  <b>Week 1-4</b>	<b>Sport 2 – Fitness (continued)</b>  Know about the components of fitness and principles of training. <b>Week 6-9</b>	<b>Sport 4 – Badminton</b>  Develop competence to excel in a broad range of physical activities.  <b>Week 16-19</b>	<b>Sport 5 – Outdoor Pursuits (continued)</b> Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. <b>Week 21-23</b>	<b>Sport 7 – Athletics</b>  Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best  <b>Week 28-30</b>	<b>Inter House</b>  Engage in competitive sports and activities. Are physically active for sustained periods of time.  <b>Week 35</b>	<ul style="list-style-type: none"> <li>• Understand the rules, regulations and scoring systems for selected sports.</li> <li>• Develop their skills and techniques to help improve their performance.</li> <li>• Know about the components of fitness and the principles of training.</li> <li>• Use a range of tactics and strategies to Overcome opponents in direct competition through team and individual games.</li> <li>• Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> <li>• Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li> <li>• Know the attributes associated with successful sports leadership.</li> <li>• Respect - Caring how words and actions may impact others. Respect has two parts: 1) having respect for someone because of how their actions impact others and 2) showing respect by changing your actions to be sure you don't have a negative impact (Responsibility and Independency).</li> <li>• Self-Belief - A person's belief in their ability to complete tasks and to achieve their goals. Judging yourself to be capable of success and how this will increase your chances of actual success (Tenacity and Excellence).</li> <li>• Team Work: Individuals working together to achieve a common goal. Teamwork is essential to achieving a victory as it requires the effort of every member on the team (Hard work and Visionary).</li> </ul>
	<b>Inter House</b>  Engage in competitive sports and activities. They are physically active for sustained periods of time.  <b>Week 5</b>	<b>Inter House</b>  Engage in competitive sports and activities. They are physically active for sustained periods of time.  <b>Week 10</b>	<b>Inter House</b>  Engage in competitive sports and activities. They are physically active for sustained periods of time.  <b>Week 20</b>	<b>Sport 6 – Basketball</b>  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.  <b>Week 24-26</b>	<b>Inter House</b>  Engage in competitive sports and activities. Are physically active for sustained periods of time.  <b>Week 31</b>	<b>Sport 9 – Rounders</b>  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.  <b>Week 36-38</b>	
	<b>Sport 2 - Fitness</b>  Know about the components of fitness and principles of training.  <b>Week 6-9</b>	<b>Sport 3 - Football</b>  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.  <b>Week 11-14</b>	<b>Sport 5 Outdoor Pursuits</b>  Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.  <b>Week 21-23</b>	<b>Standardisation Activity</b>  Engage in competitive sports and activities. Are physically active for sustained periods of time.  <b>Week 27</b>	<b>Sport 8 – Cricket</b>  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.  <b>Week 32-34</b>	<b>Standardisation Activity</b> Engage in competitive sports and activities. Are physically active for sustained periods of time.  <b>Week 39</b>	
	<b>Standardisation Activity</b>  Engage in competitive sports and activities. Are physically active for sustained periods of time.  <b>Week 15</b>						

## PE CURRICULUM MAP – KEY STAGE 4