

## KS3 PE

Year 7			
	Topic Big Questions	Core knowledge and skills assessed	Checking Points
Autumn	<p>What are the core skills required to play sport and how are they tested? (1 half term)</p> <p>What are the core skills of a Table Tennis player? (1 half term)</p>	<p>Cardiovascular endurance, muscular endurance, power, flexibility, passing, receiving, pivoting, footwork, dribbling, shooting.</p> <p>Rules, ball/racket control, grip, backhand, forehand, serving and scoring.</p>	<p>Fitness testing</p> <p>Skills testing</p> <p>Gameplay assessment</p>
Spring	<p>What are the core skills of a Badminton player? (1 half term)</p> <p>What are the core skills of a Netball player? (1 half term)</p>	<p>Rules, shuttle/racket control, grip, backhand, forehand, serving and scoring.</p> <p>Rules, pivoting, footwork, passing, receiving, shooting, positions.</p>	<p>Skills test</p> <p>Gameplay assessment</p>
Summer	<p>What are the core skills of a Tennis player? (1 half term)</p> <p>What are the core skills of the Athletics events? (1 half term)</p>	<p>Rules, ball/racket control, grip, backhand, forehand, serving and scoring.</p> <p>Rules, running, jumping, throwing and measuring.</p>	<p>Skills test</p> <p>Gameplay assessment</p>
Year 8			
	Topic Big Questions and length of study	Core knowledge and skills assessed	Checking Points
Autumn	<p>What are the core skills and attributes required to play sport and how are they tested? (1 half term)</p> <p>What are the core skills and attributes of a Table Tennis player? (1 half term)</p>	<p>Cardiovascular endurance, muscular endurance, power, flexibility, passing, receiving, pivoting, footwork, dribbling, shooting.</p> <p>Rules, ball/racket control, grip, backhand, forehand and serving, topspin, backspin, attacking, defending and umpiring.</p>	<p>Fitness testing</p> <p>Skills testing</p> <p>Gameplay assessment</p>

<b>Spring</b>	<p>What are the core skills and attributes of a Badminton player? (1 half term)</p> <p>What are the core skills and attributes of a Netball player? (1 half term)</p>	<p>Rules, shuttle/racket control, grip, backhand, forehand, drop shot, smash, serving and umpiring.</p> <p>Rules, pivoting, footwork, passing, receiving, shooting, attacking, defending and positions.</p>	<p>Skills test</p> <p>Gameplay assessment</p>
<b>Summer</b>	<p>What are the core skills and attributes of a Tennis player? (1 half term)</p> <p>What are the core skills and attributes required for Athletics events? (1 half term)</p>	<p>Rules, ball/racket control, grip, backhand, forehand, serving, attacking, defending and umpiring.</p> <p>Rules, running, jumping, throwing and measuring.</p>	<p>Skills test</p> <p>Performance assessment</p>
<b>Year 9</b>			
	<b>Topic Big Questions and length of study</b>	<b>Core knowledge and skills assessed</b>	<b>Checking Points</b>
<b>Options: Students choose a pathway</b>	<p><b>GCSE: What skills and knowledge are required for GCSE PE? (2 terms)</b></p>	<p>High level of knowledge and performance in 3 sports (1 individual, 1 team and 1 choice). Components of fitness, effects of exercise, muscles, bones, joints, fitness testing and review of performance.</p>	<p>Half termly practical exam</p> <p>Termly theory exam</p>
	<p><b>Fitness: What skills and knowledge are required for NCFE Health &amp; Fitness? (2 terms)</b></p>	<p>Components of fitness, effects of exercise, muscles, bones, joints, fitness testing and programming.</p>	<p>Half termly GCSE style practical exam</p> <p>Termly GCSE style theory exam</p>
	<p><b>Games: What skills and knowledge are required to be a competent games player? (2 terms)</b></p>	<p>Gameplay skills required for and rules of football, handball, basketball and netball.</p>	<p>Half termly practical exam</p> <p>Termly rules exam</p>
	<p><b>Aesthetics: What skills and knowledge are required for aesthetic performance and fitness? (2 terms)</b></p>	<p>Components of fitness, effects of exercise, muscles, bones, joints and review of aesthetic performance.</p>	<p>Half termly practical exam</p> <p>Termly theory exam</p>
<b>Summer</b>	<p>What are the core skills and attributes of a Tennis player? (1 half term)</p> <p>What are the core skills and attributes required for Athletics events? (1 half term)</p>	<p>Rules, ball/racket control, grip, backhand, forehand, serving, attacking, defending and umpiring.</p> <p>Rules, running, jumping, throwing, measuring and officiating.</p>	<p>Half termly GCSE style practical exam</p> <p>Termly GCSE style theory exam</p>