

Key Stage 3 Subject Timeline Year 7 to 8

Subject: Physical Education

Year 7						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	<p>Netball – Understanding the movement and key skill requirements.</p> <p>Trampolining – Learning the basic movement patterns for success</p>	<p>Rugby – Basic skills when moving with the ball.</p> <p>Swimming – Front and back crawl development. Water confidence development</p> <p>Handball – Developing an understanding of the game.</p>	<p>Football – Adapting previously learnt skills.</p> <p>Gymnastics – Locomotion and balance in pairs</p>	<p>Dance – Basic performance and choreography skills.</p> <p>Basketball – developing movement with the ball and moving the ball.</p>	<p>Net games (including tennis/table tennis).</p> <p>Athletics – Learning the principles of run/jump/throw.</p>	<p>Striking and fielding games – Developing basic skills and understanding of different games.</p>
Key skills and Concepts	<p>Netball – Passing, footwork, creating space.</p> <p>Trampolining – Learning to stop, safety around the trampoline, shapes, twists.</p>	<p>Rugby – Running with the ball. Passing within the rules. Movement patterns and creating space/using space.</p> <p>Swimming – BLABT for both front and back crawl. Turns on the front.</p> <p>Handball – Passing, catching, throwing and moving with the ball.</p>	<p>Football – changing direction, shooting, moving with the ball.</p> <p>Gymnastics – Pairs balances, matching, mirroring, cannon and unison.</p>	<p>Dance – Learning a set phrase, contact work, choreographic devices.</p> <p>Basketball – Dribbling the ball, passing, pivot, triple threat.</p>	<p>Net Games – Forehand and backhand shots. Serving.</p> <p>Athletics – understanding the grip and stance of throws/the basic technical points of sprints/the technical skills and rules for jumps.</p>	<p>Understanding skills required for low and high catching/throwing over and underarm, ground fielding. Hitting with different bats. Basic knowledge of the rules.</p>
Threshold Concepts	<p>Netball – passing following correct footwork rules, understand the principles of how/where to move to create space.</p> <p>Trampolining – twisting movements, understanding basic shape positions.</p>	<p>Rugby – Being able to adapt movement with or without the ball to explore space and create space. Develop understanding of when to pass/carry the ball.</p> <p>Swimming – Being able to swim confidently on the front and back over 50m. Tumble turning.</p> <p>Handball – Using one hand to catch and throw. Being able to move within the rules of the game.</p>	<p>Football – control and speed of turn, use of both feet to move with the ball, striking the ball with the laces.</p> <p>Gymnastics – Stillness with the balance. Moving together or separate with clearly defined heights/speed direction.</p>	<p>Dance – Being able to show control, extension and focus when performing a set phrase. Showing creativity when developing action, space, dynamics and relationships.</p> <p>Basketball – Being able to smoothly catch and pass the ball. Use the triple threat to make the correct decision. Dribbling the ball head up.</p>	<p>Net games – Can hold the racket/paddle correctly and stand in a way that allows all strokes to be played. Can play with cross/side shots.</p> <p>Athletics – Being able to understand the rules and laws that govern events. Can coordinate arms and legs to produce jumps and throws. Are able to use basic tactics for track events e.g. pacing in middle distance.</p>	<p>Technical aspects for:</p> <ul style="list-style-type: none"> — Low catch. — High catch. — Grip. — Stance for throwing. — Bowling.

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Endpoints	<p>Netball – Playing small-sided games (up to 5v5) with correct rules and footwork.</p> <p>Trampolining – creating linked movements into short sequences.</p>	<p>Rugby – Being able to play touch and small contact games with fluency.</p> <p>Swimming - Being able to swim 50m on the front and back with a turn.</p> <p>Handball – Playing small-sided games using pass/move/shoot principles.</p>	<p>Football – Connecting the set skills together:</p> <ul style="list-style-type: none"> — control. — change direction. — move with the ball. — shoot. <p>Gymnastics – Connection of heights and speeds to connect movements. Use of different levels to develop interest in movements.</p>	<p>Dance – Can perform a set motif demonstrating various performance skills. Can choreograph a short section of a routine.</p> <p>Basketball – Can connect separate skills into a fluent movement. Able to make good decisions on when to use each skill.</p>	<p>Net Games – Playing singles games that include a serve and rally which don't break down immediately.</p> <p>Athletics – Can complete basic athletic events within the rules of the event. Can use and have an understanding of some technical points.</p>	<p>Able to explain and demonstrate in practice bowling (game dependent) throwing and catching, picking up a low ball.</p> <p>Batting with some control.</p>
Assessment	<p>Netball – Completion of small-sided game with correct warm up procedure.</p> <p>Trampoline – 5 bounce routine with mixture of moves from the taught list</p>	<p>Rugby – Small sided games.</p> <p>Swimming – Swimming performance in the pool.</p> <p>Handball – playing small games within the laws of the game.</p>	<p>Football – small-sided games.</p> <p>Gymnastics – Pairs routine.</p>	<p>Dance – Group performance.</p> <p>Basketball – Play small-sided games.</p>	<p>Net games – Play different conditioned games.</p>	<p>Small-sided games.</p>

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Year 8						
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Topics	<p>Netball – To develop individual attacking skills.</p> <p>Trampolining – Re-establish basic skills and learn differing landings.</p>	<p>Rugby – Developing confidence in tackling.</p> <p>Swimming – Breast stroke and butterfly development.</p> <p>Handball – Defending and attacking.</p>	<p>Football – Sport Education module on leadership and team dynamics.</p> <p>Gymnastics – Flight.</p>	<p>HRE – What are fitness and health – how fit are we?</p> <p>Basketball – Developing effective shooting.</p>	<p>Net games – Tennis: Developing serve and full shots.</p> <p>Athletics – progressing learnt skills with confidence</p>	<p>Striking and fielding games – developing consistency with batting and bowling.</p>
Key skills and Concepts	<p>Netball – Dodging, shooting, attacking positions (knowledge) and movement of the ball in attacking third.</p> <p>Trampolining – Seat/front and back landings.</p>	<p>Rugby – moving with the ball, basic tackle technique, passing, rucks.</p> <p>Swimming – BLABT for breast stroke and butterfly techniques.</p> <p>Handball – Defensive position as an individual. Shooting techniques/attacking as a team.</p>	<p>Football – Understanding how to lead and the skills required to be successful. Understanding different roles (coach / warm up / captain / equipment manager etc.). Learning how to work efficiently as a team.</p> <p>Gymnastics – Learning about flight through vaulting.</p>	<p>HRE – Knowing how to measure a pulse rate. How do we warm up. What are components of fitness?</p> <p>Basketball – Understanding the principles of shooting the basketball in different ways.</p>	<p>Tennis – Playing full forehand and backhand strokes. Developing a serve action.</p> <p>Athletics – Developing relay/hurdles new skills. Progressing high/long jump skills and sprint/pacing skills.</p>	<p>Striking and fielding games – Use of grip and stance/position in the batting area/bowling with accuracy/accuracy of fielding skills.</p>
Threshold Concepts	<p>Netball – being able to know where attacking players can move on the court. Being able to shoot with a dominant arm. Being able to understand the principles of moving to avoid a defender.</p> <p>Trampolining – Understanding how to perform the landings/being able to complete the landings.</p>	<p>Rugby – Being able to tackle from front/side with some confidence. Can pass the ball backwards/sideways. Can step over and protect the ball/ruck.</p> <p>Swimming – Understanding the butterfly technique and being able to describe how to move. Performing the breast stroke over 50m.</p> <p>Handball – Understanding how to stand and move as an individual. How to increase goalscoring threat as an individual and team.</p>	<p>Football – Working effectively as a team. Cohesion, cooperation, communication. Setting tactics.</p> <p>Gymnastics – take off and landings. Timing off movement.</p>	<p>HRE – Being able to test fitness and measure levels against data with accuracy. Being able to warm up and cool down correctly. Being able to take a pulse rate and know what zone we are working in.</p> <p>Basketball – Shooting with a dominant hand. Using the whole body to generate power.</p>	<p>Tennis – Being able to control full shots. Serving with some technique over a fuller range. Developing an understanding of the full game of tennis.</p> <p>Athletics – Developing more advanced ideas e.g. flop in high jump, upsweep/down sweep in relay, hurdle technique etc.</p>	<p>Striking and fielding games – Changing and deciding stance and position to fit hitting direction. Bowling overarm in cricket with accuracy and increased confidence. Fielding with one hand pick up and catching with ½ hands low and high</p>

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Endpoints	<p>Netball – Can perform in a number of different attacking positions. Can shoot with some effectiveness.</p> <p>Trampolining – Producing front/back and seat landings in isolation and in a sequence</p>	<p>Rugby – Able to play small-sided game with some idea of the rules and tactics for the game (run/tackle/ruck repeat). To know when the basic rules of the game have been broken.</p> <p>Swimming – Describing and performing with some technique the strokes of butterfly and breast stroke.</p> <p>Handball – Complete all skills linked to team attack and individual defence.</p>	<p>Football – completion of 6 weeks tournament with students fulfilling their roles and responsibilities.</p> <p>Gymnastics – Production of group piece of trampette/vaulting work</p>	<p>HRE – Completing and developing fitness levels through specific training. Measuring pre and post fitness.</p> <p>Basketball – Using shooting technique in game situations and under pressure.</p>	<p>Tennis – playing controlled full games of tennis with an understanding of the scoring system. Games still may lack tactical ideas.</p> <p>Athletics – Completing and scoring the set events in the Scheme of Work.</p>	<p>Striking and fielding games – Playing pairs cricket/full rounders with an understanding of the role in the team and the ability to hit into a variety of different areas. Bowling correctly within the rules/laws.</p>
Assessment	<p>Netball – 4v4 attack versus defence games. Individual skills performance. Ongoing.</p> <p>Trampolining – 5 bounce routine including 2 landings.</p>	<p>Rugby – Small sided games.</p> <p>Swimming – Performance of strokes.</p> <p>Handball – Small sided games up to 6v6.</p>	<p>Football – Ongoing assessment of performance over 6 weeks.</p> <p>Gymnastics – Ongoing assessment of performance over 6 weeks.</p>	<p>HRE – Completion of warm up/cool down and post fitness tests.</p> <p>Basketball – Ongoing assessment through small games.</p>	<p>Tennis – Ongoing assessment.</p> <p>Athletics – Ongoing assessment.</p>	<p>Striking and fielding games – Ongoing assessment.</p>