



PE Curriculum Key Stage 3 2024/2025

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Key Stage 3</p> <p>Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p> <p>Pupils should be taught:</p> <ul style="list-style-type: none"> ● use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] ● Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] ● Perform dances using advanced dance techniques within a range of dance styles and forms ● 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 ● Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best ● Take part in competitive sports and activities outside school through community links or sports clubs. 						
<p>Year 7</p> <p>Pupils should know... (Core knowledge and concepts to be</p>	<p>Handball –</p> <ul style="list-style-type: none"> ● Gain familiarity with a handball and its unique size. ● Focus on generic ball handling skills 	<p>Football –</p> <ul style="list-style-type: none"> ● Build on the basic principles of attack and defence while increasing the level of challenge. ● Involve progressive gameplay to allow for 	<p>Fitness –</p> <ul style="list-style-type: none"> ● Introduce fitness related techniques in isolation and as part of a larger skill set. ● Involve opportunities to show understanding of the body systems and the 	<p>Badminton –</p> <ul style="list-style-type: none"> ● Build upon the basic principles of attack and defence that increase in level of challenge. ● Involve progressive gameplay to allow for tactical planning. 	<p>Basketball –</p> <ul style="list-style-type: none"> ● Incorporate the basic principles of attack and defence that increase in level of challenge. ● Involve progressive gameplay to allow for 	<p>Cricket/Softball/ Rounders</p> <ul style="list-style-type: none"> ● Develop a range of sending and receiving skills with progressive challenge ● Introduce basic gameplay to allow for tactical planning.



PE Curriculum Key Stage 3 2024/2025

<p>learned)</p>	<p>Hockey - Learn and develop the basic skills required to play hockey and rugby.</p> <p>Learn passing, dribbling, shooting and tackling techniques.</p> <p>Understand the rules of hockey and rugby.</p> <p>Develop technique and apply basic principles for games.</p> <p>Continue to apply growth mind-set around winning and losing, teamwork and problem solving in games.</p> <p>Continue to work on literacy and numeracy skills.</p>	<p>tactical planning.</p> <ul style="list-style-type: none"> Allow students to take on different roles within practices and games using modified rules. <p>Volleyball- Learn the basic skills required for volleyball.</p> <p>Work on hand eye co- ordination further, still focusing on agility and balance also.</p> <p>Develop new skillset- underarm serving, set, digs and spikes, hitting the ball using forehand and backhand shots.</p> <p>Understand the rules of volleyball and table tennis.</p>	<p>adaptations to exercise.</p> <ul style="list-style-type: none"> Introduce different roles to support own and peer learning. <i>i.e.</i> coach. <p>Dodgeball – PHYSICAL - Basic physical skill development and combining physical skills. ANALYSIS - Extensive opportunities for self-reflection, peer observation, discussion and feedback. PROBLEM-SOLVING - Higher order, open ended questions posed to pupils. TACTICAL - Learning tactics for attacking and defending both individually and as a team.</p>	<ul style="list-style-type: none"> Allow students to take on different roles within practices and games using modified net game rules. <p>Table Tennis –</p> <ul style="list-style-type: none"> Experienced a range of sending and receiving skills that becomes progressively challenging. Involve basic gameplay to allow for tactical planning. Allow students to take on different roles within practices and games. 	<p>tactical planning.</p> <ul style="list-style-type: none"> Allow students to take on different roles within practices and games using modified rules. <p>Athletics –</p> <ul style="list-style-type: none"> Start to understand speed and distance when running, spatial awareness and develop jumping and throwing technique Start to understand which muscles and body parts are required for different sports and activities. 	<ul style="list-style-type: none"> Allow students to take on different roles within practices and games.
-----------------	---	---	---	---	--	---



PE Curriculum Key Stage 3 2024/2025

		<p>Application of growth mind-set both team work and playing individual sports.</p> <p>Literacy and numeracy skills continued to be progressed.</p>			<ul style="list-style-type: none"> ● Understand how to compete in different athletic events. ● Scoring systems for athletics ● Further develop growth mind-set and focus on social skills. ● Develop literacy and numeracy, working on timings and explaining which body parts and movements are used in different sports. 	
Pupils should be able to do...	Initiates physical activity for 20	Applies pressure to an opponent in	Undertakes a broad range of physically	Applies pressure to an opponent in	Applies pressure to an opponent in	Begins to influence a game



PE Curriculum Key Stage 3 2024/2025

(Skills being developed)	<p>minutes</p> <p>Applies pressure to an opponent in possession</p> <p>Begins to influence a game</p> <p>Changes pace to maintain effective play</p> <p>Combines actions to gain or keep possession</p> <p>Communicates during play to aid teammates and influence play</p> <p>Communicates successfully with their team within a range of sporting contexts, e.g. conciliatory after a</p>	<p>possession</p> <p>Begins to influence a game</p> <p>Changes pace to maintain effective play</p> <p>Combines actions to gain or keep possession</p> <p>Communicates during play to aid teammates and influence play</p> <p>Communicates successfully with their team within a range of sporting contexts, e.g. conciliatory after a loss,</p> <p>Demonstrates basic</p>	<p>active pursuits, e.g. sport, play, exploration</p> <p>Undertakes directed physical activity for 20 minutes</p> <p>Communicates successfully with their team within a range of sporting contexts, e.g. conciliatory after a loss,</p> <p>Demonstrates basic attack and defensive ideas in a game</p> <p>Identifies the main rules and tactics of a variety of games</p> <p>Passes and catches under pressure</p>	<p>possession</p> <p>Begins to influence a game</p> <p>Changes pace to maintain effective play</p> <p>Combines actions to gain or keep possession</p> <p>Communicates during play to aid teammates and influence play</p> <p>Communicates successfully with their team within a range of sporting contexts, e.g. conciliatory after a loss,</p> <p>Demonstrates basic attack and</p>	<p>possession</p> <p>Begins to influence a game</p> <p>Changes pace to maintain effective play</p> <p>Combines actions to gain or keep possession</p> <p>Communicates during play to aid teammates and influence play</p> <p>Communicates successfully with their team within a range of sporting contexts, e.g. conciliatory after a loss,</p> <p>Demonstrates basic</p>	<p>Changes pace to maintain effective play</p> <p>Communicates during play to aid teammates and influence play</p> <p>Communicates successfully with their team within a range of sporting contexts, e.g. conciliatory after a loss, negating positions to play, etc.</p> <p>Demonstrates basic attack and defensive ideas in a game</p> <p>Identifies the main rules and tactics of a variety of games</p> <p>Passes and catches under pressure</p>
--------------------------	---	---	--	--	---	--



PE Curriculum Key Stage 3 2024/2025

	<p>loss, negating positions to play, etc.</p> <p>Demonstrates basic attack and defensive ideas in a game</p> <p>Identifies the main rules and tactics of a variety of games</p> <p>Passes and catches under pressure with consistent accuracy</p> <p>Plays different positions, understanding the role of each</p> <p>Recognises the achievements of others</p> <p>Recognises their</p>	<p>attack and defensive ideas in a game</p> <p>Identifies the main rules and tactics of a variety of games</p> <p>Passes and catches under pressure with consistent accuracy</p> <p>Plays different positions, understanding the role of each</p> <p>Recognises the achievements of others</p> <p>Recognises their own achievements</p> <p>Recognises when to let others take</p>	<p>with consistent accuracy</p> <p>Plays different positions, understanding the role of each</p> <p>Recognises the achievements of others</p> <p>Recognises their own achievements</p> <p>Recognises when to let others take the lead</p> <p>Recognises when to take the lead</p> <p>Responds when circumstances change within a game</p> <p>Varies the speed and direction of a ball</p>	<p>defensive ideas in a game</p> <p>Identifies the main rules and tactics of a variety of games</p> <p>Plays different positions, understanding the role of each</p> <p>Recognises the achievements of others</p> <p>Recognises their own achievements</p> <p>Recognises when to let others take the lead</p> <p>Recognises when to take the lead</p> <p>Responds when circumstances change within a game</p>	<p>attack and defensive ideas in a game</p> <p>Identifies the main rules and tactics of a variety of games</p> <p>Passes and catches under pressure with consistent accuracy</p> <p>Plays different positions, understanding the role of each</p> <p>Recognises the achievements of others</p> <p>Recognises their own achievements</p> <p>Recognises when to let others take the</p>	<p>with consistent accuracy</p> <p>Plays different positions, understanding the role of each</p> <p>Recognises the achievements of others</p> <p>Recognises their own achievements</p> <p>Recognises when to let others take the lead</p> <p>Recognises when to take the lead</p> <p>Responds when circumstances change within a game</p> <p>Catches a ball cleanly thrown from a distance whilst moving</p> <p>Catches balls from different heights and</p>
--	---	---	---	---	---	--



PE Curriculum Key Stage 3 2024/2025

	<p>own achievements</p> <p>Recognises when to let others take the lead</p> <p>Recognises when to take the lead</p> <p>Responds when circumstances change within a game</p> <p>Identifies what they could do to improve their passing, receiving or striking skills</p> <p>Keeps a ball under control whilst moving at speed</p> <p>Moves and passes with fluency</p> <p>Moves at speed</p>	<p>the lead</p> <p>Recognises when to take the lead</p> <p>Responds when circumstances change within a game</p> <p>Identifies what they could do to improve their passing, receiving or striking skills</p> <p>Keeps a ball under control whilst moving at speed</p> <p>Moves and passes with fluency</p> <p>Moves at speed with a ball</p>	<p>Explains how exercise makes us stronger and fitter, e.g. strengthening the heart</p> <p>Identifies potential</p>	<p>Varies the speed and direction of a ball</p>	<p>Recognises when to take the lead</p> <p>Responds when circumstances change within a game</p> <p>Catches a ball cleanly thrown from a distance whilst moving</p> <p>Catches balls from different heights and speeds mostly accuracy</p> <p>Identifies what they could do to improve their passing, receiving or striking skills</p> <p>Keeps a ball under control whilst moving at speed</p> <p>Moves and passes with fluency</p> <p>Moves at speed with a</p>	<p>speeds mostly accuracy</p> <p>Demonstrates some accuracy and technique in a range of throwing activities</p> <p>Throws for distance and accuracy consistently</p>
--	--	---	---	---	--	--



PE Curriculum Key Stage 3 2024/2025

	with a ball				<p>ball</p> <p>Agility, Balance and Co-ordination used further when completing Athletic events.</p> <p>Techniques to perform different events- javelin, sprinting, hurdles, jumping etc.</p> <p>Understand how to score and participate in events. Further understand body parts and muscles used in sport.</p> <p>Continue to develop literacy and numeracy skills.</p>	
Key Vocabulary	<u>Handball</u> Ball familiarisation Dribbling Passing W shape	<u>Football</u> Passing/Receiving Shooting Dribbling Ball control	<u>HRE</u> Heart Rate Pulse Circuits Exercise	<u>Badminton</u> Grip ready position Clear Drop shot	<u>Basketball</u> Ball familiarisation Passing Dribbling Pivoting	<u>Cricket/Softball/ Rounders</u> Ball familiarisation Catching Fielding



PE Curriculum Key Stage 3 2024/2025

	<p>The 'D' Goalkeeper</p> <p><u>Volleyball</u></p>	<p>Defending/Marking /Tackling</p>	<p>Components of fitness Testing</p> <p><u>Dodgeball</u> Throwing Catching Dodging Decision Making Direction Blocking Attacking</p>	<p>service</p> <p><u>Table Tennis</u> Grip Backhand push Serve Forehand Competition</p>	<p>Movement Shooting Lay up</p> <p><u>Athletics</u> Hurdle spatial awareness Sprinting running Jumping events Throwing events</p>	<p>Bowling Batting Strategy Game situation</p>
<p>Year 8</p> <p>Pupils should know... (Core knowledge and concepts to be learned)</p>	<p>Handball – Fundamental skills are further practised and developed.</p> <p>Start to learn the different positions within the game and use defensive strategies.</p> <p>Hockey –</p> <ul style="list-style-type: none"> Learn and develop the basic skills required to 	<p>Football –</p> <ul style="list-style-type: none"> Develop the principles of attack and defence in a directional game. Use small sided game situations to allow for tactical planning and refinement. Allow students to make decisions, assess outcomes and suggest improvements. 	<p>Fitness –</p> <ul style="list-style-type: none"> Develop a range of fitness techniques to test an individual's physical capacity. Involve opportunities to show understanding of the body systems and the adaptations to exercise. Build a variety of different roles to support own and others' learning. <p>Dodgeball PHYSICAL - Basic physical skill development and</p>	<p>Badminton –</p> <ul style="list-style-type: none"> Develop the principles of attack and defence. Involve progressive gameplay to allow for tactical planning and refinement. Allow students to make decisions, assess outcomes and suggest improvements. Develop confidence in movement 	<p>Basketball</p> <ul style="list-style-type: none"> Develop the principles of attack and defence in a directional game. Involve small sided game situations to allow for tactical planning and refinement. Allow students to make decisions, assess outcomes and suggest improvements. <p>Tennis -</p> <ul style="list-style-type: none"> Understand hitting with 	<p>Cricket/Softball</p> <ul style="list-style-type: none"> Build on a range of sending and receiving skills with progressive challenge Involve gameplay to allow for tactical planning. Allow students to make decisions, assess outcomes and suggest improvements. Develop confidence in movement relating to striking and fielding games.



PE Curriculum Key Stage 3 2024/2025

	<p>play hockey.</p> <ul style="list-style-type: none"> • Learn passing, dribbling, shooting and tackling techniques. • Understand the rules of hockey. • Develop technique and apply basic principles for games. • Continue to apply growth mind-set around winning and losing, teamwork and problem 	<p>Volleyball –</p> <ul style="list-style-type: none"> • Overhand serves from the service line • How to utilise the dig and set against opponents • Spiking the ball effectively • Assessment lesson- competitive game/ tournament to perform learnt skills. 	<p>combining physical skills.</p> <p>ANALYSIS - Extensive opportunities for self-reflection, peer observation, discussion and feedback.</p> <p>PROBLEM-SOLVING - Higher order, open ended questions posed to pupils.</p> <p>TACTICAL - Learning tactics for attacking and defending both individually and as a team.</p>	<p>relating to net games.</p> <p>Table Tennis –</p> <ul style="list-style-type: none"> • Develop the principles of attack and defence. • Involve progressive gameplay (singles and doubles) to allow for tactical planning and refinement. • Allow students to make decisions, assess outcomes and suggest improvements. • Develop confidence in movement relating to net games. 	<p>direction and depth</p> <ul style="list-style-type: none"> • Develop bilateral movement for body and racket positioning • Understand basic scoring whilst working both competitively and collaboratively 	<p>Athletics –</p> <ul style="list-style-type: none"> • . Focus on speed (component of fitness) and tests for it. • Using speed when sprinting • Focus on endurance and stamina • Long distance running and use of endurance and stamina • Focus on power (component of fitness) • Using power while throwing and jumping • Mini Olympics- assessment lesson.
--	--	---	--	---	---	---



PE Curriculum Key Stage 3 2024/2025

	solving in games.					
<p>Pupils should be able to do... (Skills being developed)</p>	<p>Uses good body control and efficiency</p> <p>Demonstrates consistently high levels of play in training and game situations</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Protects themselves and others from danger</p> <p>Demonstrates the stamina necessary to play in a variety of positions within a game</p>	<p>Keeps control of a football when dribbling and shielding</p> <p>Quickly/deftly retrieves a ball which has gone beyond/falls short</p> <p>Uses good body control and efficiency</p> <p>Actively involves themselves in planning team strategy</p> <p>Successfully applies pressure to an opponent in possession</p>	<p>Confidently uses basic techniques in a range of running, jumping and throwing activities</p> <p>Paces themselves over longer distances</p> <p>Demonstrates effective team skills e.g. leadership, motivation</p> <p>Sets own challenges within an activity</p> <p>Explains the different aspects to being fit</p> <p>Identifies foods which contain energy and which types are the best sources</p>	<p>Reads the ball and alternates types of stroke to outwit opponent</p> <p>Uses good body control and efficiency</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Takes part actively in a full length game</p>	<p>Uses good body control and efficiency</p> <p>Responds to changing conditions and situations</p> <p>Sets own challenges within an activity</p> <p>Successfully applies pressure to an opponent in possession</p> <p>Demonstrates the stamina necessary to play in a variety of positions within a game</p>	<p>Confidently catches a long throw or hit</p> <p>Confidently uses basic techniques in a range of running, jumping and throwing activities</p> <p>Retrieves a ball quickly in the field showing a good sense of spatial awareness</p> <p>Returns the ball from the field showing a good directional sense when throwing</p> <p>Uses good body control and efficiency</p> <p>Successfully applies pressure to an opponent in possession</p>



PE Curriculum Key Stage 3 2024/2025

	<p>Takes part actively in a full length game</p>	<p>Demonstrates the stamina necessary to play in a variety of positions within a game</p> <p>Develop volleyball skills increasing performance levels.</p> <p>Create consistency when performing dig, sets and spikes, understand and navigate positions.</p> <p>Start to use of tactics to overcome opponents</p> <p>Begin to analyse and reflect on their own performance in comparison to previous performance.</p> <p>Further develop cross curricular links</p>	<p>Pinpoints muscles which are working hardest in different activities</p>			<p>Protects themselves and others from danger</p> <p>Takes part actively in a full length game</p> <p>Increase knowledge of muscles, movements and introduce components of fitness.</p> <p>Perform the different events with success; sprinting, long distance running, javelin, long and triple jumps.</p> <p>Start to analyse performance against the correct technique and previous performances.</p> <p>Further focus on literacy and numeracy throughout the half term.</p> <p>Continued work around growth mind-set in sport.</p>
--	--	---	--	--	--	---



PE Curriculum Key Stage 3 2024/2025

		and growth mind-set; winning, losing, teamwork and organisation.				
Key Vocabulary	<u>Handball</u> Ball Familiarisation Skills High arm Co-operation Ball circulation Phases Shooting <u>Hockey</u> Dribbling Shooting Tackling Passing Open Stick Reverse Stick	<u>Football</u> Control Turns Short/Long Passing Shooting Passing/Receiving Shooting Dribbling Ball control Defending/Marking /Tackling <u>Volleyball</u> Set Dig Block Spike Serve	<u>HRE</u> Heart Rate Pulse Circuits Exercise Components of fitness Testing <u>Dodgeball</u> Accuracy Technique Strategy Blocking Countering Pressuring Attacking	<u>Badminton</u> Ready position Clear Smash Preparation Disguise Flick Outwitting <u>Table Tennis</u> Forehand topspin Backhand topspin Service laws Doubles Singles Outwitting	<u>Basketball</u> Pivot Triple threat Attacking Outwitting Defending Set shot Jump shotTrack Competition <u>Tennis</u> Ready position Release of the ball Bilateral movement Rally / Forehand / Backhand	<u>Cricket/ Softball/ Rounders</u> Fielding practice Batting drive shot Pull shot Bowling run up Field placement Outwitting opponents Positioning Batting development <u>Athletics</u> Track Jump High Long Shot Putt Javelin
Year 9 Pupils should know... (Core	Handball - Understand Positions confidently and be able to play	Football – <ul style="list-style-type: none"> Build upon fundamentals but increase in 	FITNESS – <ul style="list-style-type: none"> Build upon the range of fitness techniques learnt to further test an 	BADMINTON – <ul style="list-style-type: none"> Build upon fundamental skills but increase in 	BASKETBALL <ul style="list-style-type: none"> Build upon fundamentals but increase in speed 	Cricket/Softball – <ul style="list-style-type: none"> Build upon fundamental skills but increase



PE Curriculum Key Stage 3 2024/2025

<p>knowledge and concepts to be learned)</p>	<p>different roles in the game</p> <p>Apply different shooting techniques into a game situation Lacrosse - Develop the ability to get around players in a 1v1 situation</p> <p>To be able to recognise special awareness to incorporate attacking strategies</p> <p style="text-align: center;">Hockey –</p> <ul style="list-style-type: none"> • Learn and develop the basic skills required to play hockey. • Learn passing, dribbling, shooting and tackling 	<p>speed and level of challenge.</p> <ul style="list-style-type: none"> • Develop the principles of attack and defence while working with others. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcomes and suggest improvements. <p style="text-align: center;">Volleyball –</p> <ul style="list-style-type: none"> • Overhand serves from the service line • How to utilise the dig and set against opponents 	<p>individual's physical capacity.</p> <ul style="list-style-type: none"> • Encourage the replication of techniques in a range of contexts. • Involve opportunities to show understanding of the body systems and the adaptations to exercise. • Allow students to make decisions, assess outcomes and suggest improvements. <p style="text-align: center;">Dodgeball –</p> <p>PHYSICAL - Basic physical skill development and combining physical skills. ANALYSIS - Extensive opportunities for self-reflection, peer observation, discussion and feedback. PROBLEM-SOLVING - Higher order, open ended questions posed to pupils. TACTICAL - Learning tactics for</p>	<p>speed and level of challenge.</p> <ul style="list-style-type: none"> • Develop the principles of attack and defence while working with others. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcomes and suggest improvements. <p style="text-align: center;">Table Tennis –</p> <ul style="list-style-type: none"> • Build upon fundamental skills but increase in speed and level of challenge. • Develop the principles of attack and defence while working with others. • Involve pressurised game situations to 	<p>and level of challenge.</p> <ul style="list-style-type: none"> • Develop the principles of attack and defence while working with others. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcomes and suggest improvements. <p style="text-align: center;">Tennis -</p> <p>Consolidate forehand and backhand hitting actions</p> <p>Develop racket control to alter the length and direction of the ball</p> <p>Work collaboratively as a team to score points in a basic competition</p>	<p>complexity and level of challenge.</p> <ul style="list-style-type: none"> • Develop the principles of placement and deception. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcomes and suggest improvements. <p style="text-align: center;">Athletics –</p> <ul style="list-style-type: none"> • . Focus on speed (component of fitness) and tests for it. • Using speed when sprinting • Focus on endurance and stamina • Long distance running and use of endurance and stamina
--	--	--	--	---	--	---



PE Curriculum Key Stage 3 2024/2025

	<p>techniques.</p> <ul style="list-style-type: none"> • Understand the rules of hockey. • Develop technique and apply basic principles for games. 	<ul style="list-style-type: none"> • Spiking the ball effectively 	<p>attacking and defending both individually and as a team.</p>	<p>allow for tactical planning and refinement.</p> <ul style="list-style-type: none"> • Allow students to make decisions, assess outcomes and suggest improvements. 		<ul style="list-style-type: none"> • Focus on power (component of fitness) • Using power while throwing and jumping <p>Mini Olympics- assessment lesson</p>
<p>Pupils should be able to do... (Skills being developed)</p>	<p>Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game.</p> <p>Works in a team, building on trust and developing skills to solves problems either individually or as a group.</p> <p>Works as an effective member of a</p>	<p>Works in a team, building on trust and developing skills to solves problems either individually or as a group.</p> <p>Undertakes three periods of strenuous activity per week with presents intellectual and physical challenges.</p>	<p>Undertakes muscle-strengthening activities, e.g. push-ups and sit-ups, lifting weights, climbing stairs, digging in the garden, etc.</p> <p>Undertakes bone-strengthening activities, e.g. running, walking, jumping rope, lifting weights, etc.</p> <p>Undertakes flexibility activities, e.g. touching toes, yoga, pilates,</p>	<p>Develops technique and improves performance in other competitive sports.</p> <p>Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p>	<p>Develops technique and improves performance in other competitive sports [for example, athletics and gymnastics].</p> <p>Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Controls the pace of their movement within a game situation in order to</p>	<p>Analyses their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Controls the pace of their movement within a game situation in order to sustain their stamina for the duration of a full game.</p> <p>Start to analyse performance against</p>



PE Curriculum Key Stage 3 2024/2025

	<p>team within a range of competitive sports.</p>	<p>Uses a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Continue to use of tactics to overcome opponents</p> <p>Analyse and reflect on their own performance in comparison to previous performance.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork and organisation.</p>	<p>callisthenics, stretches, etc.</p> <p>Understands and applies the principles of nutrition and health.</p>		<p>sustain their stamina for the duration of a full game.</p>	<p>the correct technique and previous performances.</p> <p>Further focus on literacy and numeracy throughout the half term.</p> <p>Continued work around growth mind-set in sport.</p>
Key terminology	<p><u>Handball</u> Applying decisions</p>	<p><u>Football</u> Passing/Receiving</p>	<p><u>HRE</u> Heart Rate</p>	<p><u>Badminton</u> Movement Forehand</p>	<p><u>Basketball</u> Developing Lay up</p>	<p><u>Cricket/ Softball/ Rounders</u></p>



PE Curriculum Key Stage 3 2024/2025

	Outwitting opponents Progression Footwork Execution Height Power Accuracy <u>Hockey</u> Dribbling Shooting Tackling Passing	Shooting Dribbling Ball control Defending/Marking /Tackling <u>Volleyball</u> Set Dig Block Spike Serve	Pulse Circuits Exercise Components of fitness Testing <u>Dodgeball</u> Accuracy Technique Strategy Blocking Countering Pressuring Attacking	Overhead clear Jump shot Tactics Deception <u>Table Tennis</u> Game familiarisation Accuracy Topspin Slice Analyse	Defence Zones Attacking Tactics Variations <u>Tennis</u> Ready position Release of the ball Bilateral movement Rally / Forehand / Backhand	Fielding fundamentals Batting defensive shots Cut Bowling Pace Spin Wicket keeping Competition <u>Athletics</u> Track Jump High Long Shot Putt Javelin
--	--	--	---	---	---	--