



## QPHS Year 7 (KS3) Physical Education Curriculum Map

Title	Unit summary	Assessment
<b>Football</b>	S - Passing/receiving, shooting, dribbling, ball control, Defending/Marking/Tackling. K - Principles of attack and defence, finding space, rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Netball</b>	S- Passing, receiving, ball handling, footwork, shooting, defending K – rules, finding space, principles of attack and defence.	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Rugby/Tag Rugby</b>	S- Passing/receiving, ball handling, tackling, dodging, Evading. K - Principles of attack and defence, finding space, rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Basketball</b>	S Passing/receiving, shooting, dribbling, footwork, ball control, rebounding. K – rules, finding space, principles of attack and defence.	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Gymnastics</b>	S - Rolls, balances (paired and group), counter balance and counter tension, cartwheel, handstand (supported), jumps K - Explored ways of travel, balance and rotation, Use of space, formations, levels as part of sequences, apparatus safety	Demonstrate skills and technique, and apply them to a performance routine.
<b>Badminton</b>	S - Footwork/stance and grip, shuttle control, forehand/backhand, clear, drop shot, service action K - using space, simple strategies to outwit opposition application of modified game rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Table tennis</b>	S- Grip and stance, push – backhand/forehand, drive – forehand, serve K - using space, simple strategies to outwit opposition application of modified game rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Health related fitness</b>	S - Warm up/cool down movements, circuit movements, tests for components of fitness, boxercise techniques, simple measurements of the body – heart rate	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply the knowledge of healthy active lifestyle.
<b>Dodgeball</b>	S – Dodge, throwing and catching, jumping, diving. K – Understanding of basic ruling, application of basic ruling for a basic dodgeball game.	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Problem Solving</b>	S – Team building, communication, resilience, decision making and brainstorming. K – Understanding the importance of teamwork, to follow instructions and take on a number of different roles.	Demonstrate teamworking skills and apply basic problem-solving strategies.
<b>Volleyball</b>	S- Dig, set, volley, service K - using space, simple strategies to outwit opposition application of modified game rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Hockey</b>	S -Passing/receiving, dribbling, ball control, shooting, defending/block tackle	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Athletics</b>	S - Sprinting, pacing, leg and arm drive, take off, flight, landing, throwing actions, Starts	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Cricket</b>	S- Batting, bowling, fielding - sending/receiving, fielding barriers K - using space, simple strategies to outwit opposition application of modified game rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Tennis</b>	S -Grip and stance, footwork, forehand, backhand, serve K - using space, simple strategies to outwit opposition application of modified game rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Rounders</b>	S -Batting, bowling, fielding, throwing, catching barriers K - using space, simple strategies to outwit opposition application of modified game rules	Demonstrate skills and technique ( <b>Isolated drills</b> ), and apply tactics and strategies.
<b>Dance</b>	S -Rhythm, timing, gestures, jumps K – movement to music, use of space, level, unison, canon, group performance	Demonstrate skills and technique, and apply them to a performance routine.
<b>Rowing (adventurous activities)</b>	S – ergo rowing, balancing a boat, phases of catch, drive and recovery. K – safety at the boathouse and on the water, basic technique, peer feedback	Demonstrate skills and technique and safety.
<b>Theory HT1 &amp; 2 (IA1)</b>	<b>New knowledge</b> Muscles, warm up, sporting behaviour	Assessment of sporting theoretical knowledge and understanding
<b>Theory HT3, 4, 5 (IA2)</b>	Cumulative knowledge -Muscles, warm up, sporting behaviour <b>New knowledge - Careers, health fitness and wellbeing</b>	Assessment of sporting theoretical knowledge and understanding



### **KS3 curriculum overview**

Throughout the year, students will participate in the broad range of activities detailed above. The timing of activities may depend on factors such as availability of facilities, weather and upcoming competitions. Detailed timings for individual groups can be found on the following page.

Progression in KS3 – students will revisit sports and activities throughout their KS3 learning journey. This allows students to build on prior skills and knowledge. Typically, in year 7 the focus is on **isolated drills and technique**, in year 8 **conditioned practices**, year 9 **competitive games for understanding coupled with a focus on strategy and tactics**.

Queen's Park High School physical education department shares the purpose of the **National curriculum** in England which aims to ensure that all pupils:

- ✓ Inspired to succeed.
- ✓ build character and help to embed values such as fairness and respect.
- ✓ develop competence to excel in a broad range of physical activities.
- ✓ are physically active for sustained periods of time.
- ✓ engage in competitive sports and activities.
- ✓ become physically confident in a way which supports their health, fitness and active lives.

In Key stages 3, we deliberately place an emphasis on the importance of practical aspects of physical education, so that students can develop the skills and attributes underlined above by the national curriculum. That said, we also recognise the need to prepare students for the knowledge they will require at key stage 4. Therefore, the assessment objectives (AO) for KS3 make a direct link to the demands of the GCSE.

In KS3 PE, the majority of our assessments link to the practical criteria, as we feel this is the best way to meet the demands of the national curriculum and inspire students.

It is important to note that many of the assessment criteria have theoretical connotations (The knowledge and skills for these will be addressed as part of the practical classes and knowledge will be further developed through set homework. Some of the assessment will also take place during practical lessons via verbal conversations and practical demonstrations of understanding. In addition, these may be assessed by written activities. Whilst we hold the importance of developing these theoretical skills in high regard, the assessment for these learning objectives will be less frequent. This will take the form of a theoretical assessment prior to IA1 and IA2. This will allow us to track student progress.

This is a conscious decision to maximise the time given for students to engage in practical development of their sporting knowledge, whilst recognising the need to prepare students for the demands of KS4.

**Please see the timings of physical education lessons for each class below.**



		Autumn half term 1	Autumn half term 1	Autumn half term 2	Autumn half term 2	Spring term 1	Spring term 1	Spring term 2	Spring term 2	Summer term 1	Summer term 1	Summer term 2	Summer term 2
Teaching start date		2 <sup>nd</sup> Sept	30 <sup>th</sup> Sept	4 <sup>th</sup> Nov	2 <sup>nd</sup> Dec	6 <sup>th</sup> Jan	27 <sup>th</sup> Jan	24 <sup>th</sup> Feb	17 <sup>th</sup> Mar	21 <sup>st</sup> Apr	5 <sup>th</sup> May	2 <sup>nd</sup> June	30 <sup>th</sup> June
<b>Year 7 (three classes)</b>	<b>Group1 (Girls)</b>	Netball	Problem solving & orienteering	Gymnastics & dance	Health Related Fitness	Table tennis (school hall)	Badminton	Dodgeball	Volleyball	Athletics	Football	Rounders	Tennis
	<b>Group2 (Boys)</b>	Football	Rugby	Badminton	Basketball	Health Related Fitness, gymnastics & dance	Table tennis (school hall)	Volleyball	Problem solving, orienteering & dodgeball	Athletics	Tennis	Cricket	Rounders
	<b>Group 3</b>	Tag Rugby	Basketball	Problem solving, orienteering & dodgeball (school hall)	Table tennis (school hall)	Badminton	Health Related Fitness, gymnastics & dance	Football (outside)	Hockey (outside)	Volleyball	Athletics	Tennis	Rounders

Rowing programme on separate timetable