



Curriculum Plans – Key Stage 3 Physical Education

Year 7

	Block 1/ Block2/ Block 3	Block 4/ Block 5	Block 6/ Block 7
	<p>Net and Barrier Games Unit: Beach Volleyball/ Tennis/ Badminton/ Fitness and Strength Conditioning</p> <p>Sports Knowledge Unit: Skeletal and Muscular System</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate and use a serve, dig, volley and set -Complete a rally of 15 minimum -Show the difference between a forehand and a backhand -Demonstrate a serve -Move around the tennis court safely and effectively -Return a serve -Demonstrate a smash -Demonstrate forehand and backhand -Understand the rules of the game <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Serve low, short, high and deep -Complete a rally of 30 minimum -Compete in a competitive game - Switch between forehand and backhand shots in a game situation - Serve, and ace a return a serve -Move around the court quickly with control -Serve low, short, high and deep -Complete a rally of 20 minimum -Compete in a competitive game -Demonstrate effective movement on the court 	<p>Sports Knowledge Unit: Respiratory System</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Pass the ball (short, long) using the correct part of the foot -Run with the ball (dribble) -Turn with the ball -Perform the role of goalkeeper -Shoot at goal -Pass and receive from chest and overhead - Shoot with set and lay up - Dribble with either hand - Change direction with the ball - Stop and pivot with the ball <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Use a range of passes successfully -Tackle and gain possession -Keep possession -Shoot on target -Perform crosses and headers -Score goals when shooting with lay-ups, sets - Dribble with either hand and change direction keeping off defenders - Intercept and tackle players reading the game - Rebounds - Catch and turn in the air 	<p>Fielding and Target Games Unit: Kickball/Welsh Baseball/ Target Games</p> <p>Sports Knowledge Unit: Circulatory System</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Kick the ball -Strike the ball -Pass the ball (short, long) -Run with the ball -Turn with the ball -Perform the role of pitcher -Throw to bases -Run to bases -Throw/ strike an object toward a target <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Use a range of passes successfully -Tag students out -Keep possession -throw on target -Understand tactical problems related to target games, including -Shot selection -Judge distance -Preventing points -Protecting a shot
Assessment	<p>Observations</p> <ul style="list-style-type: none"> - Q&A - Skill demonstrations - Skill practice - Peer Review - Group Work - Knowledge checks - Skill assessment - Fitness assessment - Knowledge assessment 	<p>Observations</p> <ul style="list-style-type: none"> - Q&A - Skill demonstrations - Skill practice - Peer Review - Group Work - Knowledge checks - Skill assessment - Fitness assessment - Knowledge assessment 	<p>Observations</p> <ul style="list-style-type: none"> - Q&A - Skill demonstrations - Skill practice - Peer Review - Group Work - Knowledge checks - Skill assessment - Fitness assessment - Knowledge assessment