

Key Stage 3 Overview – Physical Education (Boys)

	Unit 1 – Gymnastics	Unit 2 – Basketball	Unit 3 – Association football	Unit 4 – Rugby
Year 8	<p>With emphasis on <u>being creative, managing information, maths, literacy, ICT, safety, risk assessment, working with others and personal development.</u></p> <p>Pupils will: learn various ways of travelling, transferring weight, balancing, turning, jumping and developing various ways to develop sequences through individual, partner and group work; understand how strength and flexibility are important for poise, control and coordination.</p>	<p>With attention to <u>personal health, self-management, working with others, numeracy, ICT, safety and risk assessment, being creative and thinking, problem-solving, decision making and personal development.</u></p> <p>Pupils will: demonstrate a sound technique in ball handling skills i.e. catching (two handed), passing (chest, bounce, shoulder) and shooting (lay-ups, jump shot, set shot), rebounding; demonstrate good footwork (pivot, jump, stop); learn to get free (speed, dodge, space); understand marking opponents; learn the rules associated with basketball; develop respect for opponents, shaking hands and the officials.</p>	<p>Focusing on <u>self-management, personal health, numeracy, literacy, ICT, managing information, working with others, thinking, problem-solving and decision making, safety and risk assessment.</u></p> <p>Pupils will: execute cushion control and add movement; use wedge control; show a range of short and long accurate passing; learn to dribble the ball; study the rules of the game; perform warm up and cool down activities related to soccer and understand the fitness requirements of a soccer player; recognise the need for regular participation to maintain acceptable fitness levels; observe their own performance and make improvement.</p>	<p>With attention to <u>personal development, self-management, personal health, numeracy, literacy, ICT, managing information, working with others, thinking, problem-solving and decision making, safety and risk assessment.</u></p> <p>Pupils will: carry the ball in two hands while running forward; learn lateral L + R with accuracy; develop receiving and passing skills in both the static position and on the move; tackle correctly from the front, side and rear with confidence; demonstrate basic ball retention; execute basic forwards/backwards unit skills; develop organisational and positional awareness linked to conditional small-sided games – 3:2 scrum, 5 man back line; employ simple tactics in a game situation; develop an awareness of safe practice and technique in relation to themselves and others; perform warm up and cool down activities related to rugby and understand the fitness requirements for a rugby player.</p>
Year 8	Unit 5 – Advanced Rugby	Unit 6 – Swimming – Beginners and Non-swimmers	Unit 7 – Swimming Improvers	Unit 8 - Badminton
	<p>With attention to <u>personal development, self-management, personal health, numeracy, literacy, ICT, managing information, working with others, thinking, problem-solving and decision making, safety and risk assessment.</u></p> <p>Pupils will: demonstrate good ball handling technique – catching, passing, set down and pick-up; demonstrate basic footwork and running skills and evasion skills; demonstrate good tackling (side and front), rucking (presentation and clean 2 v 1) and mauling 2 v 1 (rip and pop); show a basic technique in unit skills – scrum, line-out, ruck and maul, demonstrate a knowledge of individual positioning in attack and defence (backs), progress from small-sided games; apply the skills and tactics and know when to use them appropriately; perform warm up and cool down activities related to rugby; observe their own performance and that of team and make recommendations for improvement.</p>	<p>With attention to <u>working with others, self-management, personal health, numeracy, literacy, ICT, and health and safety.</u></p> <p>Pupils will: be able to safely enter and leave the water; have the ability to regain standing from the prone and supine positions; demonstrate confidence in submerging and breath control; demonstrate basic propulsion on the front and back (with or without aids); demonstrate awareness of safety around the pool; demonstrate aware of hygiene related to swimming; be water confident; show awareness of hygiene related to swimming; acquire basic skills and knowledge.</p>	<p>With attention to <u>working with others, self-management, personal health, numeracy, literacy, ICT, and health and safety.</u></p> <p>Pupils will: show a responsible approach to safety and hygiene related to swimming; carry, place and use equipment with care and safety; have water confidence; acquire knowledge of the principle strokes; develop ability through performance; demonstrate propulsive movements of the arms and legs on front and back; move with proper stroke execution; demonstrate control and coordination when practicing tasks; show awareness of safety around the pool; recognise areas for improvement; observe and answer questions about the movement of themselves and others.</p>	<p>With emphasis on <u>being creative, information management, working with others, self-management, numeracy, literacy, ICT, safety and risk assessment, thinking, problem-solving and decision making.</u></p> <p>Pupils will: develop the correct technique for the game of badminton – overhead clear, high and low serve, high lift and smash; demonstrate correct grip and stance when striking and receiving; hit shuttle effectively; use, carry and store equipment safely; move effectively on court; take responsibility for warm up and cool down; show good hygiene; show personal qualities of dedication, consistency and concentration; observe and comment on performance.</p>
	Unit 9 – Athletics	Unit 10 – Cricket	Unit 11 – Tennis	Unit 12 – Health related physical education
Year 8	<p>With attention to <u>managing information, thinking, problem-solving, decision making, self-management, numeracy, literacy, ICT, safety and risk assessment.</u></p> <p>Pupils will: demonstrate good control and technique when sprinting (arm action, leg position); demonstrate good control and technique when throwing, long jumping and high jumping; perform a standing throw; introduce sprinting drills; be able to pace themselves in longer runs e.g. 800m; be able to time running events; be able to measure Long Jump, High Jump, Shot and timed runs; understand safety procedures for each running event and also field events; perform a standing throw; learn sprinting drills; understand the rules of competition; understand what is needed to improve performance.</p>	<p>Focusing on <u>communication, managing information, working with others, thinking, problem-solving and self-management, numeracy, literacy and ICT.</u></p> <p>Pupils will: develop hand-eye coordination; perform basic fielding (simple throwing, catching, long barrier, chasing, gathering and throwing); perform basic bowling (holding ball, straight arms, chest sideways, bowling static start); perform basic batting (grip and stance, back lift, calling for runs, leading leg shot and timing); perform basic team development (basic field positions, fielding-backing up, use of equipment (safety) pads, boxes, gloves, helmets etc); perform skill practice (forward defensive, slip catching); suggest ways to improve the skill level.</p>	<p>With emphasis on <u>being creative, managing information, working with others, thinking, problem-solving and decision making, numeracy, literacy, ICT, self-management, safety and risk assessment.</u></p> <p>Pupils will: be introduced to the sport through small conditioned games, drills and problem-solving activities; acquire a knowledge of rules, tactics and fair play; develop control of the racquet head and racquet dexterity; develop the correct forehand grip, position of the fingers and thumb; develop the backhand grip by turning the hand on the grip; change the grip from forehand to backhand grip; develop the service action (throw); further develop the serve and the return of serve.</p>	<p>With attention to <u>self-management, managing information, being creative, personal health, moral character, working with others, maths, ICT and communication.</u></p> <p>Pupils will: develop an awareness of the importance of health related fitness; learn about resting pulse rate and working heart rate; understand and know what speed is; spend time fitness testing and know how to record results sufficiently; understand fitness elements required for sports hall activities; show awareness of safety when setting up circuits; demonstrate correct warm up and stretching techniques; know how to improve various aspects of heart rate function; observe and evaluate their own performance and those of their class.</p>

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	Unit 1 – Gymnastics	Unit 2 – Health related physical education	Unit 3 – Basketball	Unit 4 – Athletics	Unit 5 – Rugby
Year 9	<p>With emphasis on <u>being creative, managing information, maths, literacy, ICT, safety, risk assessment, working with others</u> and <u>personal development</u>.</p> <p>Pupils will: take off and land safely; perform simple vaults in a safe and controlled manner; support their own body weight on small and large body parts; use changes in shape, speed, levels, direction or timing; plan and perform more complex sequences either on their own, in pairs, trios and groups; explain the reasons for warming up and cooling down; understand how good body tension is essential for poise, control and co-ordination; identify what to look out for when observing actions and sequences; observe and comment on the movement of themselves and others; identify areas which may be improved.</p>	<p>With attention to <u>self-management, managing information, being creative, personal health, moral character, working with others, maths, ICT and communication</u>.</p> <p>Pupils will: develop the correct techniques for running, sprinting and specific skills related to heart rate function; practice techniques in order to improve performance; complete fitness testing; perform sprinting 100m, 200m, 400m and relay; perform heart rate function aerobic workout with measurement of skinfold – fat%/height; heart rate function aerobic workout and mini fitness circuit; show an awareness of the relationship between exercise and physical well being; understand the role of activity in maintaining good health.</p>	<p>Focusing on <u>personal health, self-management, working with others, numeracy, ICT, safety and risk assessment, being creative and thinking, problem-solving, decision making</u> and <u>personal development</u>.</p> <p>Pupils will: show sound technique in co-ordination skills, dribbling, catching, passing (variety chest, bounce, javelin), shooting (backward shot, lay-up, jump shot static dribble; demonstrate good footwork (pivot, jump, stop 1-1, 1-2 varying directions; be able to find space; be able to mark opponents with and without the ball; learn the rules regarding travelling, double dribble, side line, end line, jump roll, fouls, free shot; play small sided games; demonstrate how to rebound the ball and be able to describe how to box out; be introduced to the terms roll, screen, opposite, pick and allow practise; perform jab step and swing/crossover; appreciate sportsmanship and respect.</p>	<p>With attention to <u>managing information, thinking, problem-solving, decision making, self-management, numeracy, literacy, ICT, working with others, safety and risk assessment</u>.</p> <p>Pupils will: demonstrate good technique in a run or a race; demonstrate a range of jumping and throwing techniques with greater control and consistency; lift, carry and transport equipment safely; set targets and programmes to improve performance; select exercises and training activities appropriate to the event; identify different forms of training that will improve their own individual performance; explain the value of joining a club in the local school community.</p>	<p>With attention to <u>personal development, self-management, personal health, numeracy, literacy, ICT, managing information, working with others, thinking, problem-solving and decision making, safety and risk assessment</u>.</p> <p>Pupils will: further develop the core skills associated with running, passing and tackling; be able to display a variety of techniques in evasive running, passing, tackling and ball rotation skills; form 6 man scrums with control and safety; perform a line out with a 5 man straight throw; show co-ordination of throwing/ jumping and catching; show an understanding of the expansion of the laws pertaining to the 12-a-side game (especially off-side); effectively demonstrate the expanding skill bank to successfully take part in a 12 man game; acquire knowledge of warm up and cool down activities; observe and evaluate their own performance and that of others.</p>
Year 9	Unit 6 – Association football	Unit 7 – Badminton	Unit 8 - Tennis		Unit 9 – Volleyball
	<p>Focusing on <u>self-management, personal health, numeracy, literacy, ICT, managing information, working with others, thinking, problem-solving and decision making, safety and risk assessment</u>.</p> <p>Pupils will: develop and improve passing techniques; improve accuracy and consistency of shots; be able to score a greater percentage of shots; improve confidence and skills on the ball; know a range of passes and situations when they can be used; know how to create and execute a shooting opportunity for your team; know how to confidently control the ball and beat an opponent; know how and when to head the ball competently in certain situations</p>	<p>With emphasis on <u>being creative, information management, working with others, self-management, numeracy, literacy, ICT, safety and risk assessment, thinking, problem-solving and decision making</u>.</p> <p>Pupils will: perform a range of badminton skills with preparation, accuracy and control – high/low serves, net shot, smash, overhead and underarm clear; handle and use equipment safely; play effectively in singles and doubles; take responsibility for warm up and cool down; practise and play in individuals and pairs and in doubles situations; show dedication, cooperation and responsibility in the development of performance; observe, recognise and comment on their own and others performance.</p>	<p>With emphasis on <u>being creative, managing information, working with others, thinking, problem-solving and decision making, numeracy, literacy, ICT, self-management, safety and risk assessment</u>.</p> <p>Pupils will: revise forehand and backhand strokes; revise service technique; introduce the forehand volley stroke; develop the backhand volley stroke; develop a basic game of tennis singles/doubles; develop forms of simple game play in which speed, width, height and lengths of shots are varied.</p>		<p>Focusing on <u>being creative, self-management, working with others, thinking, problem-solving, decision making, numeracy, literacy, ICT, safety and risk assessment</u>.</p> <p>Pupils will: develop hand-eye co-ordination; perform a range of volleyball skills with preparation, accuracy and control – volley, dig, set, spike, block and serves; handle and use equipment safely; play effectively in groups and competitive situations; take responsibility for warm up and cool down; show dedication, cooperation and responsibility in the development of performance; observe, recognise and comment on their own and others performance.</p>

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	Unit 1 – Gymnastics	Unit 2 – Basketball	Unit 3 – Badminton	Unit 4 – Athletics
Year 10	<p>With emphasis on <u>being creative, managing information, maths, literacy, ICT, safety, risk assessment, working with others</u> and <u>personal development</u>.</p> <p>Pupils will: perform travelling, turning, inversion, jumping, balances with poise, control and tension; move into and out of actions and balance fluently, showing good transference of weight; link 2 or more actions from – travel, jump, turn, balance, to form a sequence; plan and perform sequences with a partner; plan a sequence using changes of shape, speed, levels, direction of timing; explain the reasons for warming up and cooling down; understand how strength and flexibility are important for poise, control and co-ordination; identify what to look for when observing sequences; identify areas which may be improved.</p>	<p>Focusing on <u>personal health, self-management, working with others, numeracy, ICT, safety and risk assessment, being creative and thinking, problem-solving, decision making</u> and <u>personal development</u>.</p> <p>Pupils will: demonstrate a sound technique in co-ordination skills, dribbling, catching, passing (variety chest, bounce, javelin), shooting (backward shot, lay-up, jump shot static/dribble); demonstrate good footwork (pivot, jump, stop 1-1, 1-2 varying directions); be introduced to hook shot; learn about driving in; perform jump shot dunk from varying directions; learn how to find space (change of speed, direction, screening, jump and roll); learn how to mark with/without ball; learn the rules; play small games to apply new skills; perform fake passes; learn how to referee games; take a class through a warm up and cool down session; suggest ways to improve performance.</p>	<p>With emphasis on <u>being creative, information management, working with others, self-management, numeracy, literacy, ICT, safety and risk assessment, thinking, problem-solving</u> and <u>decision making</u>.</p> <p>Pupils will: perform a range of badminton skills with accuracy and control (short serve, net kill, overhead clear, high serve, smash, block shot, linking shots in rally sequence); handle and use equipment safely; play effectively in both singles and doubles; take responsibility for warm up and cool down; recognise the importance of different aspects of fitness – flexibility, strength, endurance, speed, balance and agility; practice and play individually, in pairs and in a match situation; show personal qualities of dedication, consistency and concentration; observe, recognise and comment on their own and others performance; identify weaknesses in performance and suggest ways of improving performance.</p>	<p>With attention to <u>managing information, thinking, problem-solving, decision making, self-management, numeracy, literacy, ICT, working with others, safety and risk assessment</u>.</p> <p>Pupils will: consolidate on previous years work; complete an inter class competition for 100m and 4x100m relay to establish personal bests; revise correct jumping technique; establish personal bests in long jump and triple jump; revise safety issues e.g. correct way to carry/jump hurdles, develop stride pattern for 100m hurdles; consider safety issues for the high jump and demonstrate good technique for take-off and landing; establish personal bests for the discus and shot; revise correct way to carry and grip the javelin and establish personal bests for standing and moving throws; identify methods of training to improve performance, use previous knowledge to refine and improve performance; identify strengths and weaknesses to improve technique and performance.</p>
Year 10	Unit 5 – Rugby	Unit 6 – Association Football	Unit 7 – Health Related Physical Education	Unit 8 – Volleyball
	<p>With attention to <u>personal development, self-management, personal health, numeracy, literacy, ICT, managing information, working with others, thinking, problem-solving</u> and <u>decision making, safety and risk assessment</u>.</p> <p>Pupils will: play a 15 man game/understand/apply tactics and strategies associated with the game; develop passing/handling skills in increasingly competitive situations; develop tackling skills in competitive situations; develop contact skills (ruck and maul); develop the collective skills needed for back line and forward play; appreciate the requirements of the individual positions; show an understanding of personal preparation relating to the game of rugby; warm and cool down using their own ideas; identify what they need to do to become fitter to play games; explain the effects of regular exercise on the body and how it contributes to health; observe performance and identify strengths/weaknesses in their own and others performances.</p>	<p>Focusing on <u>self-management, personal health, numeracy, literacy, ICT, managing information, working with others, thinking, problem-solving</u> and <u>decision making, safety and risk assessment</u>.</p> <p>Pupils will: recap on year 9 work; learn defensive and attacking principles of play; perform set plays and develop correct heading technique; execute cushion control and add movement; use wedge control; show a range of short and long accurate passing; be able to dribble using inside/outside of both feet either free running or around obstacles; know the rules of starts/restarts and throw ins; in pairs up to 5v5 apply the skills; perform warm up and cool down activities related to soccer and understand the fitness requirements of a soccer player; recognise the need for regular participation to maintain acceptable fitness levels; observe and evaluate their own performance and make recommendations for improvement.</p>	<p>With attention to <u>self-management, managing information, being creative, personal health, moral character, working with others, maths, ICT and communication</u>.</p> <p>Pupils will: learn about F.I.T.T. (frequency, intensity, time and tedium); select cardiovascular activities that are of the right intensity for developing and maintaining fitness for health; learn about the cardiovascular effects on the body, taking pulses after different exercises; learn different types of exercises through circuit training; learn about target zones and exercising at 55-90% of maximum heart rate; receive an introduction to heart rate monitor; appreciate the relationship between F.I.T.T. principle and fitness for health; realise they should receive an accumulative 20 minutes of exercise 3 times a week; know how to set up circuits safely; be able to work out the target health zone and maintain exercise at this level for a healthy heart.</p>	<p>Focusing on <u>being creative, self-management, working with others, thinking, problem-solving, decision making, numeracy, literacy, ICT, safety and risk assessment</u>.</p> <p>Pupils will: perform a range of volleyball skills with preparation, accuracy and control – volley, dig, set, spike, block, serves; learn different types of serving (overhand, underhand, jump serve); handle and use equipment safely; play effectively in groups and competitive situations; take responsibility for warm up and cool down; show dedication, cooperation and responsibility in the development of performance; observe, recognise and comment on their own and others performance.</p>
Year 10	Unit 9 - Cricket	Unit 10 – Hockey		Unit 11 - Tennis
	<p>Focusing on <u>communication, managing information, working with others, thinking, problem-solving</u> and <u>self-management, numeracy, literacy and ICT</u>.</p> <p>Pupils will: develop individual skills (simple throwing, catching, long barrier, chasing, gathering, throwing); develop fielding skills (wicket keeping, slips, one handed catches); develop bowling skills (grip, pace, spin difference, angle of attack, over, round wicket); develop batting skills (back foot drive, forward defence); understand team development (when to bat, when to bowl); appreciate safety requirements of the game; participate in net practice and matches; lead warm up and cool down sessions; observe and suggest ways to improve performance of themselves and others.</p>	<p>With emphasis on <u>working with others, managing information, self-management, thinking, problem-solving, decision making, numeracy, literacy, ICT and safety and risk assessment</u>.</p> <p>Pupils will: consolidate pushing, hitting and stopping skills in game situation (strength, weight and accuracy); develop dribbling skills in game situation (refine speed, control and use of reverse stick); develop stopping/trapping control skills in a game situation; improve passing and receiving skills in games; demonstrate sound technique in flicking and lifting in a controlled manner; consolidate with other members of the group to develop tactics to outwit opponents (2v1, 3v1, 3v3, to full game); demonstrate tactual awareness of space (marking and dodging); know the rules in relation to the 11 – aside game; consolidate warm up and cool down activities related to hockey and understand the fitness requirements of the hockey player; recommend improvements for performance of the team.</p>		<p>With emphasis on <u>being creative, managing information, working with others, thinking, problem-solving</u> and <u>decision making, numeracy, literacy, ICT, self-management, safety and risk assessment</u>.</p> <p>Pupils will: revise the forehand and backhand strokes; progress service technique; develop the forehand volley stroke; develop the backhand volley stroke; develop a game of tennis singles/doubles; learn forms of simple games play i.e. base line rallies, volley rallies; know how to warm up effectively for tennis activities; know how to keep the score and understand the basic tactics to outwit an opponent.</p>

