

Key Stage 3  
PE Curriculum  
'Road Map'

**Curriculum Intent** – To build on the skills you have learnt in Y7 PE, to create competent and confident learners who master techniques within a range of sports. To understand what makes a performance effective and how you can apply these principles to your own and others' work. To develop confidence to participate in activities outside of school and to understand the long term effects of exercise.

## Curriculum Area



### Outwitting Opponents

### Developing Skills and Performance

### Outdoor and Adventurous Activities

### Analysing and Evaluating Performance

### Making Informed Choices about Healthy, Active Lifestyles

Description of concept

Use a range of tactics and strategies to overcome opponents in direct competition in individual and team sports such as **Badminton, Basketball, Cricket, Football, Handball, Hockey, Netball, Rounders, Rugby, Volleyball, Tennis and Table Tennis.**

To replicate skills, develop technique and improve performance in other competitive activities such as **Swimming, Athletics and Gymnastics.**

To replicate and perform dances using challenging dance techniques in a range of **Dance** styles.

To take part in outdoor and adventurous activities which present intellectual and physical challenges.

To work in a team, building on trust and developing problem solving skills through activities such as **Orienteering.**

To analyse your performances compared to previous ones and demonstrate improvement to achieve your personal best through **all** activity areas.

Understand and apply the long-term health benefits of physical activity through **cross-country running** and **Health Related Fitness.**

Implementation

- Learn a range of skills and tactics
- Apply these within practises and game situations
- Work cooperatively as a team (team sports)

- To replicate skills and develop technique
- Apply these to routines, strokes and events with accuracy
- Develop tactical awareness and compositional ideas

- Develop communication skills, map reading and compass points
- Be able to solve problems effectively individually and as a team

- Evaluate your strengths and weaknesses
- Self/ peer assess your own and others' work
- Identify areas for improvement to improve performance

- Understand why regular exercise is important for your own health.
- To understand the importance of physical, social and emotional well-being

### Enrichment Opportunities

- Practise the skills you have learnt at home
- Attend extra-curricular sport clubs
- Compete in inter-school sport competitions
- Engage in PE's numerous enrichment activities
- Participate in inter-form competitive sport

### Expectations

To challenge yourself physically, socially and mentally to achieve your personal best. To ask questions, be inquisitive and reflect on your own and other's learning. To be organised, independent and responsible learners. To be a confident learner who will work effectively as part of a team showing resilience and tolerance.

### Assessment

You will receive an assessment level for each activity area which will be recorded will be recorded on Bright Space. You will be assessed against PE's level 1-5 criteria which is displayed in the PE area and on Bright Space.