

Yardleys Curriculum Aims

- To achieve academic excellence
- To educate the 'whole child' so they are ready for life
- To work collaboratively and ethically to provide education of the highest standard

PE – KEY STAGE 3

Curriculum Overview

INTENT: To provide an enriched and broad curriculum which gives pupils the; knowledge, skills, passion and independence to participate in a wide range of activities competitively. A curriculum that is ambitious, tangible and one that will inspire, giving pupils the confidence and desire to continue to be physically active beyond Yardleys. A curriculum committed to nurturing responsible individuals with a deep understanding of the lifelong benefits of good health and fitness, where pupils leave endeavouring to develop good lifestyle habits to secure lifelong personal health.

Year 7

	Gymnastics and Dance Net and Wall Games	Fitness and Problem Solving Invasion Games	Striking and Fielding Athletics
SUBSTANTIVE KNOWLEDGE	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • What is effective activity specific warm-up? What improves quality of performance? • What dynamics can be used to make? • How can I perform with accuracy and precision? • What are the different types of travel? • What transitions can be used? • How can I demonstrate timing? <p><u>Net and Wall Games</u></p> <ul style="list-style-type: none"> • How can I score a point? • What are fundamental rules? 	<p><u>Fitness and Problem Solving</u></p> <ul style="list-style-type: none"> • What is effective activity specific warm-up? How do I take my pulse? • What is the difference between the aerobic and anaerobic training zones? • What are key skills and strategies when solving problems? • How can I use my team members to support problem solving? • What safety elements do I need to consider? <p><u>Invasion Games</u></p> <ul style="list-style-type: none"> • What is effective activity specific warm-up? 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • What is the activity specific warm up? • How can I score? (rounders or runs) • What are the different catching and throwing techniques? • What are the sport specific rules in practices? What sport specific techniques? • What team tactics can be employed when fielding? • How can you bat into space? <p><u>Athletics</u></p>

	<ul style="list-style-type: none"> What is the ready position? What is the correct grip when handing racket? What is the way that I can recover after a shot? What is the correct serve? 	<ul style="list-style-type: none"> How can I score? How can I find space? What can I do to get procession of the ball? What are the sport specific rules? What do I need to do to be able to move forward with the ball? What are the different passes I can use? 	<ul style="list-style-type: none"> What is the specific warm up for each athletic discipline? What are the different athletic disciplines? What is pacing? Know the health and safety procedures for each discipline What are the rules when practicing each discipline? What are the correct techniques when performing each discipline?
DISCIPLINARY KNOWLEDGE	<ul style="list-style-type: none"> Warming up effectively Perform skills in isolation Fundamental techniques of Gymnastics & Dance Application of skills in modified tasks Working as a team in sequences of routine Problem solving in modified tasks Evaluating performance for skills Exploring and creating in simple sequences/routines 	<ul style="list-style-type: none"> Warming up effectively Demonstrate fundamental skills when solving problems Working as a team in modified scenarios Problem solving in different scenarios Evaluating success of tasks Analysis of individual technique Perform skills in isolation and in combination Following and applying fundamental rules Evaluating performance Eliminating opponents 	<ul style="list-style-type: none"> Warming up effectively Perform skills in isolation and in combination in simple practices Application of skills in modified practices Following and applying fundamental rules in modified practices Working as a team in modified practices Problem solving in modified practices Evaluating performance of skill parts in practices Eliminating opponents in modified practices Application of skills in modified disciplines (I,e foam javelin Performing at maximum levels in modified practice
Year 8			
	Gymnastics and Dance Net and Wall Games	Fitness and Problem Solving Invasion Games	Striking and Fielding Athletics
SUBSTANTIVE KNOWLEDGE	<u>Gymnastics</u> <ul style="list-style-type: none"> What type of activity specific exercises can I include in the warm up? How can props or apparatus can be incorporated to change dynamics of performance? How can I create a unique sequence of mini motif? What techniques and skills do I need to perform? 	<u>Fitness and Problem Solving</u> <ul style="list-style-type: none"> What are the ten components of fitness? Which components are aerobic or anaerobic? How to test each of the 10 components of fitness? What sports/roles require specific components of fitness? What attributes are required of a good leader? 	<u>Striking and Fielding</u> <ul style="list-style-type: none"> What techniques can I use to improve the consistency and accuracy of throwing and catching? What are the different types of batting shots? When should I select specific type of batting shot? What are the teaching points to improve my bowling technique and consistency? What different batting and fielding tactics can I use to try and beat opponents?

	<ul style="list-style-type: none"> What techniques can I employ to ensure consistent precision when performing specific skills? How can I incorporate flight into my performance? What skills can I include in my performance? <p>Net and Wall Games</p> <ul style="list-style-type: none"> What type of activity specific exercises can I include in phase two of the warm up? What are the different shots that can be employed? What are the names and the correct techniques of shots? What are the different grips and techniques? What are the sports specific rules for doubles games? 	<ul style="list-style-type: none"> Why is leadership important in problem solving? How can I use a compass to orientate the map? <p>Invasion Games</p> <ul style="list-style-type: none"> What is effective activity specific warm-up? How can I score? How can I find space? What can I do to get possession of the ball? What are the sport specific rules? What do I need to do to be able to move forward with the ball? What are the different passes I can use? 	<p>Athletics</p> <ul style="list-style-type: none"> What strategies and tactics can be used in each discipline to maximise performance? ie pacing in middle – long distance events How many lanes on full sized track? What are the staggers used for? How can I perform with greater power? What is my best event in discipline? What skills and techniques can I use to ensure I perform at my maximum?
DISCIPLINARY KNOWLEDGE	<ul style="list-style-type: none"> Following and applying fundamental rules Working as a team Problem solving Evaluating performance Eliminating opponents Application of skills in competitive scenario Application of strategies and tactics Evaluating individual and peer performance Application of skills 	<ul style="list-style-type: none"> Aerobic and Anaerobic fitness Perform skills in isolation and in combination Following and applying fundamental rules Working as a team Problem solving Evaluating performance Eliminating opponents Performing at maximum levels under pressure Application of tactics and strategies in tasks 	<ul style="list-style-type: none"> Following and applying fundamental rules Working as a team Problem solving Evaluating performance Eliminating opponents Application of skills Application of strategies and tactics Perform skills in isolation Performing at maximum levels in competitive scenario
Year 9			
	Gymnastics and Dance Net and Wall Games	Fitness and Problem Solving Invasion Games	Striking and Fielding Athletics
SUBSTANTIVE KNOWLEDGE	<p>Gymnastics</p> <ul style="list-style-type: none"> What types of warm ups can be carried out? What techniques can I use to maximize my precision, control and fluency? How can I increase the difficulty and complexity of my sequence or group performance? 	<p>Fitness and Problem Solving</p> <ul style="list-style-type: none"> What type of exercises and timings would be needed in a circuit training session to improve muscular endurance? What are the principles of overload? Why is muscular endurance such an important component? 	<p>Striking and Fielding</p> <ul style="list-style-type: none"> What skills based practices will help improve my batting, bowling and fielding consistently under pressure? What are the specific teaching points for overarm bowl?

	<ul style="list-style-type: none"> How can I be creative and make my sequence flow better and be more aesthetically pleasing? What type of feedback can I give to aid own and peer performance improvement? <p><u>Net and Wall Games</u></p> <ul style="list-style-type: none"> What different warm ups can be carried out? How can the service can be used to control the game? What are the different shots that can be played to win? What tactics can be utilised when playing doubles? What is the scoring and serving system used In doubles? 	<ul style="list-style-type: none"> How can I mark out an orienteering course correctly? What specific skills are for problem solving tasks? <p>Invasion Games</p> <ul style="list-style-type: none"> What different ways can I score? What different warm ups can be carried out? What techniques and strategies can myself and my team to stop the opposition moving forward? What techniques can I employ to effectively intercept? What team strategies and concepts will help in attack? What specific type of pass (es) can help keep possession? 	<ul style="list-style-type: none"> Where can I hit the ball to increase pressure on the opposing team? What specific shots can be used to increase difficulty for fielders? What specific strategies and tactics can me and my team employ to outwit opponents <p>Athletics</p> <ul style="list-style-type: none"> What are the different range of tactics and strategies that I can display to beat my opponents? What more advanced skills can I employ to generate more power and achieve my personal best? (i.e sprint start position) How can advance techniques to achieve my personal best? What are the England Athletics Association Rules for each discipline? (i.e various rules for zones and changeovers)
DISCIPLINARY KNOWLEDGE	<ul style="list-style-type: none"> Using and applying advanced techniques Working as a team Problem solving Evaluating performance Application of skills in more demanding scenarios) Evaluating performance Following and applying fundamental rules Eliminating opponents consistently Application of skills when under sustained pressure Application of tactics and strategies 	<ul style="list-style-type: none"> Perform advanced skills Problem solving Evaluating performance Performing at maximum levels consistently Design a fitness plan or orienteering course Application of tactics and strategies Application of skills specific disciplines competition Following and applying NGB rules Working as a team Eliminating opponents under sustained pressure 	<ul style="list-style-type: none"> Following and applying fundamental rules Working as a team Problem solving in competitive scenarios Evaluating full skill performance (in competitive scenarios) Eliminating opponents consistently when under pressure Application of skills when under pressure Application of tactics and strategies and practices in competition Perform advanced skills in isolation or in combination in a timely sequence in full competition Performing at maximum levels in full competition