

KS3 Curriculum overview: Subject PE (Year 7)

All students at Belmont Park school will cover a variety of sports across each term in order to improve their skills, techniques, game understanding and to be able to evaluate their performances in each sport.

	Objectives/key skills	Cross curricular links	Social skills development/SMSC
A U T U M N 1	<p>Football Objectives</p> <ul style="list-style-type: none"> • To be able to understand the basic rules/laws of the game. • To be able to perform a short pass using their strongest foot. • To be able to control the ball using their strongest foot. • To be able to drive with the ball using their strongest foot. • To be able to tackle correctly without committing a foul. <p>Skill set To be able to control, pass and shoot a football using their strongest foot. To play as part of a team making best use of each other's strengths. Begin to control the ball using your feet in a variety of ways. Link skills together in small sided drills, practices and gameplay.</p>	<ul style="list-style-type: none"> • The anatomy (Science). • Key vocabulary (English). • Working as a team (PSHE). • Point scoring (Maths). • Nutrition (Food). 	<ul style="list-style-type: none"> • To be able to work with others and be a part of a team. • To be able to play fairly and remain under the laws of the game. • To be polite and respectful. • Listening and following instructions given by others.
A U T U M N 2	<p>Basketball Objectives</p> <ul style="list-style-type: none"> • To be able to understand the scoring of a game. • To be able to understand the basic rules of the game. • To be able to perform all of the different passes using their strongest hand. • To be able to dribble the ball using your strongest hand. • To be able to apply the correct technique whilst shooting. <p>Skill set To be able to work as a team to create scoring opportunities and to defend. To be able to control the ball and to partake in competitive games. To develop their understanding to create space and signal for the ball.</p>	<ul style="list-style-type: none"> • The anatomy (Science). • Key vocabulary (English). • Working as a team (PSHE). • Point scoring (Maths). • Nutrition (Food). 	<ul style="list-style-type: none"> • To be able to work with others and be a part of a team. • To be able to play fairly and remain under the laws of the game. • To be polite and respectful. • Listening and following instructions given by others.

<p>S P R I N G 1</p>	<p>Badminton Objectives</p> <ul style="list-style-type: none"> • To be able to understand both the scoring and court markings. • To be aware of the rules/laws of the game. • To be able to perform the basic types of serves. • To be able to apply the correct footwork to move around the court. • To be able to perform a variety of different types of shots. <p>Skill set To play games of badminton with controlled serving and rallies. To be able to develop their simple badminton skills. To be able to make contact with the shuttlecock and occasionally hit it over the net. To begin to understand how to serve and where to hit the shuttlecock. To be able to hold the racket correctly.</p>	<ul style="list-style-type: none"> • The anatomy (Science). • Key vocabulary (English). • Working independently (PSHE). • Point scoring (Maths). • Nutrition (Food). • Angles (Maths). 	<ul style="list-style-type: none"> • To be able to work independently to solve problems. • To be able to work cohesively with a partner. • To be able to play fairly and remain under the laws of the game. • To be polite and respectful. • Listening and following instructions given by others.
<p>S P R I N G 2</p>	<p>Table tennis Objectives</p> <ul style="list-style-type: none"> • To be able to understand both the scoring and table markings. • To be aware of the rules/laws of the game. • To be able to perform a variety of serves. • To be able to apply the correct footwork to move around the table. • To be able to perform a variety of shots. <p>Skill set Pupils to be able to occasionally hit the ball over the net and to be able to score their game whilst playing to win. Pupils to be able to hit the ball over the net in short rallies and begin to serve correctly. Pupils to be able to hit a ball to a partner and begin to return it.</p>	<ul style="list-style-type: none"> • The anatomy (Science). • Key vocabulary (English). • Working independently (PSHE). • Point scoring (Maths). • Nutrition (Food). • Angles (Maths). 	<ul style="list-style-type: none"> • To be able to work independently to solve problems. • To be able to work cohesively with a partner. • To be able to play fairly and remain under the laws of the game. • To be polite and respectful. • Listening and following instructions given by others.

<p>S U M M E R 1</p>	<p>Cricket Objectives</p> <ul style="list-style-type: none"> • To be able to understand both the scoring and pitch markings. • To be aware of the rules/laws of the game. • To be able to perform a variety of bowls. • To be able to catch, stop and throw the ball. • To be able to adopt the correct stance with a good grip whilst batting. <p>Skill set To understand and apply the basic rules during games. To ensure that pupil show levels of respect towards each other. To begin to develop fielding skills using Kwik cricket. To use hand-eye co-ordination to hit the ball with the cricket bat. To be able to hold a cricket bat correctly. To know how to position the body to bat. To practise throwing and catching the ball to field.</p>	<ul style="list-style-type: none"> • The anatomy (Science). • Key vocabulary (English). • Working independently (PSHE). • Point scoring (Maths). • Nutrition (Food). • Angles (Maths). 	<ul style="list-style-type: none"> • To be able to work independently to solve problems. • To be able to work cohesively within a team. • To be able to play fairly and remain under the laws of the game. • To be polite and respectful. • Listening and following instructions given by others.
<p>S U M M E R 2</p>	<p>Athletes Objectives</p> <ul style="list-style-type: none"> • To be able to perform the correct start positions before specific events. • To be aware of the rules/laws of track events. • To be able to perform the correct techniques for each event. • To be able to apply the correct footwork in field events. <p>Skill set To develop stamina in long distance running and their technique over short distance. To develop skills in 100m, 200m, 400m and 1500m. To begin to use equipment correctly and with some control. To begin to understand how to use the body to best effect for running.</p>	<ul style="list-style-type: none"> • The anatomy (Science). • Key vocabulary (English). • Working independently (PSHE). • Point scoring (Maths). • Nutrition (Food). • Distances (Maths). 	<ul style="list-style-type: none"> • To be able to work independently. • To be able to play fairly and remain under the laws of the game. • To be polite and respectful. • Listening and following instructions given by others.