

**KS3 Curriculum overview: Subject PE (Year 9)**

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.

	<b>Objectives/key skills</b>	<b>Cross curricular links</b>	<b>Social skills development/SMSC</b>
A U T U M N  1	<p><b>Football</b></p> <p>Objectives</p> <ul style="list-style-type: none"> <li>To be able to understand tactical decisions in order to attack and defend properly.</li> <li>To be able to perform a variety of short and long passes both on the floor and in the air with accuracy and precision.</li> <li>To be comfortable controlling the ball with both feet under pressure.</li> <li>To be able to perform a variety of turns with control and speed within a game situation.</li> <li>To be able to show positional awareness and be able to feint in order to create space to receive the ball.</li> </ul> <p><b>Skill set</b></p> <p>To be able to enforce matches by making tactical decisions to influence games in both attack and defence. To be able to replicate drills in competitive games in order to improve their technique and their chances of winning. To be able display a variety of passes and perform them using the correct technique.</p>	<ul style="list-style-type: none"> <li>The anatomy (Science).</li> <li>Key vocabulary (English).</li> <li>Working as a team (PSHE).</li> <li>Point scoring (Maths).</li> <li>Nutrition (Food).</li> </ul>	<ul style="list-style-type: none"> <li>To be able to work with others and be a part of a team.</li> <li>To be able to play fairly and remain under the laws of the game.</li> <li>To be polite and respectful.</li> <li>Listening and following instructions given by others.</li> </ul>
A U T U M N  2	<p><b>Basketball</b></p> <p>Objectives</p> <ul style="list-style-type: none"> <li>To be able to understand tactical decisions in order to attack and defend properly.</li> <li>To be able to perform a variety of short and long passes with accuracy and precision.</li> <li>To be able to consistently perform a variety of passes in order to get them out of danger and to create scoring opportunities.</li> <li>To be able to dribble using both hands under full control in competitive matches without losing the ball.</li> <li>To be able to apply the correct technique whilst shooting (in and around the key) or performing a lay-up under immense pressure.</li> </ul> <p><b>Skill set</b></p> <p>To develop a deeper understanding of working as a team whilst sticking to real life basketball tactics in order to create scoring opportunities and defend their basket. To be confident using both hands in order to avoid turn overs during live play. To understand the importance of each player's position and to know what is expected of them during matches.</p>	<ul style="list-style-type: none"> <li>The anatomy (Science).</li> <li>Key vocabulary (English).</li> <li>Working as a team (PSHE).</li> <li>Point scoring (Maths).</li> <li>Nutrition (Food).</li> </ul>	<ul style="list-style-type: none"> <li>To be able to work with others and be a part of a team.</li> <li>To be able to play fairly and remain under the laws of the game.</li> <li>To be polite and respectful.</li> <li>Listening and following instructions given by others.</li> </ul>

<p style="text-align: center;">S P R I N G</p> <p style="text-align: center;">1</p>	<p><b>Badminton</b></p> <p>Objectives</p> <ul style="list-style-type: none"> <li>• To be able exert significant control over a game, displaying high levels of skills and tactical awareness and make very few unforced errors.</li> <li>• To be to make tactical decisions to know when to press or drop back during competitive matches.</li> <li>• To be able to perform a variety of serves with and without spin to deceive their opponent.</li> <li>• To be able to glide around the court whilst maintaining the correct badminton stance to increase their chances of returning the shuttlecock.</li> <li>• To be able to perform a variety of shots with precision to outwit their opponent.</li> </ul> <p><b>Skill set</b></p> <p>Pupils must be able to continuously return the shuttlecock over the net with and without spin during matches. Pupils must be able to display a variety of shots with precision and accuracy to land the shuttlecock in areas that makes it difficult for it to be returned. Pupil's tactical understanding of the game should be at an advanced level, meaning that they will be confident enough to know when to press or drop back during matches.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Angles (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently to solve problems.</li> <li>• To be able to work cohesively with a partner.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>
<p style="text-align: center;">S P R I N G</p> <p style="text-align: center;">2</p>	<p><b>Table tennis</b></p> <p>Objectives</p> <ul style="list-style-type: none"> <li>• To be able to exert significant control over a game, displaying high levels of skills and tactical awareness and make very few unforced errors.</li> <li>• To be able to make tactical decision to know when to press or drop back during competitive matches.</li> <li>• To be able to perform a variety of serves with and without spin to deceive their opponent.</li> <li>• To be able to glide correctly around the table whilst maintaining the correct stance to increase their chances of returning the ball.</li> <li>• To be able to perform a variety of shots with precision to outwit their opponent.</li> </ul> <p><b>Skill set</b></p> <p>Pupils must be able to continuously return the ball over the net with and without spin during matches. Pupils must be able to display a variety of shots with precision and accuracy to land the ball in areas that makes it difficult for it to be returned. Pupil's tactical understanding of the game should be at an advanced level, meaning that they will be confident enough to know when to press or drop back during matches.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Angles (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently to solve problems.</li> <li>• To be able to work cohesively with a partner.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>

<p>S U M M E R</p> <p>1</p>	<p><b>Cricket</b> Objectives</p> <ul style="list-style-type: none"> <li>• To be able to understand and apply tactics given during matches in order to work as a team to get your opponents out.</li> <li>• To be able to effect a game by being able to catch the ball with both your strongest and weakest hand, displaying the correct technique.</li> <li>• To be able to perform a variety of bowls with spin to outwit your opponent.</li> <li>• To be able to bowl at pace whilst ensuring your release technique of the ball is correct.</li> <li>• To be able to consistently make contact with the ball whilst batting in order to increase your chances of scoring higher points.</li> </ul> <p><b>Skill set</b> To be able to demonstrate advanced techniques whilst batting to help send the cricket ball further. To be able to make tactical decisions whilst batting in order to reduce their chances of being bowled or caught out. To minimise the number of unforced errors made and be able to apply a range of spin on the cricket ball to lessen their opponent's chances of hit the ball. To understand different field positions/tactics on the pitch to help increase the chances of the fielders catching the batters out depending on what type of bowler is bowling.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Angles (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently to solve problems.</li> <li>• To be able to work cohesively within a team.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>
<p>S U M M E R</p> <p>2</p>	<p><b>Athletes</b> Objectives</p> <ul style="list-style-type: none"> <li>• To be able to watch and review their own performances to highlight areas in which they need to improve on.</li> <li>• To be able to apply the correct breathing technique in both track and field events in order to increase your chances of winning and maximise the level of oxygen getting to the working muscles.</li> <li>• To be able to carry out vigorous warm ups to loosen muscles and increase mobility at the joints.</li> <li>• To ensure that they are not making any unforced errors that could lead to them getting disqualified in both track and field events.</li> </ul> <p><b>Skill set</b> To understand how to use their body to help maximise their chances of winning in both track and field events. To begin to understand the importance of breathing correctly in order to get oxygen into their working muscles. To adopt other skills and techniques in throwing events to help heighten their chances of throwing the object further.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Distances (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>