

**KS3 PE/GAMES Curriculum Map**

Topic	Y7 Essential Knowledge and Skills	Y8 Essential Knowledge and Skills	Y9 Essential Knowledge and Skills
<b>Netball</b>	<ul style="list-style-type: none"> <li>● Chest and shoulder passes in authentic conditions</li> <li>● Footwork in isolated conditions</li> <li>● Getting free using straight/double dodge in isolated conditions</li> <li>● Marking the correct player (shadowing)</li> <li>● Understanding the aim of the game and basic rules (side lines, centre passes, scoring, centre passes etc)</li> <li>● Understanding where some playing positions can go on court</li> </ul>	<ul style="list-style-type: none"> <li>● Chest and shoulder passes in authentic conditions in front of the player</li> <li>● Footwork in authentic conditions most of the time</li> <li>● Getting free using straight/double dodge in authentic conditions with some consistency</li> <li>● Marking the correct player (with arms)</li> <li>● Understanding how a centre pass works</li> <li>● Understanding the role of some positions and where most playing positions can go on court</li> </ul>	<ul style="list-style-type: none"> <li>● Chest, shoulder, overhead passes in authentic conditions in front of the player</li> <li>● Footwork in authentic conditions most of the time</li> <li>● Getting free using straight/double dodge in authentic conditions with consistency</li> <li>● Marking the correct player (with arms) and making some interceptions</li> <li>● Knowing who should take a backline/sideline pass</li> <li>● Understanding the role of most playing positions and where they are allowed on court</li> </ul>
<b>Football</b>	<ul style="list-style-type: none"> <li>● Pass and receive a ball in authentic conditions.</li> <li>● Be able to dribble a football, in straight lines, in authentic conditions.</li> <li>● Be able to shoot using both laces and the side foot technique.</li> <li>● Know when to pass and when to dribble in practice situations.</li> <li>● Know where to shoot from in order to achieve the greatest success.</li> <li>● Know when to use laces when shooting and passing.</li> <li>● Know when to use instep when passing and shooting.</li> </ul>	<ul style="list-style-type: none"> <li>● Pass and receive the ball, using both feet, in authentic conditions.</li> <li>● Be able to dribble the ball whilst changing direction.</li> <li>● Be able to shoot the ball, whilst aiming for different parts of the goal.</li> <li>● Be able to mark an attacker when defending</li> <li>● Know how to find space, in order to receive a pass.</li> <li>● Know all the basic football positions.</li> <li>● Know when to pass or dribble in authentic situations.</li> </ul>	<ul style="list-style-type: none"> <li>● Be able to use a range of passing (side foot and laces) in order to create or find space.</li> <li>● Be able to dribble the ball, using both feet, over a range of different distances.</li> <li>● Dribble whilst being pressed by a defender.</li> <li>● Use a range of different shooting techniques in order to outwit a goalkeeper.</li> <li>● Know when to use a certain type of pass.</li> <li>● Know when to pass or to dribble.</li> <li>● Confident dribbling past defenders</li> <li>● Know when to use a certain type of shot.</li> <li>● Know where to shoot from (inside or outside of the penalty box).</li> </ul>

<p><b>Rugby</b></p>	<ul style="list-style-type: none"> <li>● Short passes of both hands in game based situations.</li> <li>● Make effective tackles in practice situations.</li> <li>● Know when to run and when to pass.</li> <li>● Make an effective contribution in a small-sided game.</li> <li>● Understanding the aim of the game and basic rules (how to score, knock ons, ball out of play, restarts).</li> <li>● Know what offside means.</li> </ul>	<ul style="list-style-type: none"> <li>● Fix a defender before making a pass.</li> <li>● Make effective tackles in game situations.</li> <li>● Be able to compete in a ruck and maul. practice situation.</li> <li>● Can effectively support the ball carrier in attack.</li> <li>● Understanding how a scrum works.</li> <li>● Understanding the role of some positions and the difference in roles between positions.</li> </ul>	<ul style="list-style-type: none"> <li>● Spin pass in a game situation off their dominant hand.</li> <li>● Create overlaps in attack to help beat the defence.</li> <li>● Can sometimes compete for the ball after making a tackle.</li> <li>● Can communicate effectively in both attack and defence.</li> <li>● Know when you might kick in a game and how this could benefit your team.</li> <li>● Understand the different options from a penalty and some of the reasons why a penalty may be awarded.</li> </ul>
<p><b>Hockey</b></p>	<ul style="list-style-type: none"> <li>● To grip the stick correctly.</li> <li>● To use the correct side of the stick when dribbling and passing in isolated and game conditions.</li> <li>● To control the ball in authentic conditions.</li> <li>● To dribble the ball in isolated conditions.</li> <li>● To use a push pass in isolated conditions and sometimes game conditions.</li> <li>● To perform a block tackle in isolated conditions.</li> <li>● Understanding the aim of the game and basic rules (where you can shoot from, where a hit out is taken from, when and where a sideline ball is taken and where the game is restarted from)</li> <li>● Understanding of lines on the pitch and where you can shoot from.</li> </ul>	<ul style="list-style-type: none"> <li>● To dribble the ball and change direction in isolated and game conditions.</li> <li>● To use a push and slap pass in game conditions.</li> <li>● To perform a block tackle in game conditions.</li> <li>● To perform a jab tackle in isolated conditions.</li> <li>● Introduce long corners into match scenarios.</li> <li>● Marking the player with the ball in isolated conditions.</li> <li>● Marking the correct player in isolated conditions.</li> <li>● To understand some of the positions on a hockey team.</li> <li>● To understand how to move the ball up the pitch towards the goal.</li> <li>● To understand what a free hit is and where it can be taken from.</li> </ul>	<ul style="list-style-type: none"> <li>● Authentically keep control of the ball when dribbling and passing.</li> <li>● To perform passing over a range of distances.</li> <li>● To perform a block and jab tackle in game conditions.</li> <li>● Marking the player with the ball in game conditions.</li> <li>● Marking the correct player in game conditions.</li> <li>● Introduce tactics in game conditions to allow teams to keep possession or win the ball back.</li> <li>● To understand how to keep possession of the ball in game conditions.</li> <li>● Understanding the role of most playing positions.</li> </ul>

<b>Orienteering</b>	<ul style="list-style-type: none"> <li>● Understanding how to read a map with basic features on.</li> <li>● How to use the legend and scale of map</li> <li>● How to orientate a map and match it to the ground.</li> <li>● Understanding north, south, east and west</li> <li>● Writing down the correct information at the controls.</li> <li>● Controlling running speed to allow pacing for the course.</li> <li>● Making decisions whilst running.</li> </ul>		
<b>Bootcamp</b>		<ul style="list-style-type: none"> <li>● Complete the timed run without walking (post test)</li> <li>● Be able to perform some exercises using the correct technique (press up, burpee)</li> <li>● Use equipment demonstrating the correct technique to help build strength. E.g kettlebell swings.</li> <li>● Encourage and assist others in their team activities when appropriate.</li> <li>● Know some of the social and emotional benefits of regular exercise.</li> </ul>	<ul style="list-style-type: none"> <li>● Work hard during physical activities and aim to work at a high heart rate.</li> <li>● Show perseverance, resilience and a positive attitude when tasks become more physically challenging.</li> <li>● Understand the long term benefits of taking part in physical activity. (physical, social and emotional)</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>● Develop an understanding of how to physically prepare for gymnastics.</li> <li>● Show strength, flexibility, and balance in static elements during floor skills.</li> <li>● Create a floor routine using at least four static positions individually, with a partner and in a group.</li> <li>● Maintain good posture and control when performing basic jumps, leaps, and springs firstly on the floor before progressing to jumping from a bench.</li> <li>● Develop awareness, confidence, and balance on the beam.</li> <li>● Identify the correct technique for the cartwheel, log, forward, backward, backward pike roll and perform them all with support.</li> <li>● Link together a piece of apparatus (ball, hoop or rope) with an action (swinging, throwing or skipping etc) and a body skill (jumps, turns, bends etc).</li> </ul>		
<b>Badminton</b>	<ul style="list-style-type: none"> <li>● To grip the racket correctly.</li> <li>● To perform a forehand and backhand shot over the net in isolated conditions and</li> </ul>	<ul style="list-style-type: none"> <li>● To be able to use a forehand and backhand serve in a game.</li> <li>● To perform a drop shot and smash in an isolated situation and sometimes</li> </ul>	<ul style="list-style-type: none"> <li>● To be able to serve consistently, using forehand or backhand.</li> <li>● To be able to perform forehand, backhand shots, overhead clear,</li> </ul>

	<p>sometimes in a game situation.</p> <ul style="list-style-type: none"> <li>● To perform an overhead clear to move the opponent to the back of the court into a defensive position</li> <li>● To perform a backhand serve consistently in isolated conditions.</li> <li>● Understanding the aim of the game and basic rules (serving, how to score)</li> <li>● Understanding of lines on the court for singles games</li> <li>● Basic tactics of moving your opposition around the court by varying your shots.</li> </ul>	<p>in a game.</p> <ul style="list-style-type: none"> <li>● To consistently maintain a rally with a partner, varying shots between backhand and forehand</li> <li>● To be able to play singles games and score correctly in a game.</li> <li>● Understand the use of the lines for singles and doubles games.</li> <li>● Be able to score a singles match correctly.</li> <li>● Understand which shots to use to move an opponent around the court and apply these tactics sometimes in a game situation, with some communication.</li> </ul>	<p>smash and drop shot in isolated situations, with some able to implement these in a game consistently.</p> <ul style="list-style-type: none"> <li>● To be able to play doubles games and score correctly, using the correct lines on the court.</li> <li>● Understand how to score in both singles and doubles games.</li> <li>● Understand basic tactics of how to play together as a pair and sometimes implement these in an authentic situation, with good communication.</li> </ul>
<b>Basketball</b>	<ul style="list-style-type: none"> <li>● Chest, shoulder and bounce passes in authentic conditions (static)</li> <li>● Dribbling with the dominant hand in authentic conditions.</li> <li>● Dribbling with non dominant hand in an isolated condition</li> <li>● Getting free from an opponent in isolated conditions and some authentic conditions</li> <li>● Marking an opponent effectively (shadowing) in isolated conditions</li> <li>● Some success with footwork</li> <li>● Set shot effective in an isolated conditions</li> <li>● Understanding the aim of the game and basic rules (dribbling, footwork, scoring, attacking, defending, sideline, backline passes, tip off.</li> <li>● Understanding basic tactics in attack and defence. Including</li> </ul>	<ul style="list-style-type: none"> <li>● Chest,shoulder and bounce passes in authentic conditions (sometimes on the move)</li> <li>● Dribbling effectively in authentic conditions.</li> <li>● Footwork in authentic conditions most of the time</li> <li>● Getting free from an opponent effectively and looking for space to move into to receive a pass.</li> <li>● Man to man marking in defence, some of the time</li> <li>● Set shot and layup effective in an isolated condition. Some shooting success in a game.</li> <li>● Understanding the basic rules and tactics in attack and defence in small sided and bigger games, Including when to pass, dribble and shoot.</li> <li>● Understand the roles within defence (rebounding) and attacking (shooting)</li> <li>● Good decision making in small sided</li> </ul>	<ul style="list-style-type: none"> <li>● Chest, shoulder, bounce passes in authentic conditions on the move.</li> <li>● Footwork in authentic conditions most of the time</li> <li>● Getting free within the key at times within a game situation.</li> <li>● Man to man marking with some interceptions.</li> <li>● Some consistency of set shot and layup within a game. Better in isolated conditions.</li> <li>● Knowing who should take a backline/sideline pass.</li> <li>● Understanding when to use the set shot and layup and tactics for rebounding.</li> <li>● Understanding an individual role in attack and defence. Beginning to understand and implement the difference between man to man and zone defence</li> <li>● Understanding of rules within the key</li> </ul>

	when to pass, dribble and shoot in a small side game.	games <ul style="list-style-type: none"> <li>● Effective communication between the team</li> </ul>	
<b>Fitness</b>	<ul style="list-style-type: none"> <li>● Understand the importance of fitness testing</li> <li>● Understanding the main features of circuit training</li> <li>● Know which activities specifically improve SAQ</li> <li>● Be able to conduct a warm up and fitness session safely.</li> <li>● To be able to name the major muscle groups that they are using during physical activity and specific exercises.</li> </ul>	<ul style="list-style-type: none"> <li>● Participate in and know the difference between different training methods</li> <li>● Be able to identify some of the immediate effects of exercise on the body.</li> </ul>	<ul style="list-style-type: none"> <li>● Be able to select some important components of fitness for their chosen activity and explain why</li> <li>● Be able to select specific stations for those components of fitness</li> <li>● Be able to perform those stanchions with good technique</li> <li>● Be able to apply some principles of training to their training programme.</li> </ul>
<b>Rounders</b>	<ul style="list-style-type: none"> <li>● Be able to perform correct bowling technique in isolated conditions</li> <li>● Be able to stump out a player</li> <li>● Be able to perform long barrier fielding technique in isolated conditions.</li> <li>● Understand the scoring system (½ rounders, full rounders and how you get them)</li> <li>● Know what constitutes a good/no bowl</li> <li>● Know when to run and when to stop at a base</li> <li>● Know where to stand when fielding on a post</li> <li>● Know several ways a performer could be out.</li> </ul>	<ul style="list-style-type: none"> <li>● Be able to make contact with the ball some of the time.</li> <li>● Be able to accurately field the ball to a post (underarm/overarm) and perform long barrier in authentic conditions</li> <li>● Be able to throw the ball to 1st post to get out a batter who has missed the ball</li> <li>● Understand the backward hit rule.</li> <li>● Understand how to field the ball when the ball is hit/missed.</li> <li>● Understand the role of the bowler to stop a batter from running</li> </ul>	<ul style="list-style-type: none"> <li>● Be able to make contact with the ball most of the time</li> <li>● Be able to 'back up' another player when fielding</li> <li>● Understand how to end a game (when 3 or less batters left in)</li> </ul>
<b>Cricket</b>	<ul style="list-style-type: none"> <li>● Being able to bowl overarm, with their arm straight.</li> <li>● Being able to successfully execute a front foot drive .</li> <li>● Be able to successfully execute a pull shot (without footwork).</li> </ul>	<ul style="list-style-type: none"> <li>● Be able to successfully bowl overarm, with a straight arm in an intended direction.</li> <li>● Be able to play a range of front foot shots (cover drive, straight drive and lofted drive) in isolated practice.</li> </ul>	<ul style="list-style-type: none"> <li>● Be able to successfully bowl overarm, in the intended direction, sometimes applying swing or spin to the ball.</li> <li>● Perform a two handed pickup successfully in practice situations.</li> </ul>

	<ul style="list-style-type: none"> <li>● Demonstrate good catching and throwing technique in authentic conditions</li> <li>● Know what the terms line, length and pitch mean.</li> <li>● Know what length to play a front foot shot off.</li> <li>● Know what length to play a back foot shot off.</li> <li>● Understand basic rules of cricket (types of dismissal).</li> </ul>	<ul style="list-style-type: none"> <li>● Be able to execute a pull shot, in practice conditions.</li> <li>● Demonstrate successful catching in practice situations.</li> <li>● Demonstrate correct throwing technique in practice situations.</li> <li>● Execute a long barrier successfully.</li> <li>● Know the basic footwork concepts for the pull shot.</li> <li>● Know when to throw overarm and underarm.</li> <li>● Know the catching “fingers up” and “fingers down” technique and when to use them.</li> </ul>	<ul style="list-style-type: none"> <li>● Understand the difference between different fielding positions and where they are located on the field.</li> <li>● Know when to use a long barrier or a two handed pick up.</li> </ul>
<b>Tennis</b>	<ul style="list-style-type: none"> <li>● Forehand and backhand shots in isolated conditions</li> <li>● Underarm serving over the net</li> <li>● Perform a rally over the net with your opponent.</li> <li>● Understanding the aim of the game and basic rules and court lines (second serve, where to serve from, where the ball should land on a serve)</li> <li>● Understanding how to score tennis.</li> </ul>	<ul style="list-style-type: none"> <li>● Forehand and backhand shots in authentic conditions</li> <li>● Underarm serving over the net</li> <li>● Perform a rally over the net with your opponent.</li> <li>● Moving feet so they are in the correct place to allow the pupil to successfully perform a forehand and backhand serve</li> <li>● Identifying where the space is on the court.</li> <li>● Understanding how to move the opponent around the court.</li> </ul>	<ul style="list-style-type: none"> <li>● Overarm serve over the net in isolated conditions.</li> <li>● Introduce serving diagonally to the opponent.</li> <li>● Using a drop shot in isolated conditions.</li> <li>● Using spatial awareness to see where the space is on the court</li> <li>● Knowing how to serve diagonally to opponents in singles and doubles matches.</li> <li>● Understanding when to change sides during service.</li> <li>● Knowing how to score matches using 15, 30, 40, deuce, advantage.</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>● Be able to complete all of the track events without stopping.</li> <li>● Using basic technique, be able to make a scoring throw/jump in each of the field events.</li> <li>● Know where the start and finish point is for a number of running events.</li> <li>● Know what the three main throwing events and two main</li> </ul>	<ul style="list-style-type: none"> <li>● Show pacing in middle distance events.</li> <li>● Use more challenging techniques in the field events, e.g. fosbury flop.</li> <li>● Know most of the rules for all of the field events, including fouls.</li> <li>● Can articulate how different techniques can help to improve performance.</li> </ul>	<ul style="list-style-type: none"> <li>● Can use a sprint start effectively and complete accurate changeovers in relay races.</li> <li>● Make consistent scoring throws and jumps in field events.</li> <li>● Demonstrate advanced techniques in some field events. E.g. flop in high jump, short run up in javelin.</li> <li>● Know the various techniques for throws and jumps and demonstrate</li> </ul>

	jumping events are that we cover in class.		understanding when coaching others
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