

## Key Stage 3 Curriculum Map 2019-20

### Term 1

Subject: Physical Education		Year Group: 7		
Week/Date	Boys	Girls	Key Skills	Home Learning/Resources
1 Sept 2 <sup>nd</sup> -5 <sup>th</sup>	<ul style="list-style-type: none"> <li>Curriculum orientation and expectations.</li> </ul>			
2-4 Sept 8 <sup>th</sup> -26 <sup>th</sup>	<ul style="list-style-type: none"> <li>Health-Related Fitness</li> </ul>		<ul style="list-style-type: none"> <li>HRF- Health-Related Physical Fitness. Pupils will explore a variety of different training methods to improve components of fitness such as cardiovascular endurance and muscular strength and their level of fitness will be recorded at the start and end of the block. Students' knowledge and understanding of health related fitness activities will also be assessed.</li> </ul>	<ul style="list-style-type: none"> <li>Keep a weekly food journal.</li> </ul>
5-7 Sept 29 <sup>th</sup> -Oct 17 <sup>th</sup>	<ul style="list-style-type: none"> <li>Basketball</li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Dance- Developing Performance, Evaluating and improving, choreographic principles.</li> <li>Basketball- how to use basic principles of attack and defence to plan strategy and tactics for basketball.</li> </ul>	<ul style="list-style-type: none"> <li>Dance- Rehearse the set movement material and their choreographed sections for the final performance.</li> <li><a href="http://www.nba.com">www.nba.com</a></li> </ul>
8 Oct 20 <sup>th</sup> -24 <sup>th</sup>	Mid Term Break			
9-12 Oct 27 <sup>th</sup> -21 <sup>st</sup> Nov	<ul style="list-style-type: none"> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> </ul>	<ul style="list-style-type: none"> <li>Football- Attacking &amp; Defending, passing and receiving.</li> <li>Netball- basic principles of attack and defence to plan strategies and</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.thefa.com/">http://www.thefa.com/</a></li> <li><a href="https://englandnetball.co.uk/">https://englandnetball.co.uk/</a></li> </ul>

			tactics for netball in order to outwit the opposition.	
13-15 Nov 24 <sup>th</sup> -Dec 12 <sup>th</sup>	<ul style="list-style-type: none"> <li>Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>Basketball</li> </ul>	<ul style="list-style-type: none"> <li>Basketball- how to use basic principles of attack and defence to plan strategy and tactics for basketball.</li> <li>Gymnastics- demonstrate skills individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Students will evaluate and assess movements to improve sequences.</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.nba.com">www.nba.com</a></li> <li><a href="https://www.britishgymnastics.org/">https://www.britishgymnastics.org/</a></li> </ul>
Winter Break: December 13 <sup>th</sup> – January 2 <sup>nd</sup>				