



Moor House School & College Curriculum Map

YEAR GROUP/PATHWAY: KS3		SUBJECT AREA: PE	
Autumn	Topic 1	Topic 2	
Knowledge	Tag Rugby	Basketball	
Skills	<ul style="list-style-type: none"> • To know & understand the importance of a warm up. • Introduction to TAG rugby, passing and tags. • Develop finding and moving into space. <ul style="list-style-type: none"> ○ Learn to carry the ball securely. ○ Develop accuracy of passing by targeting the hands and ○ Moving into space. • Developing reaction speed, <ul style="list-style-type: none"> ○ Running forward ○ Changing direction. • Learn attack strategies – <ul style="list-style-type: none"> ○ Beating defenders and ○ Develop in teams. • Learning to back pass <ul style="list-style-type: none"> ○ Developing the skill through large group interactions. • Introduce and develop the concept of support and continuity. <ul style="list-style-type: none"> ○ By playing conditioned games and ○ Altering the defence ○ The players will use decision-making skills. • To put skills learnt into a full game scenario. 	<ul style="list-style-type: none"> • To know & understand the importance of a warm up. <ul style="list-style-type: none"> ○ Dynamic flexibility stretching; 3 Passing methods and linked principles. • Dynamic flex. Ball Handling; Dribbling. • Learning lay-up technique. • Learning of performance fitness and health. <ul style="list-style-type: none"> ○ Learning set shot technique. ○ Coaching techniques for analysing own techniques and that of their peers. • Learning of performance fitness and health (L1-3). <ul style="list-style-type: none"> ○ 3 Passing methods and linked principles. ○ Speed and direction. ○ Spacing. ○ Tactics and composition. • Recollection of pivoting and passing. <ul style="list-style-type: none"> ○ Emphasis of verbal and visual communication. ○ Defensive stance and ○ Game strategies. • To develop and refine footwork showing basic control. <ul style="list-style-type: none"> ○ To select and apply the appropriate footwork combination in response to the situation. • Evaluate how to improve their performance in a game situation. <ul style="list-style-type: none"> ○ To understand the need to prepare properly for games. 	



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	<ul style="list-style-type: none"> • To develop showing basic control of the ball technique and how efficient this can be in a game situation. <ul style="list-style-type: none"> ○ To select and apply the appropriate type of defending skill to the situation. • To develop the range of skills they use showing basic precision, control and fluency. <ul style="list-style-type: none"> ○ Develop skills learnt and place into a game situation. ○ Identify basic strengths and weakness of their own and others performance 	<ul style="list-style-type: none"> • To develop and refine passing skills on the move. <ul style="list-style-type: none"> ○ To be able to apply and perform the correct passes in a game situation. ○ Students will evaluate each other's passes. • To adapt and create space to increase opportunities for attack. <ul style="list-style-type: none"> ○ Understand the principle of creating and moving forward into space to receive the ball. ○ Develop the dodging technique and apply this in a game situation to gain possession of the ball. ○ Observe each other's attacking technique and provide areas for improvement • To develop the defending technique of marking a player. <ul style="list-style-type: none"> ○ To select and apply the appropriate type of defending skill to the situation. ○ To observe, evaluate and feedback to their group and how defence can be better applied in a small game situation. ○ Develop skills learnt and place into a game situation. • Make and apply the appropriate type of skill throughout the game. • Students will select and apply the appropriate pass according to the situation. <ul style="list-style-type: none"> ○ Identify the strengths and weaknesses of others performance ○ Identify and develop different roles within netball.
Vocabulary	<ul style="list-style-type: none"> • Rugby balls • Cones • Bibs • Tags 	<ul style="list-style-type: none"> • Passing • Shooting • Basketballs • Bibs



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	<ul style="list-style-type: none"> • Belts • Mouth guards • Try • Pass • Tackle 	<ul style="list-style-type: none"> • Cones • Net • Backboard
Spring	Topic 1	Topic 2
Knowledge	Handball	Cross Country and Kickball
Skills	<ul style="list-style-type: none"> • Introduction to Handball. • Learning to catch the ball <ul style="list-style-type: none"> ○ Fundamental rules: Only 3 secs holding ball. ○ Only allowed to pass, not kick (accept goalie). ○ No limit to dribble, allowed three steps before or after dribble. • Learning to Pass the ball <ul style="list-style-type: none"> ○ One-hand: upper, half-upper, near hip, lower. ○ Two-hand: upper, half-upper, lower. • Learning shooting techniques. • Learning “Feints” <ul style="list-style-type: none"> ○ Reinforcing learning of passes. ○ Focus: where to aim (corners, up high, down low), speed and accuracy of throw. ○ Pressure of goalie added. ○ Encourage Feints (fakes) to fall goalie. • Learning goal keeper’s techniques. <ul style="list-style-type: none"> ○ Demo proper goalie posture. ○ Goal keeper – keeping high, posture, moving, using hands, legs, trunk, putting the ball down, so it is not passed back out to opponents. • Develop methodology of attack strategies. 	<ul style="list-style-type: none"> • To learn about ‘pacing yourself’ to maintain pace. <ul style="list-style-type: none"> ○ Make clear that course must be a circuit, with start and finish at same point. ○ Each time over the starting line is one lap. ○ Give students 5 to 10 minutes to design course and then race walk course as a class to check course is effective and not confusing. ○ Importance of maintaining pace – slow jog is fine but no walking, so do not start by sprinting off. • Learn what stamina is and how to build this type of fitness. <ul style="list-style-type: none"> ○ Graduated warm-up. ○ Develop by students pointing to muscles, then STAs lead stretches for muscles they feel confident about demonstrating. ○ Reinforcement and correct technique ○ Bleep test, 20m distance, record level each student reaches. ○ Cool down stretches. • Learn how to read a map. • Learn how to do orienteering. <ul style="list-style-type: none"> ○ Show students how to orientate the map. ○ Use mock flag to show students what they must do to record the code at each flag. ○ Explain that team to return and crack the code first by writing it in the correct order are the winners.



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	<ul style="list-style-type: none"> • Learning about defensive strategies <ul style="list-style-type: none"> ○ Games to practice reacting quickly: Traffic light game – change of speed, rhythm. Change direction, pivot in pace and while running on whistle. ○ Stopping quickly on stop command. ○ Blocking, stealing, interception of ball. ○ Screening attacking opponent – can make contact, aim to block catches and screen goal. • Learning about Offensive strategies Full game <ul style="list-style-type: none"> ○ Pausing to practise and reemphasise attack techniques, encouragement of feints. ○ Moving in an attack formation to gain space, free self-up, gain better position, and create better position for team player. • Review and assess • Full game. <ul style="list-style-type: none"> ○ Full game, intervening with rule reminders. 	<ul style="list-style-type: none"> • To understand the rules to the game, Kickball <ul style="list-style-type: none"> ○ Practical demonstration to each rule ○ Play game stopping at every play to explain rule • To improve overall performance in assessment games <ul style="list-style-type: none"> ○ To develop confidence in the correct fielding technique ○ To improve eye and coordination when striking/batting ○ To improve the accuracy and distance of over arm throws
Vocabulary	<ul style="list-style-type: none"> • Passing • Shooting • Layers • Goals • Cones • Defence • Offence • Feints 	<ul style="list-style-type: none"> • Pace • Stamina • Map • Orienteering • Ball • Posts • Catch • Strike
Summer	Topic 1	Topic 2
Knowledge	Outdoor Gym and Track	Cricket
Skills	<ul style="list-style-type: none"> • Induction and safe use of outdoor gym equipment. 	<ul style="list-style-type: none"> • To improve the accuracy and distance of over arm throws



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- Students to watch demonstrations and listen to instructions for each piece of equipment.
- Dependent on number of students, students in pairs. One spots whilst other participates on equipment.
- Students work for allocated time (between 30 to 60 seconds). Guidance provided by teacher and STAs.
- Students swap with partners. After each has had a go on the equipment, the students change round to the next piece of equipment.

- **Developing running technique and tolerance through low impact activities**

- **100m**

- Correct sprint technique, including posture, starts and finishes.
- Low impact activities. Use variety of students to point out/demonstrate techniques. Others to feedback positives and room for improvement. Discuss development from low to high impact. Activity-specific warm-up on grass (low impact), then sprint drills, teacher-led.

- **200m**

- Pacing the run. Breathing technique
- Importance of developing correct technique for speed and injury avoidance.
- Repeat sprint drills but alter distance and ask students to recollect drill activities with visual prompts.
- Students to practise 200m sprint. 4 racing each time.

- **Relay batons**

- Demonstrate correct technique of throw including, leading foot, wrist position and follow through
- In pairs, throw a variety of throws to each other focussing on accuracy
- Repeat last step but throwing ball along ground

- **To develop confidence in the correct fielding technique**

- Demonstrate correct low field technique, leg across ground, crouching foot beside knee
- More advanced can use incredi-balls
- Demonstrate correct catching technique, thumbs up, fing cupped hands, eyes on ball to the chest

- **To improve eye and coordination when striking/batting**

- Using t-ball stand, demonstrate correct technique; stand side on, feet shoulder width apart, eyes on ball, looking for pitch knees to shoulder height
- Divide class into 2 teams, 2-2 batters hitting different coloured balls
- Fielders to return ball to stand it was hit from (use coloured hoops to show)

- **To improve correct batting technique**

- Batters are to use straight bat. Aim is to swing in line with the ball, not to play a side ways bat shot. The bat should be vertical at all times throughout the shot

To play final class test match



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	<ul style="list-style-type: none">○ Baton exchanges, team work and communication.○ Baton exchanges drills, focusing on technique.○ Emphasise team work and communication.○ Students grouped into teams to carry out 400m relay practise. ● Long jump<ul style="list-style-type: none">○ Skills development through practice.○ Introduce/remind students of no jump. Launch from white blank, don't step on black strip, otherwise no jump.○ Students focus on increasing pace using arms and legs, and to launch off strongest leg.○ Students to develop landing on two feet simultaneously and landing with feet and arms forwards.	
Vocabulary	<ul style="list-style-type: none">● Gym● Track● Baton● Pace● Breathing● Start● Finish	<ul style="list-style-type: none">● Passing● Catching● Cut● Stack● Backhand● Forehand● Defence● Offence