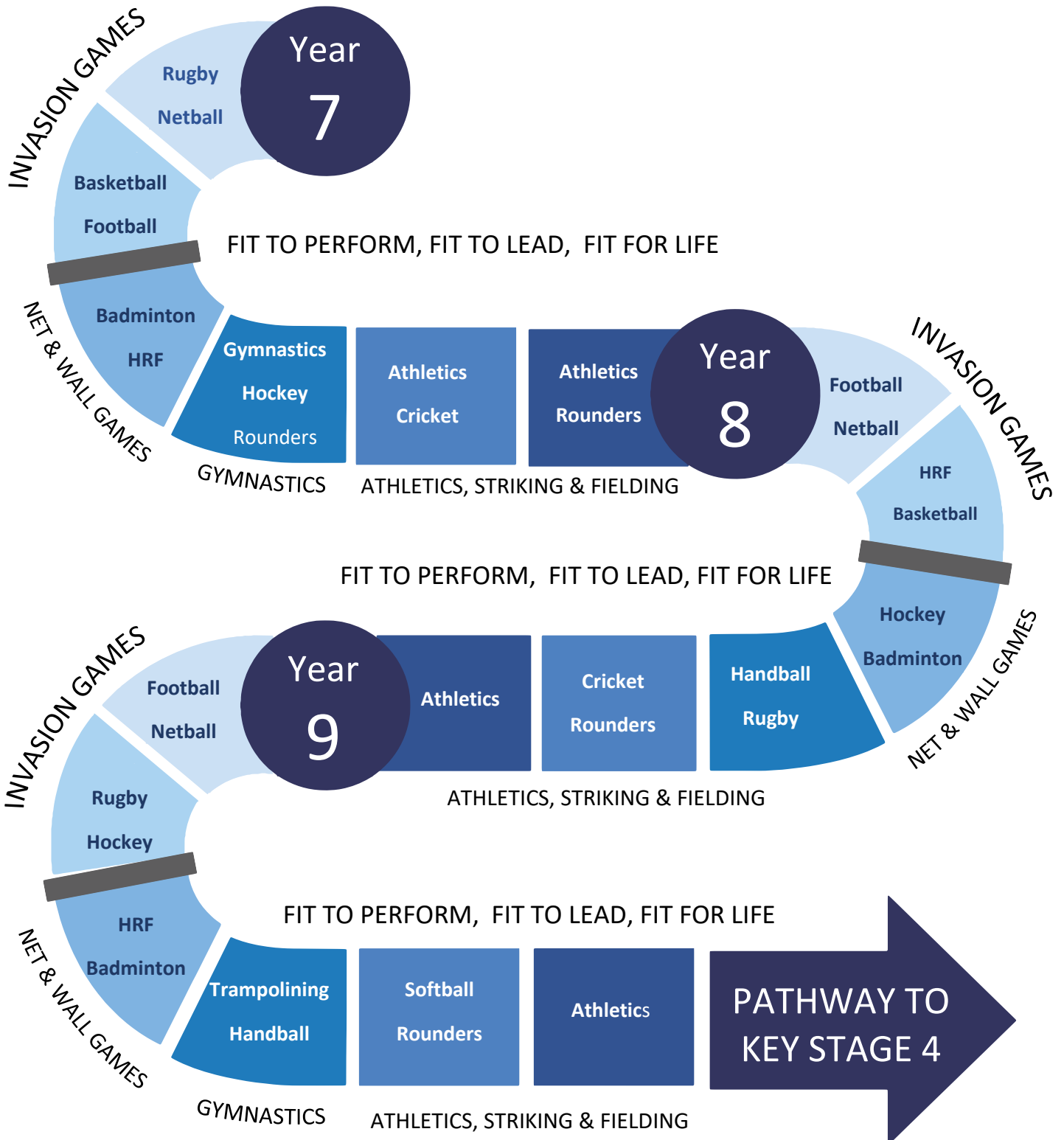


# Physical Education

## Key Stage 3

Key

 End of Unit Assessments





## Key Stage 3 – Year 7

UNIT	KEY THEMES OF EACH LESSON
TOPIC 1 & 2 Invasion Games	<ol style="list-style-type: none"><li>1. Passing/Ball handling</li><li>2. Passing in direction of travel</li><li>3. Touch contact and tackle evasion</li><li>4. Passing whilst avoiding tackle</li><li>5. Dribbling</li><li>6. Passing</li><li>7. Pass selection and movement</li></ol>
TOPIC 3 Gymnastics	<ol style="list-style-type: none"><li>1. Safety/half twist/full twist</li><li>2. Tuck/pike/straddle</li><li>3. 5 move routine and seat landing</li><li>4. Safety/shape and balance</li><li>5. Flight</li><li>6. Travel/Vault</li></ol>
Mid-Year Assessment	
TOPIC 4 Net games	<ol style="list-style-type: none"><li>1. Racket position and court markings</li><li>2. Forehand and backhand basic shots</li><li>3. Serve</li><li>4. Singles – Scoring and tactics</li><li>5. Advanced shots</li><li>6. Doubles – scoring and tactics</li><li>7. Pass selection and movement</li></ol>
TOPIC 6 Striking and Fielding	<ol style="list-style-type: none"><li>1. Catching and fielding</li><li>2. Bowling at target and throwing accuracy</li><li>3. Batting</li></ol>
TOPIC 6 Athletics	<ol style="list-style-type: none"><li>1. Sprinting</li><li>2. Middle distance running</li><li>3. Jumping – long and triple (Standing)</li><li>4. Throwing (Javelin, shot, discus)</li><li>5. Relays</li></ol>
End of Year Assessment	

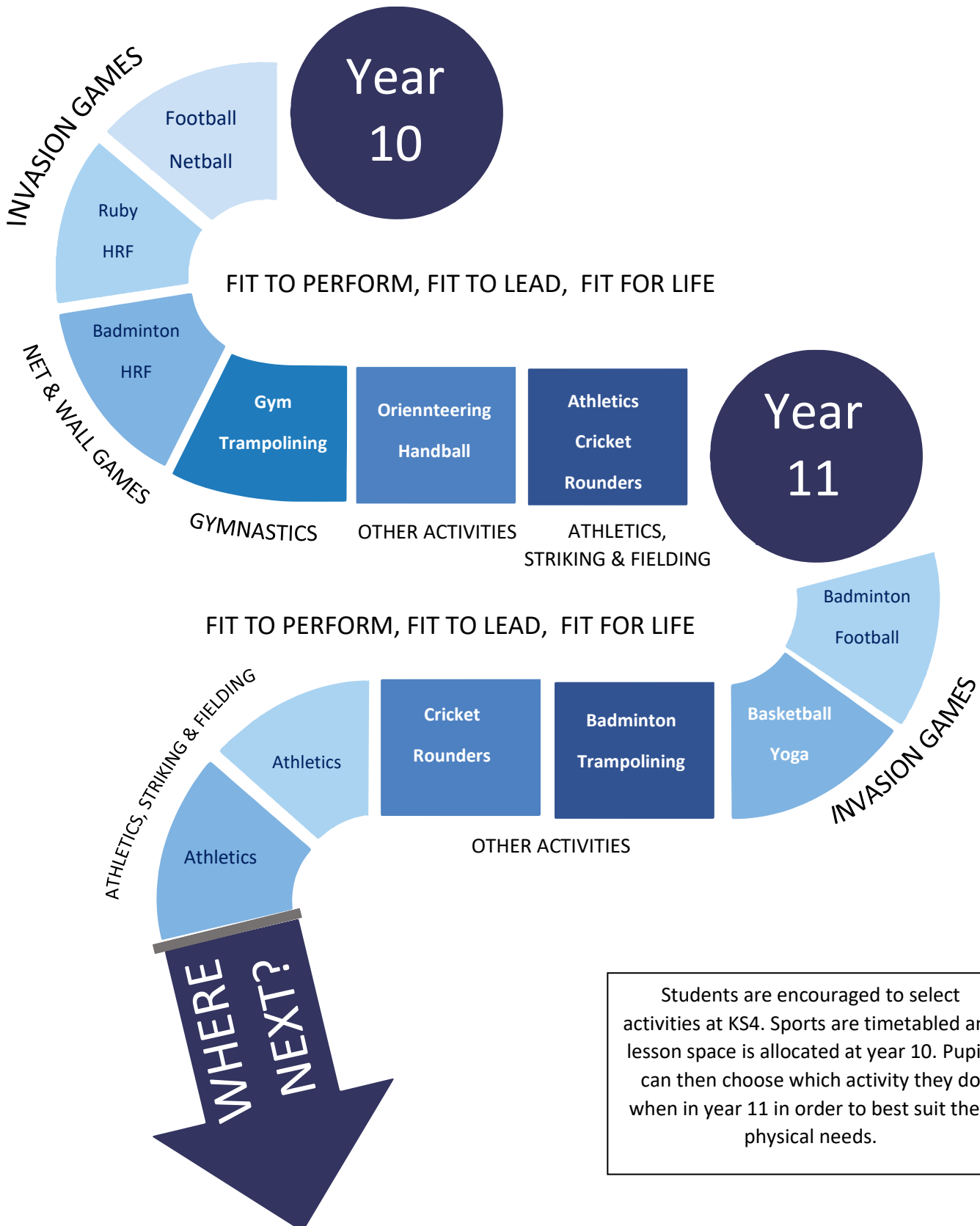
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UNIT	KEY THEMES OF EACH LESSON
TOPIC 1 Football/Netball	<ol style="list-style-type: none"><li>1. Throwing and catching</li><li>2. Static passing and passing on the move</li><li>3. Dribbling with ball in direction of travel/positioning</li><li>4. <b>Passing with speed, variety and control in pass, control when receiving ball on the move.</b></li><li>5. <b>Decision making, position and tactics</b></li><li>6. <b>Teampplay, tactics and modified gameplay</b></li></ol>
TOPIC 2 Rugby/Hockey	<ol style="list-style-type: none"><li>1. Passing/Ball handling</li><li>2. Passing in direction of travel</li><li>3. Touch contact and tackle evasion</li><li>4. Passing whilst avoiding tackle</li><li>5. <b>Range of passing over different distances/switching the play and control on the move</b></li><li>6. <b>Decision making when in possession/communication/shooting accuracy</b></li><li>7. <b>Applied tactics in gameplay and able to analyse performance.</b></li></ol>
Mid-Year Assessment	
TOPIC 3 HRF/Badminton	<ol style="list-style-type: none"><li>1. <b>Aerobic fitness /Continuous training</b></li><li>2. <b>Weight training</b></li><li>3. <b>Circuit training</b></li><li>4. Decision making on shots used in game situation</li><li>5. Singles and doubles</li><li>6. Tactics</li></ol>
TOPIC 4 Trampoline	<ol style="list-style-type: none"><li>1. Shapes</li><li>2. Rotations</li><li>3. Twists</li><li>4. Linking movements</li><li>5. 10 bounce routine</li></ol>
TOPIC 5 Softball	<ol style="list-style-type: none"><li>1. Bowling speed and position</li><li>2. Batting placement and tactics</li><li>3. Fielding position and base decision making</li></ol>
TOPIC 6 Athletics	<ol style="list-style-type: none"><li>1. Shot</li><li>2. Discus</li><li>3. Javelin</li><li>4. Sprinting</li><li>5. Relay</li><li>6. Jumping (standing long and triple)</li></ol>
End of Year Assessment	

# Core PE Key Stage 4



Students are encouraged to select activities at KS4. Sports are timetabled and lesson space is allocated at year 10. Pupils can then choose which activity they do when in year 11 in order to best suit their physical needs.