

Physical Education at Cox Green 2018-2019
Key Stage 3 Curriculum Plan
Year 7 Core

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topics are rotated	Topics are rotated	Topics are rotated	Topics are rotated	Topics are rotated	Topics are rotated
<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.	<u>Assessment:</u> End of unit test on sports covered.
<u>Skills:</u> Transition exercises Touch Rugby Football Badminton Netball Tennis Gymnastics/dance Athletics Hockey Cricket Tennis Softball Rounder's	<u>Skills:</u> Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving. Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation. OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Dance Skills: Poise, flexibility, motif, creativity Netball Skills: Attacking, defending, passing and possession, shooting,	<u>Skills:</u> OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Dance Skills: Poise, flexibility, motif, creativity Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Gymnastics Skills: Creativity, control, balance, travelling, flight,	<u>Skills:</u> Dance Skills: Poise, flexibility, motif, creativity. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control. OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses,	<u>Skills:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting. Dance Skills: Poise, flexibility, motif, creativity. Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy.	<u>Skills:</u> Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Dance Skills: Poise, flexibility, motif, creativity. Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Athletics Skills: Performing a maximum levels,

	<p>using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p>	<p>teamwork, flow, posture.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p>	<p>space, outwitting opponents.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p>		<p>recording, pacing, power, target setting</p>
<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>
<p>Enrichment/Extra Curriculum:</p> <ul style="list-style-type: none"> • <i>Interhouse matches and competitions. Develop their technique and improve their performance in other competitive sports.</i> • <i>Perform dances using advanced dance techniques within a range of dance styles and forms.</i> • <i>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</i> • <i>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</i> • <i>Take part in competitive sports and activities outside school through community links or sports clubs.</i> 					

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Year 8 Core

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<u>Skills:</u> Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Dance Skills: Poise, flexibility, motif, creativity Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing. Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling	<u>Skills:</u> Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control. OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Dance Skills: Poise, flexibility, motif, creativity. Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing. Table Tennis	<u>Skills:</u> OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Dance Skills: Poise, flexibility, motif, creativity Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving. Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture. Football Skills: Attacking, defending, passing and possession, shooting,	<u>Skills:</u> Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Dance Skills: Poise, flexibility, motif, creativity. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture. Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.	<u>Skills:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting. Dance Skills: Poise, flexibility, motif, creativity. Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy. Trampolining: Skills: Basic core skills, straddle, pike, tuck,	<u>Skills:</u> Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Dance Skills: Poise, flexibility, motif, creativity. Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.

<p>e.g. Indian dribble, control/receiving.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p>	<p>Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Trampolining: Skills: Basic core skills, straddle, pike, tuck, seat drop, back drop, front drop.</p>	<p>using space, travelling, control.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p>	<p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Trampolining: Skills: Basic core skills, straddle, pike, tuck, seat drop, back drop, front drop.</p>	<p>seat drop, back drop, front drop.</p> <p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p>	<p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p>
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<p>Enrichment/Extra Curriculum:</p> <ul style="list-style-type: none"> • Interhouse matches and competitions. Develop their technique and improve their performance in other competitive sports. • Perform dances using advanced dance techniques within a range of dance styles and forms. • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. • Take part in competitive sports and activities outside school through community links or sports clubs. 					