



Key Stage 3

Programme of Study: PE

Year Group	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
7	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Weight transfer : Activity Specific - Passing: Passing into effective areas - Travelling/ Movement : Develop activity specific movement <p><u>Theory :</u> Energy Requirement/ balanced Diet</p> <p><u>Key Knowledge :</u></p> <p>Applying the themes to the following sports:</p> <ul style="list-style-type: none"> - Rugby - Athletics - Netball - Football 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Tactics and Strategies: - Improving Organisation - Defending and attacking: Defending with depth , attacking with width - Passing : Passing in and into effective areas <p><u>Theory :</u></p> <p>Food Groups and impact on Health</p> <p><u>Key Knowledge :</u></p> <p>Applying themes to the following sports :</p> <ul style="list-style-type: none"> - Rugby - Football - Handball - Netball 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Coordination and control - Activity Specific - Body Tension and posture Correct for a range of activities - Defending and Attacking Defending with depth , attacking with width <p><u>Theory :</u></p> <p>Under/Over Eating</p> <p><u>Key Knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Lacrosse - Handball - Football - Fitness - Basketball - 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Problem Solving - Activity Specific - Leadership and Teamwork: Individual v Team - Coordination and control Activity Specific <p><u>Theory :</u></p> <p>Alcohol Consumption</p> <p><u>Key knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - OAA - Adapted Invasion games - Badminton - Ultimate Frisbee 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Developing Fitness : - Know Methods of training - Body tension and Posture Correct for a range of activities - Coordination and control : - Activity Specific <p><u>Theory :</u></p> <p>Adapting Calories, Fats and Carbs</p> <p><u>Key knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Fitness - Track and Field 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Developing Fitness : - Know Methods of training - Weight Transfer Activity Specific - Body Tension and Posture - Correct for range of activities <p><u>Theory :</u></p> <p>Vegetarianism and Veganism</p> <p><u>Key knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Fitness - Track and Field

					<ul style="list-style-type: none"> - Adapted invasion games 	<ul style="list-style-type: none"> - Striking and Fielding
8	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Weight transfer : Connection between contexts - Passing: Creating Space for passes - Travelling/ Movement : Using movement to create space <p><u>Theory :</u> What is good Health / Effects of exercise</p> <p><u>Key Knowledge :</u></p> <p>Applying the themes to the following sports:</p> <ul style="list-style-type: none"> - Rugby - Athletics - Netball - Football 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Tactics and Strategies: Gaining an advantage - Defending and attacking: Transition from defence to attack - Passing : Using movement to create space <p><u>Theory :</u></p> <p>Body Systems (1-4)</p> <p><u>Key Knowledge :</u></p> <p>Applying themes to the following sports :</p> <ul style="list-style-type: none"> - Rugby - Football - Handball - Netball 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Coordination and control - Using to gain an advantage - Body Tension and posture Understand benefits - Defending and Attacking Transitioning from defending to attacking <p><u>Theory :</u></p> <p>Body Systems (5-7)</p> <p><u>Key Knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Lacrosse - Handball - Running Fitness - Netball 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Problem Solving - Solve problems in a variety of activities - Leadership and Teamwork: Effective communication - Coordination and control Using to gain an advantage <p><u>Theory :</u></p> <p>Energy for movement</p> <p><u>Key knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - OAA - Adapted Invasion games - Badminton - Ultimate Frisbee 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Developing Fitness : Endurance v Strength - Body tension and Posture Using antagonistic Pairs - Coordination and control : Understand benefits <p><u>Theory :</u></p> <p>Contracting Muscles</p> <p><u>Key knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Fitness - Track and Field - Adapted invasion games 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Developing Fitness : Endurance v Strength - Weight Transfer Connection between contexts - Body Tension and Posture Understand benefits <p><u>Theory :</u></p> <p>Skeletal Movement</p> <p><u>Key knowledge :</u></p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Fitness - Track and Field - Striking and Fielding
9	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Weight transfer : Using WT to Confuse - Passing: 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Tactics and Strategies: 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Coordination and control 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Problem Solving - Link solutions between contexts 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Developing Fitness : 	<p><u>Themes</u></p> <ul style="list-style-type: none"> - Developing Fitness :

	<p>Developing a sequence of passes</p> <ul style="list-style-type: none"> - Travelling/ Movement : Increase Creativity using space <p>Theory : What is good Health / Effects of exercise</p> <p>Key Knowledge :</p> <p>Applying the themes to the following sports:</p> <ul style="list-style-type: none"> - Rugby - Athletics - Netball - Football 	<ul style="list-style-type: none"> - Changing tactics whilst “ in play” - Defending and attacking: Different approaches, compare contexts - Passing : Developing a sequence of passes <p>Theory :</p> <p>Body Systems (1-4)</p> <p>Key Knowledge :</p> <p>Applying themes to the following sports :</p> <ul style="list-style-type: none"> - Rugby - Football - Handball - Netball 	<ul style="list-style-type: none"> - Linking theme across activities - Body Tension and posture Link and amend to different situation - Defending and Attacking Different approaches, compare contexts <p>Theory :</p> <p>Body Systems (5-7)</p> <p>Key Knowledge :</p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Lacrosse - Handball - Running Fitness - Netball 	<ul style="list-style-type: none"> - Leadership and Teamwork: Developing leadership skills - Coordination and control Linking theme across activities <p>Theory :</p> <p>Energy for movement</p> <p>Key knowledge :</p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - OAA - Adapted Invasion games - Badminton - Ultimate Frisbee 	<ul style="list-style-type: none"> - Endurance v Strength - Body tension and Posture Using antagonistic Pairs - Coordination and control : - Understand benefits <p>Theory :</p> <p>Contracting Muscles</p> <p>Key knowledge :</p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Fitness - Track and Field - Adapted invasion games 	<ul style="list-style-type: none"> - Endurance v Strength - Weight Transfer Connection between contexts - Body Tension and Posture - Understand benefits <p>Theory :</p> <p>Skeletal Movement</p> <p>Key knowledge :</p> <p>Applying the themes to the following sports :</p> <ul style="list-style-type: none"> - Fitness - Track and Field - Striking and Fielding
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Please note that all year groups will also take part in fitness sessions in the studio or Gym at blackshots leisure centre as well as the curriculum being shown at hand.