

What are the aims and intentions of this curriculum?

The aim of our Key Stage 3 Curriculum is to demonstrate consistent advanced technical skills that can be executed within competitive games to gain advantage against the opposition. Students will be expected to plan strategies and tactics which aim to outwit the opponent. Focus should be on students' ability to identify their own strengths and weaknesses, identify training methods for physical improvement and develop an interest in sport to encourage lifelong participation.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	<p>Girls: Netball and Badminton</p> <p>Boys: Rugby and Basketball</p>	<p>Through these sports be able to understand, use and recall terminology relating to</p> <p>Netball: <i>Single and double leads, channels, spilt land, rebounds, holding, marking, intercepting, Bullet pass, lob, toss ups, top D, collecting and analyzing data.</i></p> <p><i>Technical language – breaking, off side, transverse lines</i></p> <p>Badminton: <i>Body positioning, Service angle, flight of shuttle, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation & fitness: split step, Lunge, Chassis, Clear, Dropshot, Smash, Lift, Net shot, Block, serve, Rally, Spatial awareness, Opponent awareness.</i></p>	<p>Netball: Pupils will focus on developing and refining individual skills to strengthen their game. Pupils will focus on enhancing their decision-making skills with the aim of how best to advance on their opposition. They will work on evaluating tactical outcomes in order to adapt game play in response to the state of the game. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition.</p> <p>Badminton: Pupils will aim to demonstrate consistent technique throughout the sport. Pupils will focus on accurate replication of techniques and refining game strategies with the intention of outwitting their opponents using tactics. In services, it is the players aim to get the shuttle to land in the target areas but put of their oppositions reach so that it cannot be returned. Pupil will develop confidence in scoring and officiating badminton games. Pupils will understand the basic skills of footwork, forehand and backhand shots and the tactics and scoring for both singles and doubles. Students will incorporate these skills into conditioned games.</p>	<p>Formative: Q and a Skills in Isolation & Competition. Peer & Self-Assessment</p> <p>Summative: NC Levels</p>

		<p>Rugby and Basketball: <i>eg principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball, following through.</i></p>	<p>Rugby and Basketball: Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils' will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition.</p>	
Autumn 2	<p>Girls: Handball and Rugby</p> <p>Boys: Football and Badminton</p>	<p>Through these sports be able to understand, use and recall terminology relating to Rugby and Badminton as per instruction above.</p> <p>Football and handball: <i>start, restarts, set plays, team strategy, team play, tournaments, competitions, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting an opponent, countering a play.</i></p> <p>Fast break, Support play, Teamwork, Screening, Slow play, Marking, Intercepting, Blocking, Goalkeeping, Counterattack Pick up and pass.</p>	<p>Rugby and badminton as per instruction above</p> <p>Football and Handball: Teams will be expected to plan strategies and implement them in different situations in a football/handball game. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points. Pupils' will focus on progressing, implementing and refining team and individual game performance to outwit opponents.</p>	<p>Formative: Q and a Skills in Isolation & Competition. Peer & Self-Assessment</p> <p>Summative: NC Levels</p>
Spring 1	<p>Girls: Football and Dodgeball</p> <p>Boys: Table tennis and HRF</p>	<p>Football as per instruction above.</p> <p>Dodgeball: <i>Throwing – side sling shot and underarm, Catching – chest, low and high, Dodging – ducking and jumping, diving and rolling, Blocking and tactics, Variations – Last Man Standing, Team Free for All, The Wall and Nation-ball, Design a Dodgeball game.</i></p> <p>Table Tennis: <i>Ready position, angles, forehand, backhand, block, push, staying in the rally, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness</i></p> <p>HRF: <i>Agility, Balance, Body Composition, Cardiovascular Endurance, Coordination, Flexibility, Muscular Endurance Muscular Strength, Power, Reaction Time, Speed, interval, fartlek, circuits.</i></p>	<p>Football as per instruction above.</p> <p>Dodgeball: In this unit pupils will develop their understanding of the game and they will learn how to play dodgeball, practice the requisite skills, and demonstrate their abilities to perform various physical movements in a competitive game. Pupils have the opportunity to organise their own tournament.</p> <p>Table Tennis: Pupils will focus on developing advanced techniques as well as implementing and refining complex plays to outwit opponents. Pupils will be able to demonstrate the elements of attack and defence through game play. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it. Pupil should be able to confidently score and officiate table tennis games.</p> <p>HRF: In this unit pupils will carry out tests into the bodies' ability to perform health and skill related components of fitness. They will be able to identify personal strengths and weaknesses in their</p>	<p>Formative: Q and a Skills in Isolation & Competition. Peer & Self-Assessment</p> <p>Summative: NC Levels</p>

			performance. Pupils will learn and experience different methods of training which can be adapted to suit the needs of their fitness journey.	
Spring 2	<p>Girls: HRF and Table tennis</p> <p>Boys: Dodgeball and Handball</p>	All above as per previous instruction.	All above as per previous instruction.	All above as per previous instruction.
Summer 1	<p>Girls: Athletics and Rounders</p> <p>Boys: Cricket and Athletics</p>	<p>Athletics: <i>eg improving stamina, strength and/or suppleness</i></p> <ul style="list-style-type: none"> <i>training programmes, eg interval, pyramid, repetitions and sets, fartlek, cross-training</i> <p>Rounders and cricket: <i>eg stance, body position, follow-through, mechanics of movement, no ball, batting order, bowling techniques, field placements, coaching, officiating/umpiring, anticipation.</i></p>	<p>Athletics: In this unit, pupils will further enhance replication and performance across all disciplines. Pupils to gain a further understanding of fitness and its relationship to performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions organised by themselves and others. In athletic activities, pupils will engage in performing skills and personal and collective bests in relation to speed, height and distance.</p> <p>Rounders and cricket: In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will further work on the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils should accurately score games & understand rules.</p>	<p>Formative: Q and a Skills in Isolation & Competition. Peer & Self-Assessment</p> <p>Summative: NC Levels</p>

Summer 2	Girls: Cricket and Teambuilding Boys: Rounders and Teambuilding	Cricket and rounders as above. Teambuilding: TBC	Teambuilding: TBC	Formative: Q and a Skills in Isolation & Competition. Peer & Self-Assessment Summative: NC Levels
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