

KS3 CORE PE

CURRICULUM ROAD MAP



Strike & field – Further develop batting and fielding skill and apply in a competitive context.

Net/wall – Develop directional hitting and improve tactical awareness.

OAA – complete orienteering courses. Develop further strategies aimed at gaining an advantage over an opponent.

Athletics – knowledge and application of how to increase distance in throwing events. Develop skills in sprinting, endurance events and relay.

Invasion Games – further develop skills needed to attack and defend. How to outwit opponents in mini game situations

Dance – Develop dance skills replicating and choreographing more advanced skills.

Health Related fitness – develop a knowledge and understanding of training methods and how they might impact on a person's fitness.

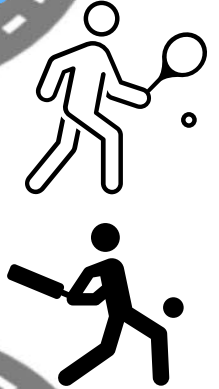
Net/wall games – Develop more advanced skills when playing an opponent in attack and defence



Athletics – Events in running and throwing.

Strike & field – How to score points/prevents opposition from scoring.

Net/wall games – Develop attacking/defensive shots.



Health related fitness – Know how to exercise safely and understand the effects on the body.

Dance

Follow and choreograph dance routines.

Net/wall games – Know how to rally, play specific shots in attack/defence

OAA/alternative activities – Problem solving, play activities using transferable skills and tactics.

Base-line assessment – completed to assess starting point and identify targets for development.

Invasion Games – How to send, receive, travel, score, attack and defend in various invasion-based sports inc' rugby, netball, football and basketball

