

KS3 PE Curriculum Overview – Holly Lodge Girls' College

Year 7		
Title	Curriculum content	Assessment
Netball	<p><i>Life Skill – This is Me: Gratitude</i></p> <p><i>Physical Me:</i></p> <p>Movement and spatial awareness</p> <p>Passing and Receiving</p> <p>Shooting</p> <p>Attacking play / dodging</p> <p>Defending</p> <p>Outwitting opponents in a competitive situation</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>DIRT</p> <p>Application of skills, tactical play, knowledge of rule and regulations in competitive games</p>
Gymnastics	<p><i>Life Skill – This is Me: Imagination</i></p> <p><i>Physical Me:</i></p> <p>Health and safety and warm ups</p> <p>Introduction to Locomotion</p> <p>Exploration of travelling movements</p> <p>Transitions and linking movements</p> <p>Introduction to sequence criteria and starting to build sequences</p> <p>Final rehearsals of completed sequences, observe, evaluate and feedback.</p> <p>Act on feedback</p> <p>Final performances</p> <p>Evaluation</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>DIRT</p> <p>Application of skills and techniques in performances of creative sequences</p>
Invasion Games	<p><i>Life Skill – This is Me: Fairness</i></p> <p><i>Physical Me:</i></p> <p>Passing and Receiving</p> <p>Dribbling and Control</p> <p>Possession and Defending</p> <p>Attacking/Outwitting Opponent</p> <p>Pitch Positioning/ Spatial awareness</p> <p>Outwitting opponents in a competitive situation</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>DIRT</p> <p>Application of skills, tactical play, knowledge of rule and regulations in competitive games</p>

Fitness	<p>Life Skill – This is Me: Self-Motivation</p> <p>Physical Me:</p> <p>Health and safety using fitness equipment</p> <p>Warm up and cool down</p> <p>Short and long term effects of exercise</p> <p>Heart rate</p> <p>Rating of perceived exertion</p> <p>Aerobic and anaerobic training zones</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>DIRT</p> <p>Application of knowledge of components of fitness, techniques and skills in various types of fitness sessions</p>
Rounders	<p>Life Skill – This is Me: Concentration</p> <p>Physical Me:</p> <p>Ball familiarisation – confidence in throwing / catching</p> <p>Fielding</p> <p>Bowling</p> <p>Batting</p> <p>Fielding tactics</p> <p>Outwitting opponents within competitive games</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>DIRT</p> <p>Application of skills, tactical play, knowledge of rule and regulations in competitive games</p>
Athletics	<p>Life Skill – This is Me: Self-belief</p> <p>Physical Me:</p> <p>Short distance running – Sprint technique 100m</p> <p>Short distance running – Sprint Start/100m</p> <p>Relay 4 X 100m</p> <p>Long distance running (600m)</p> <p>Long distance running (800m)</p> <p>Long distance running (800m – 1500m)</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>DIRT</p> <p>Recorded times and distances achieved in each event</p>

Year 8		
Title	Curriculum content	Assessment
Netball	<p>Life Skill – This is Me: Gratitude</p> <p>Physical Me:</p> <p>Recap passing and fundamental rules</p> <p>Timing of pass and supportive play</p> <p>Attacking play/ dodging</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>DIRT</p>

	Shooting Defending / marking Outwitting opponents in a competitive situation	Application of skills, tactical play, knowledge of rule and regulations in competitive games
Gymnastics	Life Skill – This is Me: Imagination Physical Me: Recap locomotion Introduction to individual balance Exploration of individual balances Introduction to partner balances Counter balance and counter tension Exploration of partner balancing point and patch and match and mirroring Sequence criteria and building sequences Peer assessment and act on feedback for final performance	Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Application of skills and techniques in performances of creative sequences
Invasion Games	Life Skill – This is Me: Fairness Physical Me: Passing and Receiving Dribbling, Turns and Outwitting defender Developing shooting Attacking strategies and tactics Defensive strategies and tactics Outwitting opponents	Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Application of skills, tactical play, knowledge of rule and regulations in competitive games
Fitness	Life Skill – This is Me: Self-motivation Physical Me: Components of fitness Aerobic endurance Muscular strength Muscular endurance Flexibility Speed Body composition	Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Application of knowledge of components of fitness, techniques and skills in various types of fitness sessions
Rounders	Life Skill – This is Me: Concentration Physical Me: Fielding skills	Teacher observation Peer evaluation Peer feedback

	Bowling development Batting development Positional roles Tactics / strategies to outwit opponents Outwitting opponents within competitive games	Teacher feedback DIRT Application of skills, tactical play, knowledge of rule and regulations in competitive games
Athletics	Life Skill – This is Me: Resilience “The courage to come back” Physical Me: Short distance running – (100m / 200m) Long distance running: Introduction to Couch to 1k - 5k Challenge Fartlek training / Continuous training Standing Long Jump – jumping technique Discus - throwing technique Shot-putt Javelin	Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Recorded times and distances achieved in each event

Year 9		
Title	Curriculum content	Assessment
Netball	Life Skill – This is Me: Communication Physical Me: Recap fundamental rules Use of space and court Attacking principles Defending principles Tactics Outwitting opponents in a competitive situation	Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Application of skills, tactical play, knowledge of rule and regulations in competitive games
Dance	Life Skill – This is Me: Imagination Physical Me: To be able to lead an effective small group / whole group warm-up for a dance class What is inspiration? To know what a dance stimulus is: 5 different types – visual, auditory, kinaesthetic, tactile, ideational (an idea or story E.G. War) To know what improvisation is and how to improve ideas responding to a stimulus	Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT

	<p>To be able to explore how to create material in response to a specific stimulus given</p> <p>To understand how a stimulus or starting point can generate different movement ideas for the creation of a motif</p> <p>To be able to accurately replicate set motif in the chosen dance style</p> <p>To know the correct stylistic features of the chosen style of Dance</p> <p>To be able to choreograph an effective motif in response to the stimulus using a variety of dance 'Actions', 'Dynamics', 'Spatial Aspects' and transitions in order to express the stimulus and correct style</p> <p>To be able to select, reject and refine ideas and critically evaluate the effectiveness of your choreography</p> <p>To rehearse movement material independently for accurate replication and expression of the theme</p> <p>To be able to observe, analyse and provide constructive self and peer feedback in order to demonstrate improvement to achieve personal best</p> <p>To know how to effectively develop and vary motifs using choreographic devices</p> <p>To know the basic choreographic devices to develop motifs and reasons why</p> <p>Evaluate the effectiveness of choreographic devices and act on feedback</p> <p>To know to create phrases - link all motifs together to create; a beginning, middle and end.</p> <p>Be able to identify and adding 'high points' / 'highlights' or 'climax to the phrase for interest to the audience E.G. faster, repetition, bigger, stronger, more jumps / elevation or sudden stillness</p> <p>To be able to add overall structure your final dance composition / choreography / final piece</p> <p>To know different types of key dance structures; AB Structure (Binary – 2 part) ABA Structure (Ternary – 3 part) ABACADAE Structure (Rondo) ABCDE (Narrative)</p> <p>To know how to adapt and use a variety of formations for different group sizes; solo, duet, trio, quartet, whole group to</p> <p>To know what effective performance skills are be able to apply them when performing in front of peers, teacher and audience</p> <p>To be able to evaluate effectiveness of composition and provide critical feedback in order to further improve</p>	<p>Application of skills and techniques in performances of creative dance motifs / pieces</p>
<p>Badminton</p>	<p><i>Life Skill – This is Me: Self-Management</i></p> <p><i>Physical Me:</i></p> <p>Serving</p> <p>Overhead clear</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p>

	<p>Drop shot Smash Tactical play Application of skills techniques, rules and regulations in competitive single and doubles games</p>	<p>DIRT Application of skills, tactical play, knowledge of rule and regulations in competitive games</p>
Fitness	<p>Life Skill – This is Me: Self-motivation Physical Me: Fitness testing and interpreting results Training methods Continuous training Fartlek training Interval training Circuit training Resistance training</p>	<p>Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Application of knowledge of components of fitness, techniques and skills in various types of fitness sessions</p>
Rounders	<p>Life Skill – This is Me: Decision Making Physical Me: Throwing, Catching and Fielding Bowling development Batting development Fielding roles / Outwitting opponents Evaluation of tactics Outwitting opponents within competitive games</p>	<p>Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Application of skills, tactical play, knowledge of rule and regulations in competitive games</p>
Athletics	<p>Life Skill – This is Me: Resilience “The courage to come back” Physical Me: Short distance running: 100m Short distance running: 300m Short Distance Running: 400m Throwing: Discus Throwing: Shot put Throwing: Javelin</p>	<p>Teacher observation Peer evaluation Peer feedback Teacher feedback DIRT Recorded times and distances achieved in each event</p>