

## Long Term Overview KS3 P.E.

Year 7	Unit Title	Invasion Games: Football	Invasion Games: Basketball	Health and Fitness	Athletics	Striking and Fielding Games	Badminton & Tennis
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
	No. Weeks	7 Weeks	8 Weeks	5 Weeks	6 Weeks	6 Weeks	7 Weeks
	What We Will Learn	Students will begin with core skills such as side foot passing, ball control, tackling, heading, dribbling and turning.  These will be taught as isolated practices to begin with and followed by conditioned drills to practice the skills under various amounts of pressure.	Students will begin with core skills such as dribbling, ball control, footwork (jump stop), passing, shooting (set shots) and the triple threat position. These will be taught as isolated practices to begin with, this will be followed by conditioned drills to practice the skills under various amounts of pressure	Students will understand how exercise effects the body immediately and in the short term. Pupils experience cardiovascular and muscular endurance activities and discuss why these are a benefit to a range of sporting activities.	Students are introduced to a range of athletics events covering running (100m, 200m, 300m, 800m, 1500m, relay) throwing (shot put, discus, javelin) and jumping (long jump and high jump).	Students will be taught the core skills of batting, bowling and fielding through isolated practices and will be introduced to the basic rules of rounders.	Students will begin with learning the core skills such as serving, rallying and clearing for badminton. They will also be taught how to use the correct grip and understand the ready position for playing tennis.
Year 7	What We Will Do	Student will be given the opportunity to play small sided games (SSG) to maximise the number of touches of the football for each individual, SSG where possible will have conditions in place to practise the skills taught in the lesson.	Students will be taught as isolated practices to begin with, this will be followed by conditioned drills to practice the skills under various amounts of pressure. This is to practice the application of the skills and to teach and assess decision making.	Students will participate in a range of fitness programmes helping them to improve their ability and fitness in the following areas:  <b>Physical:</b> Cardiovascular Endurance, Muscular Strength, Muscular endurance, Flexibility and Body Composition.  <b>Skill:</b> Agility, Balance, Coordination, Speed, Power, and Reaction time.	Techniques are taught to the students to allow them to achieve their personal best for each event.  Students are taught the main rules of the different events and how in competition the winner is decided.	Simple tactics are introduced to allow students to begin thinking of how to outwit their opponents. Students will have lots of opportunities to play and enjoy the game.	These skills will be taught in isolation or conditioned drills before advancing to playing against an opponent. Student will also be taught how to play a half court singles game with a focus on the core rules, simple strategy and basic umpiring
	Skills Learned	<ul style="list-style-type: none"> <li>Side foot passing,</li> <li>Ball control,</li> <li>Tackling,</li> <li>Heading,</li> <li>Dribbling and turning.</li> </ul>	<ul style="list-style-type: none"> <li>Individual Positioning skills (attack and defence) e.g. tracking back and supporting runs</li> <li>Set plays</li> <li>Pass/dribble/shoot/tackle decision making</li> <li>Roles in formation</li> </ul>	<ul style="list-style-type: none"> <li>The short- and long-term effects of exercise on the body Key components of a warm up and cool down (pulse raiser and dynamic stretches, pulse lowering and static stretches). Why it is important to live a healthy active lifestyle.</li> <li>Simple measurements of the body – heart rate</li> </ul>	<ul style="list-style-type: none"> <li>Replicate actions, phrases and sequences to develop their technique and improve their performance in other competitive sports</li> <li>How to analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best</li> <li>Fundamental rules and regulations for a range of sports and the need for officials</li> </ul>	<ul style="list-style-type: none"> <li>Use decision making in competitive and individual sports to outwit an opponent</li> <li>Fundamental rules and regulations for a range of sports and the need for officials</li> </ul>	<ul style="list-style-type: none"> <li>Conduct of performers (etiquette, sportsmanship and gamesmanship).</li> <li>Fundamental rules and regulations for a range of sports and the need for officials</li> <li>Learn to apply rules fairly and behave ethically when participating in different physical activities to maintain relationships and promote safety, fair play and inclusivity.</li> </ul>

## Long Term Overview KS3 P.E.

Year 8	Unit Title	Invasion Games: Football	Invasion Games: Basketball	Health and Fitness	Athletics	Striking and Fielding Games	Badminton & Tennis
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
	No. Weeks	7 Weeks	8 Weeks	5 Weeks	6 Weeks	6 Weeks	7 Weeks
	What We Will Learn	Students will continue to develop their core skills in order to improve consistency and accuracy. More focus will be given to conditioned games and SSG in order to enhance decision making and application of skills.	Students will continue to develop their core skills in order to improve consistency and accuracy. However more focus will be given to conditioned drills and small sided games in order to enhance decision making and application of the skills.	Students will continue to develop their knowledge on the components of fitness by understanding the principles of training and how we measure heart rate and use training zones.	Students continue to develop their understanding and ability to perform the skills needed to achieve their personal best across the range of athletics events. Students are encouraged to aim to beat their own performances from year seven, as well as being given aspirational targets set by the national governing body.	The core skills of batting, bowling and fielding will continue to be developed to improve accuracy and consistency. However, more advanced skills such as one handed catching, backstop to first post drills will be introduced with long barrier and short barriers.	Students will continue to develop the core skills learned in year 7 with an emphasis on using shots to your advantage in a game and increasing accuracy and consistency.  Students will be able to demonstrate & use forehand and backhand shots in a rally. Students will develop the ability to outwit opponents with a combination of shots.
	What We Will Do	Students will be given the opportunity in lessons to demonstrate advanced skills such as: Passing – (short and long/driven) use of inside and outside of dominant and non-dominant foot, receiving the ball using chest and head to control the ball, tackling – jockeying, channelling a player and clearing an area. Further footballing rules will be drip fed into the lessons to increase footballing knowledge	Students will be given the opportunity in lessons to demonstrate advanced skills such as dribbling with both hands, change of pace and direction, lay-up and drop step. Further, basketball rules and court markings will be drip fed into the lessons to increase knowledge of the sport.	The different training methods students will learn will be: cardiovascular endurance, muscular endurance, strength and power, flexibility and balance and speed, agility, and reaction time	Due to the physiological changes' students are now allowed to learn the triple jump. Students are encouraged to develop the skills of resilience and determination when performing.	Rules of the game will be slowly introduced. This will enable students to play simpler versions of cricket in small sided games. Students will be given the chance to practise skills in isolated and conditioned practices.  Students will continue to learn through playing games, with different scenarios explained to the group to develop their knowledge and understanding of tactics.	Students will begin to link shots through deliberate sequences. Students will continue to develop their understanding of the rules and strategy through half court games, as well as being introduced to doubles badminton.  Students will understand what a legal tennis serve is and will begin to replicate with some mistakes. Students will learn when to use a volley and the advantages it provides.
	Skills Learned	<ul style="list-style-type: none"> <li>Key components of a warm up and cool down (pulse raiser and dynamic stretches, pulse lowering and static stretches)</li> <li>Use decision making in competitive and individual sports to outwit an opponent</li> </ul>	<ul style="list-style-type: none"> <li>Use decision making in competitive and individual sports to outwit an opponent.</li> <li>Fundamental rules and regulations for a range of sports and the need for officials</li> <li>Learn to transfer movement skills and concepts to a variety of physical activities</li> </ul>	<ul style="list-style-type: none"> <li>The psychological and physiological benefits of regular participation in sport and exercise</li> <li>The short- and long-term effects of exercise on the body</li> <li>Why it is important to live a healthy active lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>Replicate actions, phrases and sequences to develop their technique and improve their performance in other competitive sports</li> <li>How to analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental rules and regulations for a range of sports and the need for officials</li> <li>Learn to transfer movement skills and concepts to a variety of physical activities.</li> <li>Use decision making in competitive and individual sports to outwit an opponent.</li> </ul>	<ul style="list-style-type: none"> <li>Conduct of performers (etiquette, sportsmanship and gamesmanship).</li> <li>Fundamental rules and regulations for a range of sports and the need for officials</li> <li>Learn to transfer movement skills and concepts to a variety of physical activities.</li> </ul>

## Long Term Overview KS3 P.E.

Year 9	Unit Title	Invasion Games: Football	Invasion Games: Basketball	Health and Fitness	Athletics	Striking and Fielding Games	Cardio Tennis
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
	No. Weeks	7 Weeks	8 Weeks	5 Weeks	6 Weeks	6 Weeks	7 Weeks
	What We Will Learn	Students will continue to develop core and advanced skills through conditioned drills and SSG to consolidate learning.	Students will continue to develop core and advanced skills through conditioned drills and gameplay to consolidate learning.	Students will develop their knowledge on the short- and long-term effects of health and fitness on the body.	Once again students are encouraged to try and beat their personal best form year 7 and 8 across the range of athletics events.	Students will continue to develop the accuracy and consistency of their core skills. They will learn a greater number of rules and will be given the opportunity to officiate games to demonstrate and apply their understanding.	Students will learn about how cardio tennis links to interval training (short cycles of high intensity workouts and periods of rest),
	What We Will Do	<p>More emphasis will be placed on tactics and strategies in game play such as positioning and effectiveness at set plays, different formations such as 4-4-2 and 4-5-1 and individual positional skills e.g., tracking back and supporting runs.</p> <p>Laws/Rules of the game will continue to be introduced/ re-enforced, with students expected to play and officiate applying the rules correctly.</p>	<p>More emphasis will be placed on tactics and strategies in game situations such as screening, zonal marking, fast breaks and player positions. Rules of the game will continue to be introduced/ re-enforced, with students expected to play and officiate applying the rules correctly.</p>	<p><b>Short Term:</b> Breathing rate, heart rate, blood pressure, body temperature, muscle fatigue and delayed onset muscle soreness.</p> <p><b>Long term:</b> Body shape may change, improvements in specific components of fitness, build muscle strength, improve muscular endurance, improve speed, improve suppleness, build cardio vascular endurance, improve stamina, increase in the size of the heart (hypertrophy) and lower resting heart rate (bradycardia).</p>	<p>More emphasis is placed on skill development in year 9, with students considering how performances can be improved through changes to technique and tactics, such as angle of release or pacing strategies. Students are continuing to be taught the rules of each event, plus how events are carried out in competition.</p>	<p>More advanced skills will be introduced such as a wider range of batting shots, running between wickets, bowling styles and more advanced fielding techniques such as backing and one-handed pickups.</p> <p>The teaching of tactics will also be key with students encouraged to consider how they can outwit their opponent as both an individual and as part of a team.</p>	<p>Students will be encouraged to wear heart rate monitors or pedometers, so they can see how hard they are working. The measure of a pupil's success becomes their heart rate, or the number of steps they have taken, rather than the number of balls they hit. They will learn about the short term and long-term effects on the body and why it is important to have an active lifestyle.</p>
	Skills Learned	<ul style="list-style-type: none"> <li>• Key components of a warm up and cool down (pulse raiser and dynamic stretches, pulse lowering and static stretches).</li> <li>• Use decision making in competitive and individual sports to outwit an opponent.</li> <li>• Learn to apply rules and regulations fairly and behave ethically when participating in different physical activities</li> </ul>	<ul style="list-style-type: none"> <li>• Use decision making in competitive and individual sports to outwit an opponent</li> <li>• Fundamental rules and regulations for a range of sports and the need for officials</li> <li>• Learn to transfer movement skills and concepts to a variety of physical activities</li> </ul>	<ul style="list-style-type: none"> <li>• The psychological and physiological benefits of regular participation in sport and exercise. Why it is important to live a healthy active lifestyle</li> <li>• Key components of a warm up and cool down (pulse raiser and dynamic stretches, pulse lowering and static stretches).</li> <li>• The short- and long-term effects of exercise on the body</li> </ul>	<ul style="list-style-type: none"> <li>• How to analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best</li> <li>• The short- and long-term effects of exercise on the body</li> <li>• The importance of conduct of performers (etiquette, sportsmanship and gamesmanship)</li> </ul>	<ul style="list-style-type: none"> <li>• Use decision making in competitive and individual sports to outwit an opponent</li> <li>• Fundamental rules and regulations for a range of sports and the need for officials</li> <li>• Use knowledge on rules and regulations to officiate low stakes practices in some sports</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct of performers (etiquette, sportsmanship and gamesmanship)</li> <li>• The psychological and physiological benefits of regular participation in sport and exercise</li> <li>• The short- and long-term effects of exercise on the body</li> <li>• Why it is important to live a healthy active lifestyle.</li> </ul>



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