



Key Stage 3 Programme of Study

| Year Group | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| 7 | <p><u>Topic/Enquiry:</u></p> <p>Weight Transfer: Activity specific WT</p> <p>Passing: Passing in & into effective areas</p> <p>Moving: Develop activity specific movement</p> <p><u>Key knowledge:</u> Locations of major bones</p> <p><u>Assessment:</u> Rugby Athletics Netball Football</p> <p><u>Values:</u> Confidence</p> | <p><u>Topic/Enquiry:</u></p> <p>Tactics&Strategies: Improving organisation</p> <p>Passing: Passing in & into effective areas</p> <p>Defending&Attacking: Defending with depth, attaching with width</p> <p><u>Key knowledge:</u> Locations of major muscles</p> <p><u>Assessment:</u> Rugby Badminton Netball Basketball</p> <p><u>Values:</u> Respect</p> | <p><u>Topic/Enquiry:</u></p> <p>Coordination&control: Activity specific situations</p> <p>Body Tension & Control: Correct for range of activities</p> <p>Defending&Attacking: Defending with depth, attaching with width</p> <p><u>Key knowledge:</u> Structure of CV system</p> <p><u>Assessment:</u> Badminton Trampolining Handball</p> <p><u>Values:</u> Resilience</p> | <p><u>Topic/Enquiry:</u></p> <p>Coordination&control: Activity specific situations</p> <p>Problem Solving: Activity specific problem solving</p> <p>Leadership/Teamwork: Individual Vs Team</p> <p><u>Key knowledge:</u> Structure of CV system</p> <p><u>Assessment:</u> Badminton Trampolining Handball</p> <p><u>Values:</u> Leadership</p> | <p><u>Topic/Enquiry:</u></p> <p>Develop Fitness: Know methods of training</p> <p>Choreography: Create appropriate sequences of movements</p> <p>Leadership/Teamwork: Individual Vs Team</p> <p><u>Key knowledge:</u> Health and safety in sports</p> <p><u>Assessment:</u> Fitness Athletics S&F Dance</p> <p><u>Values:</u> Responsibility</p> | <p><u>Topic/Enquiry:</u></p> <p>Develop Fitness: Know methods of training</p> <p>Weight Transfer: Activity specific WT</p> <p>Body Tension & Posture: Correct for range of activities</p> <p><u>Key knowledge:</u> Keeping fit and healthy through sports</p> <p><u>Assessment:</u> Fitness Athletics S&F</p> <p><u>Values:</u> Cooperation</p> |
| 8 | <p><u>Topic/Enquiry:</u></p> <p>Weight Transfer:</p> | <p><u>Topic/Enquiry:</u></p> <p>Tactics&Strategies:</p> | <p><u>Topic/Enquiry:</u></p> <p>Coordination&control:</p> | <p><u>Topic/Enquiry:</u></p> <p>Coordination&control:</p> | <p><u>Topic/Enquiry:</u></p> <p>Develop Fitness:</p> | <p><u>Topic/Enquiry:</u></p> <p>Develop Fitness:</p> |

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| | <p>Connection between contexts</p> <p>Passing: Creating space for passes</p> <p>Moving: Use movement to create space</p> <p><u>Key knowledge:</u> Functions of skeletal system</p> <p><u>Assessment:</u> Rugby Athletics Netball Football</p> <p><u>Values:</u> Confidence</p> | <p>Gaining an advantage</p> <p>Passing: Passing in & into effective areas</p> <p>Defending&Attacking: Transitioning from defending to attacking</p> <p><u>Key knowledge:</u> Functions of muscular system</p> <p><u>Assessment:</u> Rugby Badminton Netball Basketball</p> <p><u>Values:</u> Respect</p> | <p>Using to gain advantage</p> <p>Body Tension & Control: Understand benefits</p> <p>Defending&Attacking: Defending with depth, attaching with width</p> <p><u>Key knowledge:</u> Functions of CV system</p> <p><u>Assessment:</u> Badminton Trampolineing Handball</p> <p><u>Values:</u> Resilience</p> | <p>Using to gain advantage</p> <p>Problem Solving: Solve problem solving</p> <p>Leadership/Teamwork: Effective communication</p> <p><u>Key knowledge:</u> Functions of CV system</p> <p><u>Assessment:</u> Badminton Trampolineing Handball</p> <p><u>Values:</u> Leadership</p> | <p>Endurance Vs Strength</p> <p>Choreography: Use a wide range of choreographic devices</p> <p>Leadership/Teamwork: Effective communication</p> <p><u>Key knowledge:</u> Principals of training</p> <p><u>Assessment:</u> Fitness Athletics S&F Dance</p> <p><u>Values:</u> Responsibility</p> | <p>Know methods of training</p> <p>Weight Transfer: Activity specific WT</p> <p>Body Tension & Posture: Correct for range of activities</p> <p><u>Key knowledge:</u> Keeping fit and healthy through sports</p> <p><u>Assessment:</u> Fitness Athletics S&F</p> <p><u>Values:</u> Cooperation</p> |
| 9 | <p><u>Topic/Enquiry:</u> Weight Transfer: Using WT to confuse</p> <p>Passing: Developing sequences of passes</p> <p>Moving: Increase creativity in using space</p> <p><u>Key knowledge:</u> Joints of skeletal system</p> | <p><u>Topic/Enquiry:</u> Tactics&Strategies: Changing whilst in play</p> <p>Passing: Developing sequences of passes</p> <p>Defending&Attacking: Different approaches- compare contexts</p> <p><u>Key knowledge:</u> Functions of muscular system</p> | <p><u>Topic/Enquiry:</u> Coordination&control: Linking theme across activities</p> <p>Body Tension & Link and amend to different situations</p> <p>Defending&Attacking: Different approaches- compare contexts</p> <p><u>Key knowledge:</u> CV system and exercise</p> | <p><u>Topic/Enquiry:</u> Coordination&control: Linking theme across activities</p> <p>Problem Solving: Link solutions between contexts</p> <p>Leadership/Teamwork: Effective Developing leadership skills</p> <p><u>Key knowledge:</u> Lung volume</p> | <p><u>Topic/Enquiry:</u> Develop Fitness: Fitness for variety of sports</p> <p>Choreography: Analyse past performances to improve future</p> <p>Leadership/Teamwork: Developing leadership skills</p> <p><u>Key knowledge:</u> Methods & effects of training</p> | <p><u>Topic/Enquiry:</u> Develop Fitness: Fitness for variety of sports</p> <p>Weight Transfer: Using WT to confuse</p> <p>Body Tension & Posture: Link and amend to different situations</p> <p><u>Key knowledge:</u> Target Setting</p> |

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| | <u>Assessment:</u> Rugby Athletics Netball Football <u>Values:</u> Confidence | <u>Assessment:</u> Rugby Badminton Netball Basketball <u>Values:</u> Respect | <u>Assessment:</u> Badminton Trampolineing Handball <u>Values:</u> Resilience | <u>Assessment:</u> Badminton Trampolineing Handball <u>Values:</u> Leadership | <u>Assessment:</u> Fitness Athletics S&F Dance <u>Values:</u> Responsibility | <u>Assessment:</u> Fitness Athletics S&F <u>Values:</u> Cooperation |
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