

KEY STAGE THREE CURRICULUM KNOWLEDGE AND SKILLS MAPPING TOOL

SUBJECT: Physical Education

		KNOWLEDGE				SKILLS	
YEAR 7		<ul style="list-style-type: none"> • Basic rules and regulations in individual and team sports • Knowledge of some positions within team based activities • Knowledge of the importance of warming up and cooling down • Knowledge of how to outwit opponents within competitive situations • Knowledge of heart rate and how it is linked to the intensity of exercise • Knowledge of different muscle groups used during exercise • Analyse performance in order to identify own strengths and areas for future development 				<ul style="list-style-type: none"> • Develop team work skills • Develop communication skills • Develop leadership skills • Be able to perform demonstrate fundamental skills such as catching/throwing/passing/balance/spatial awareness • Develop core skills in GCSE sports • Select and apply skills effectively within competitive situations 	
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Content	Football Rugby Netball Futsal	Basketball Handball Gaelic football Badminton Gymnastics	Handball Badminton Gymnastics Dance Hockey	Gymnastics Hockey Basketball Gaelic football	Athletics	Striking and fielding Tennis
	Skills	Co-ordination Cardiovascular Fitness Passing	Spatial awareness Positioning Balance	Team work Leadership Creativity	Originality Outwitting opponents	Personal best Fitness	Accuracy Communication
	Assessment	Students will be given a best practical and best cognitive score at the end of each term.		Students will be given a best practical and best cognitive score at the end of each term.		Student's best practical and best cognitive score throughout Year 7 will be recorded as an end of year grade.	

KEY STAGE THREE CURRICULUM KNOWLEDGE AND SKILLS MAPPING TOOL

SUBJECT: Physical Education

		KNOWLEDGE			SKILLS			
YEAR 8		<ul style="list-style-type: none"> Advanced rules, regulations and tactics in individual and team sports Knowledge of all positions within team based activities Knowledge of how to prepare for an exercise session Knowledge of how to outwit opponents within competitive situations Knowledge of the different components of fitness Knowledge of principles of training and how they are applied Analyse own performance and the performance of others in order to identify own strengths and areas for future development 			<ul style="list-style-type: none"> Continue to develop and demonstrate team work skills Develop advanced communication skills Continue to develop leadership skills and adopt the role as a leader Be able to demonstrate advanced skills in a variety of activities Develop advanced skills in GCSE sports Select and apply skills effectively within competitive situations in order to outwit opponents 			
			Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Content	Football Rugby Badminton Futsal Gaelic football	Handball Badminton Volleyball Netball Gymnastics	Basketball Netball Fitness Volleyball Gymnastics Badminton	Volleyball Badminton Gymnastics Basketball Fitness Netball Gaelic football	Athletics	Striking and fielding Tennis	
	Skills	Accuracy Cardiovascular Fitness Positioning	Control Leadership	Fluency Tactics	Originality Outwitting opponents	Personal best Fitness	Team work Communication	
	Assessment	Students will be given a best practical and best cognitive score at the end of each term.		Students will be given a best practical and best cognitive score at the end of each term.		Student's best practical and best cognitive score throughout Year 8 will be recorded as an end of year grade.		