

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 main positions within game situations in a broad range of sports such as football, rugby, netball and handball Knowledge of how-to perform most key techniques in core skills in a broad range of sports Knowledge of how to beat an opponent in most situations using spatial awareness, agility, tactics, and problem solving Analysis of own performance and the performance of others in most sports Knowledge of types of training and components of fitness for most sports Knowledge of how to lead a healthy, active lifestyle 				<ul style="list-style-type: none"> Be able to execute and perform most core skills in a broad variety of sports Demonstrate basic tactics within a variety of sports Demonstrate the relevant components of fitness required for most sports Develop confidence and leadership skills by adopting different roles across different sports Ability to demonstrate sportsmanship, fair play, respect, and leadership skills. Improve fitness levels by being physically activity 		
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Content	Baseline OAA Fitness Handball Futsal Badminton Dance	Breakdance Netball Gymnastics Badminton Handball Dance	Badminton Futsal Handball Rugby Gymnastics Hockey Dance	Rugby Fitness Gymnastics Futsal Dance	Athletics Trampolining Table tennis Gaelic football Lacrosse Dance	Tennis Striking and fielding; Cricket/Softball/ Rounders Dance
	Knowledge and Skills	Teamwork Communication Problem-solving Stamina/Endurance Spatial awareness		Accuracy/Control Beating opponents Creativity Co-ordination Balance		Personal best Leadership Analysis of performance Goal setting	

KEY STAGE THREE CURRICULUM KNOWLEDGE AND SKILLS MAPPING TOOL

SUBJECT: Physical Education

	KNOWLEDGE				SKILLS		
YEAR 8	<ul style="list-style-type: none"> Most of the main rules and regulations in specific situations Knowledge of most positional play and roles within game situations in a broad range of sports such as football, rugby, hockey, netball and handball Knowledge of how to beat opponents in most situations using advanced tactics, spatial awareness and agility, and problem solving Knowledge of how-to perform key techniques in all core and some of the advanced skills in a broad range of sports Analysis of own performance and the performance of others suggesting areas of improvement and identifying personal bests Knowledge of short-term effects of exercise, types of training and components of fitness for most sports Knowledge of the importance of healthy lifestyle choices and the effects they have on our body 				<ul style="list-style-type: none"> Be able to execute and perform core skills and some of the advanced skills in a broad variety of sports Demonstrate basic tactics in competitive situations within a variety of sports Demonstrate the relevant components of fitness required for most sports and set short term goals Demonstrate sportsmanship, fair play, respect, leadership skills and personal responsibility in most sports. Improve fitness levels by being physically activity for sustained periods of time 		
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Content	OAA Fitness Crazy gold Netball Futsal Basketball Dance	Gymnastics Volleyball Handball Netball Futsal Dance	Futsal Handball Basketball Volleyball Gymnastics Lacrosse Table tennis Dance	Rugby Basketball Table tennis Handball Volleyball Dance	Athletics Trampolining Table tennis Lacrosse Gaelic football Ultimate frisbee Dance	Tennis Striking and fielding; Cricket/Softball/ Rounders Dance
	Knowledge and Skills	Teamwork Communication Problem-solving Stamina/Endurance Spatial awareness		Accuracy/Control Beating opponents Creativity Co-ordination Balance		Personal best Leadership Analysis of performance Goal setting	

KEY STAGE THREE CURRICULUM KNOWLEDGE AND SKILLS MAPPING TOOL

SUBJECT: Physical Education

	KNOWLEDGE				SKILLS		
YEAR 9	<ul style="list-style-type: none"> Most of the main rules and regulations in individual and team sports Knowledge of the main positions within game situations in a broad range of sports such as football, rugby, hockey, netball and handball Knowledge of how to beat opponents within competitive situations using a range of advanced tactics, spatial awareness, agility, and problem-solving Knowledge of how-to perform key techniques in all core and most advanced skills in a broad range of sports Analysis of own performance and the performance of others, and suggest specific ways to improve, in most sports Knowledge of how to achieve personal bests and physically challenge yourself in most sports Knowledge of short-term and long-term effects of exercise, types of training and components of fitness for most sports Confidence in making healthy lifestyle choices and trying new activities out of school 				<ul style="list-style-type: none"> Be able to execute and perform core skills and most of the advanced skills in a broad variety of sports Demonstrate advanced tactics in competitive situations within a variety of sports Demonstrate the relevant components of fitness required for most sports and set short term and long term goals Demonstrate sportsmanship, fair play, respect, leadership skills, personal responsibility, and can lead an aspect of the lesson in most sports Improve fitness levels by being physically activity for sustained periods of time and challenging yourself 		
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Content	Crazy golf OAA Fitness Netball Futsal Basketball Dance	Futsal Basketball Rugby Netball Dance	Volleyball Gymnastics Handball Rugby Dance	Rugby Handball Gaelic football Gymnastics Volleyball Rugby Lacrosse Dance	Athletics Kinball Lacrosse Dodgeball Ultimate frisbee Dance	Tennis Striking and fielding; Cricket/Softball/ Rounders Dance
	Knowledge and Skills	Teamwork Communication Problem-solving Stamina/Endurance Spatial awareness		Accuracy/Control Beating opponents Creativity Co-ordination Balance		Personal best Leadership Analysis of performance Goal setting	