



Topic Sequencing and Rationale

Key Stage 3

	Year	What is taught? Overview of Topics	Why this? Why then?
KS3	7	<p>Invasion games - football/netball/basketball</p> <p>Aesthetic activities- Dance/ gymnastics</p> <p>Net/Wall- badminton/table tennis</p> <p>Striking/Fielding- cricket/rounders</p> <p>Athletics – LJ/HJ/100M/800M/javelin/discus</p> <p>OAA - Problem solving</p> <p>HRF</p>	<p>A range of traditional sports and core skills taught for KS3 to build on prior experience and knowledge from KS2. Technique and skills focused to develop motor competency during the cognitive stage/grassroots level of experience e.g. in depth focus on the correct overhead clear technique in badminton. Fluency of each skill is developed through focused conditioned games.</p> <ul style="list-style-type: none"> - Building core skill motor competence is paramount. - Use a range of tactics and strategies to overcome opponents in direct competition through games (football, netball, basketball etc.) - Develop their technique and improve their performance in individual activities (athletics, dance and gymnastics) - Take part in team building and problem solving activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group - Take part and develop knowledge in health related fitness building foundations necessary to lead a healthy, active lifestyle
	8	<p>Invasion games - football/netball/basketball</p> <p>Aesthetic activities- Dance/ gymnastics</p> <p>Net/Wall- badminton/table tennis</p> <p>Striking/Fielding- cricket/rounders</p> <p>Athletics - LJ/HJ/100M/800M/javelin/discus</p>	<p>A range of traditional sports core and some advanced skills taught in Year 8 to build on prior experience and knowledge from Year 7. Fluency of each skill is developed through focused conditioned games.</p> <ul style="list-style-type: none"> - Developing core skills and beginning to touch upon advanced skills. Focusing on refinement and control of motor skills. - Use a range of tactics and strategies to overcome opponents in direct competition through games (football, netball, basketball etc.) <ul style="list-style-type: none"> - Develop their technique and improve their performance in individual activities (athletics, dance and gymnastics)



		<p>Orienteering</p> <p>HRF</p>	<ul style="list-style-type: none"> - Take part in Orienteering to develop sense of direction and improve on components of fitness. - Take part and develop knowledge in health related fitness building foundations necessary to lead a healthy, active lifestyle
	9	<p>Invasion games - football/netball/basketball</p> <p>Aesthetic activities- trampolining</p> <p>Net/Wall- badminton/ table tennis/ volleyball</p> <p>Striking/Fielding- cricket/rounders</p> <p>Athletics - LJ/HJ/100M/800M/javelin/discus</p> <p>HRF</p>	<p>A range of traditional sports with a large emphasis on more advanced skills and development of tactical awareness and decision making. Advanced skills taught in Year 9 building on prior experience and knowledge from Year 7 and 8. In yr9 we also combine traditional activities with non-traditional sports such as dodgeball to provide insight to the KS4 core PE curriculum and to promote participation and enjoyment.</p> <ul style="list-style-type: none"> - Core skills are now refined and performed consistently, advanced skills are still being developed and may need adaptations. Both core and advanced skills learnt look fluent when performed in game situations. - Use a range of tactics and strategies to overcome opponents in direct competition through games (football, netball, basketball etc.) <ul style="list-style-type: none"> - Develop their technique and improve their performance in individual activities (athletics and trampolining) - Take part and develop knowledge in health-related fitness building foundations necessary to lead a healthy, active lifestyle



Year 7

Subject and Year Group	Invasion games		Net/wall games		Striking and fielding games		Athletics		Creative movement		Other	
Sports/activities we currently cover	Football Netball Basketball		Badminton Table Tennis		Cricket Rounders		X2 Jumps – LJ/HJ X2 Throws – Discus/Javelin X2 Runs – 100m/800m		Dance/ Gymnastics		HRF Problem solving	
Core practical knowledge and skills	<p>4 Core skills and techniques from the sports and practical activities listed above will be taught over 8 lessons (apart from dance and gymnastics which is split into 4 lessons each) – most core skills focus on the introduction to the skill. This introduction refers to the cognitive stage of learning. Declarative knowledge is based around the basics required to perform the basic version of the game, with lesson 1 focusing repetition and rehearsal of the skill being taught and the next lesson focusing on developing fluidity through competitive conditioned games. By introducing the fluid conditioned game base approach, we are hoping to see students applying basic rules, strategies and tactics to outwit the opposition. Examples are but not limited to; shot selection/composition of sequences/decision making/rules & regulations etc.</p> <p>All lessons have a particular focus on collaborative learning. Learning to work respectfully with others. Knowing how to win and how to lose the correct way.</p>											
Powerful Knowledge	<p>Football</p> <ul style="list-style-type: none"> - Ball mastery and control - Introduction to dribbling - Introduction to tackling techniques (defending) - Introduction to short passing 	<p>Netball</p> <ul style="list-style-type: none"> - Introduction to passing. - Implementing the footwork rule - Introduction to defending - Introduction to shooting 	<p>Basketball</p> <ul style="list-style-type: none"> - Ball familiarisation and dribbling - Introduction to defending - Introduction to passing - Introduction to shooting 	<p>Badminton</p> <ul style="list-style-type: none"> - Introducing the game of badminton and racket familiarisation - Introduction to back hand serve - Introduction to underarm clear/lift - Introduction to smash shot 	<p>Table Tennis</p> <ul style="list-style-type: none"> - Bat familiarisation and backhand push - Introduction to serving - Introduction to forehand - Introducing to the backhand slice slice 	<p>HRF</p> <ul style="list-style-type: none"> - Warm up/ cool down - Circuit training - Technique correction - Press up/sit up - Technique correction Air squat/ Burpee 	<p>Problem Solving</p> <ul style="list-style-type: none"> - Communication - Listening - Teamwork - Trust 	<p>Dance</p> <ul style="list-style-type: none"> - Culture and basic action movements - Developing choreography to consider Relationships - Developing choreography to consider space and dynamics - Rehearsal and performance 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Individual balances - Rotations - Linking rotations and Partner balances - Rehearsal and performance of Routines 	<p>Cricket</p> <ul style="list-style-type: none"> - Ball familiarisation and catching - Introduction to fielding - Introduction to bowling - Introduction to batting 	<p>Rounders</p> <ul style="list-style-type: none"> - Ball familiarisation and catching - Introduction to fielding - Introduction to bowling - Introduction to batting 	<p>Athletics</p> <ul style="list-style-type: none"> - Introduction to 800m - Introduction to 100m - Introduction to Javelin - Introduction to discus - Introduction to long jump - Introduction to 800m
Assessment	<ul style="list-style-type: none"> - Assessment of each sport/activity takes place over the course of the 8 lessons, with a final grade (F,D,S,E) being awarded on the 8th lesson. 											
Assessment for and of Learning	<ul style="list-style-type: none"> - Practical assessment of all core skills will be assessed holistically throughout the SOL implementation. Staff to compare student's practical ability based on tailored core skills guidance from OCR GCSE PE success criteria. - Word Web's associated to each block of sport/physical activity 											



Year 8

Subject and Year Group	Invasion games	Net/wall games	Striking and fielding games	Athletics	Creative movement	Other						
Sports/activities we currently cover	Football Netball Basketball	Badminton Table Tennis	Cricket Rounders	X2 Jumps – LJ/HJ X2 Throws – Discus/Javelin X2 Runs – 100m/800m	Dance Gymnastics	HRF Orienteering						
Core practical knowledge and skills	<p>In yr8 students continue to develop core skills and techniques from the sports and practical activities listed above but some sports and practical activities will now start to incorporate advanced skills as students make their way through our progressive curriculum. In yr8 each sport/practical activity will be taught over 8 lessons (apart from dance and gymnastics which is split into 4 lessons each). Students in yr8 are now moving their motor competency from coordination and control i.e. introduction to refinement and adaptation. Declarative knowledge is based around what is required to perform a version of the game. In KS3 core PE we focus on a two-lesson format per skill/technique taught. Lesson 1 focusing on repetition and rehearsal of the skill being taught and the next lesson focusing on developing fluidity through competitive conditioned games. By introducing the fluid conditioned game-based approach, we are hoping to see students applying basic rules, strategies and tactics to outwit the opposition. Examples are but not limited to; shot selection/composition of sequences/decision making/rules & regulations etc.</p> <p>All lessons have a particular focus on collaborative learning. Learning to work respectfully with others. Knowing how to win and how to lose the correct way.</p>											
Powerful Knowledge	Football - Developing first touch - Shooting inside the 18yrd box - Dribbling to outwit opponents - Penetrative short passing	Netball - Passing development - Using dodging skills effectively - Introduction to positions and roles - Stages of defending in netball	Basketball - Dribbling development - Creating space using 'cut' actions - Set shot development - Introduction to lay up	Badminton - High serve - Introduction to overhead clear - Introduction to drop shot - Introduction to net play	Table Tennis - Backhand drive - Chop stroke - Forehand development - Offensive smash stroke	HRF - Circuit training - Introduction to rowing machines - Introduction to treadmills - Introduction to stationary bikes	Orienteering - Introduction to map reading and legends - Introduction to a line event - Introduction to a star event - Time, line and star events	Dance - Culture and action movements - Developing choreography to consider Relationships - Developing chorography to consider space and dynamics - Rehearsal and performance	Gymnastics - Individual balances - Rotations - Linking rotations and balances - Rehearsal and performance	Cricket - Fielding and catching skills - Bowling development - Batting development - Field set ups and tactics	Rounders - Fielding development - Positional roles - Bowling development - Batting development	Athletics - Javelin - Discus - 100m - 800m - High jump - long jump
Assessment	- Assessment of each sport/activity takes place over the course of the 8 lessons, with a final grade (F,D,S,E) being awarded on the 8 th lesson.											
Assessment for and of Learning	- Practical assessment of all core and some advanced skills will be assessed holistically throughout the SOL implementation. Staff to compare student's practical ability based on tailored core and advanced skills guidance from OCR GCSE PE success criteria. - Word Web's associated to each block of sport/physical activity											



Year 9

Subject and Year Group	Invasion games		Net/wall games		Striking and fielding games		Athletics		Creative movement		Other
Sports/activities we currently cover	Football Netball Basketball		Badminton Table Tennis Volleyball		Cricket Rounders		X2 Jumps – LJ/HJ X2 Throws – Discus/Javelin X2 Runs – 100m/800m		Trampolining		HRF
Core practical knowledge and skills	<p>In yr9 students advance from core skills and techniques from the sports and practical activities listed above to advanced skills as students make their way through our progressive curriculum. In yr9 each sport/practical activity will be taught over 8 lessons. Students in yr9 are now moving their motor competency from refinement and adaptation in yr8 to consistency and extension of skill. Declarative knowledge is based around what is required to perform a version of the game. In KS3 core PE we focus on a two-lesson format per skill/technique taught. Lesson 1 focusing on repetition and rehearsal of the skill being taught and the next lesson focusing on developing fluidity through competitive conditioned games. By introducing the fluid conditioned game-based approach, we are hoping to see students applying rules, strategies and tactics to outwit the opposition. Examples are but not limited to; shot selection/composition of sequences/decision making/rules & regulations etc.</p> <p>All lessons have a particular focus on collaborative learning. Learning to work respectfully with others. Knowing how to win and how to lose the correct way.</p>										
Powerful Knowledge (Theory content to be implemented)	Football - Ball mastery - Shooting in combination play - Overloads and counter attacks - Out of possession	Netball - Positions recap - Attacking principles - Advance shooting techniques - Centre and backline set plays	Basketball - Set shot shooting with defensive and offensive rebounds - Basketball positions - Denying attackers space on the court - Attacking plays/strategies	Badminton - Flick serve - Backhand overhead clear - Backhand underarm clear - Doubles play	Table Tennis - Backhand 'flick' - Serving variations; including Pendulum serve - Forehand development - Introduction to doubles	HRF - Measuring fitness levels - Planning a fitness session - Delivering and performing a fitness session - Measuring fitness levels	Volleyball - Introduction to serving - Introduction to dig shot - Introduction to set shot - Introduction to smash shot	Trampolining - Introduction to trampolining; basic jumps, shapes and turns - Seat drop and landing - Swivel hips - Front landing	Cricket - Bowling variation - Attacking batting shots; pull and hook - Wicket keeping - Field set ups and tactics	Rounders - Low catch and double cover - The role of a back stop - Bowling development - Batting development	Athletics - Javelin - Discus - 100m - 800m - High jump - long jump
Assessment	- Assessment of each sport/activity takes place over the course of the 8 lessons, with a final grade (F,D,S,E) being awarded on the 8 th lesson.										
Assessment for and of Learning	- Practical assessment of advanced skills will be assessed holistically throughout the SOL implementation. Staff to compare student's practical ability based on tailored core and advanced skills guidance from OCR GCSE PE success criteria. - Word Web's associated to each block of sport/physical activity										