KS3 Curriculum – PE

The Ramsey Academy

	Autumn Term				Spring Term				Summer Term			
Year 7: Foundations	**Topic:** Football	**Topic:** Table Tennis	**Topic:** Netball	**Topic:** Basketball	**Topic:** Badminton	**Topic:** Rugby	**Topic:** Creative (Dance & Gymnastics)	**Topic:** Fitness	**Topic:** Athletics	**Topic:** Cricket	**Topic:** Rounders	**Topic:** Tennis
	Declarative Knowledge: Positions, space, passing options; basic attacking and defensive principles.	**Declarative Knowledge:** Scoring to 11, serve rules, ready position and basic spin.	**Declarative Knowledge:** Positions, footwork, three-second rule and obstruction.	**Declarative Knowledge:** Travelling, double dribble, court lines and scoring.	**Declarative Knowledge:** Court lines, scoring, service rules and shot selection.	**Declarative Knowledge:** Tag/touch safety, backwards passing, try scoring and support.	**Declarative Knowledge:** Action, space, dynamics, relationships; balances, shapes and safe support.	**Declarative Knowledge:** Components of fitness, warm-up, pulse and exercise safety.	**Declarative Knowledge:** Sprint starts, pacing, take-off/landing and safe throwing.	**Declarative Knowledge:** Batting/fielding roles, scoring, wickets and basic safety.	**Declarative Knowledge:** Posts, innings, scoring, no-balls and safe batting.	**Declarative Knowledge:** Court lines, scoring, service boxes and rally tactics.
	Non-Declarative Knowledge: Control, pass, receive, dribble and shoot in small-sided games.	**Non-Declarative Knowledge:** Serve legally; forehand/back hand push and controlled rallies.	**Non-Declarative Knowledge:** Chest/shoulder pass, pivot, dodge and close-range shoot.	**Non-Declarative Knowledge:** Dribble with either hand, chest pass, set shot and mark.	**Non-Declarative Knowledge:** Grip, underarm serve, clear and ready recovery.	**Non-Declarative Knowledge:** Carry, evade, pass backwards and defend space safely.	**Non-Declarative Knowledge:** Create short motifs; travel, balance, link and perform sequences.	**Non-Declarative Knowledge:** Complete circuits with correct technique; measure pulse and effort.	**Non-Declarative Knowledge:** Sprint, sustain a run, jump and throw with basic technique.	**Non-Declarative Knowledge:** Grip, strike, bowl underarm/over arm and field/catch.	**Non-Declarative Knowledge:** Bowl, strike, catch, throw and field accurately.	**Non-Declarative Knowledge:** Ready stance, forehand/back hand groundstroke and serve.
	Assessment: Skill practices and 4v4 observation: control, decisions, teamwork.	**Assessment:** Serve and rally challenge; singles match observation.	**Assessment:** Passing circuit and conditioned 5v5 game.	**Assessment:** Skill circuit and 3v3 game decisions.	**Assessment:** Serve accuracy and rally performance.	**Assessment:** Passing and evasion circuit; conditioned game.	**Assessment:** Group composition & performance with peer feedback.	**Assessment:** Technique checks and personal fitness baseline.	**Assessment:** Measured events plus technique observations.	**Assessment:** Batting, bowling and fielding skill stations.	**Assessment:** Skills circuit and modified innings.	**Assessment:** Target rally, serve test and mini-match.
	Curriculum Connection: Invasion games; movement, coordination and GCSE PE football.	**Curriculum Connection:** Net/wall tactics; hand-eye coordination and GCSE PE table tennis.	**Curriculum Connection:** Invasion principles; space and GCSE PE netball.	**Curriculum Connection:** Invasion tactics; coordination and GCSE PE basketball.	**Curriculum Connection:** Net/wall principles and GCSE PE badminton.	**Curriculum Connection:** Invasion principles; safe contact progression and GCSE PE rugby.	**Curriculum Connection:** Expressive movement; GCSE dance and gymnastics performance.	**Curriculum Connection:** Health, training principles and GCSE PE fitness theory.	**Curriculum Connection:** Movement mechanics and GCSE PE athletics.	**Curriculum Connection:** Striking/fielding tactics and GCSE PE cricket.	**Curriculum Connection:** Striking/fielding decisions and GCSE PE rounders.	**Curriculum Connection:** Net/wall tactics and GCSE PE tennis.

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Year 8: Application	**Topic:** Football	**Topic:** Table Tennis	**Topic:** Netball	**Topic:** Basketball	**Topic:** Badminton	**Topic:** Rugby	**Topic:** Creative (Dance & Gymnastics)	**Topic:** Fitness	**Topic:** Athletics	**Topic:** Cricket	**Topic:** Rounders	**Topic:** Tennis
	Declarative Knowledge: Shape, pressing and transition; apply rules and tactics.	**Declarative Knowledge:** Topspin/backspin and placement; apply rules and tactics.	**Declarative Knowledge:** Centre pass patterns and defensive marking; apply rules and tactics.	**Declarative Knowledge:** Fast break, spacing and man-to-man defence; apply rules and tactics.	**Declarative Knowledge:** Singles positioning, clears and drops; apply rules and tactics.	**Declarative Knowledge:** Defensive line, overlap and continuity; apply rules and tactics.	**Declarative Knowledge:** Unison, canon, contrast and transitions; apply rules and tactics.	**Declarative Knowledge:** Aerobic/anaerobic exercise and FITT; apply rules and tactics.	**Declarative Knowledge:** Phases of sprinting and pacing strategy; apply rules and tactics.	**Declarative Knowledge:** Field placement, run decisions and bowling line; apply rules and tactics.	**Declarative Knowledge:** Tactical fielding and batting placement; apply rules and tactics.	**Declarative Knowledge:** Rally construction and court positioning; apply rules and tactics.
	Non-Declarative Knowledge: First touch into space; pass and move; tackle safely.	**Non-Declarative Knowledge:** Alternate drives and pushes; place to opponent weakness.	**Non-Declarative Knowledge:** Time leads, intercept and shoot under pressure.	**Non-Declarative Knowledge:** Change pace, lay-up and defensive footwork.	**Non-Declarative Knowledge:** Overhead clear, drop and varied serve.	**Non-Declarative Knowledge:** Support runs, quick pass and evasive footwork.	**Non-Declarative Knowledge:** Develop motifs; controlled rolls, balances and links.	**Non-Declarative Knowledge:** Pace interval efforts; record and compare results.	**Non-Declarative Knowledge:** Improve sprint mechanics, jumping and throwing.	**Non-Declarative Knowledge:** Strike into gaps, bowl accurately and back up.	**Non-Declarative Knowledge:** Choose shots, back up and communicate.	**Non-Declarative Knowledge:** Direct shots cross-court; serve with consistency.
	Assessment: Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.	**Assessment:** Technique assessment and conditioned game / performance with tactical feedback.
	Curriculum Connection: Builds on Year 7; prepares for Year 9 decisions and GCSE PE practical/theory.				**Curriculum Connection:** Builds on Year 7; prepares for Year 9 decisions and GCSE PE practical/theory.				**Curriculum Connection:** Builds on Year 7; prepares for Year 9 decisions and GCSE PE practical/theory.			

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Year 9: Tactical Independence/GCSE Readiness	**Topic:** Football	**Topic:** Table Tennis	**Topic:** Netball	**Topic:** Basketball	**Topic:** Badminton	**Topic:** Rugby	**Topic:** Creative (Dance & Gymnastics)	**Topic:** Fitness	**Topic:** Athletics	**Topic:** Cricket	**Topic:** Rounders	**Topic:** Tennis
	Declarative Knowledge: Overloads, formations and tactical adaptation; evaluate decisions and performance.	**Declarative Knowledge:** Spin, disguise and tactical patterns; evaluate decisions and performance.	**Declarative Knowledge:** Zonal/man marking and game management; evaluate decisions and performance.	**Declarative Knowledge:** Screening, help defence and transition; evaluate decisions and performance.	**Declarative Knowledge:** Opponent analysis and shot combinations; evaluate decisions and performance.	**Declarative Knowledge:** Creating space, defensive organisation and phases; evaluate decisions and performance.	**Declarative Knowledge:** Choreographic devices and quality of execution; evaluate decisions and performance.	**Declarative Knowledge:** Training zones, overload, specificity and recovery; evaluate decisions and performance.	**Declarative Knowledge:** Technique analysis and performance factors; evaluate decisions and performance.	**Declarative Knowledge:** Batting tactics, field settings and risk; evaluate decisions and performance.	**Declarative Knowledge:** Field setting, batting tactics and game scenarios; evaluate decisions and performance.	**Declarative Knowledge:** Spin, depth, angles and match strategy; evaluate decisions and performance.
	Non-Declarative Knowledge: Switch play, combine passes and defend transitions.	**Non-Declarative Knowledge:** Use spin and placement in competitive rallies.	**Non-Declarative Knowledge:** Lead into space, intercept and select shots.	**Non-Declarative Knowledge:** Execute lay-ups, passes and team attacks.	**Non-Declarative Knowledge:** Use clear/drop/smash and recover efficiently.	**Non-Declarative Knowledge:** Select support lines and exploit gaps safely.	**Non-Declarative Knowledge:** Refine expressive phrases and complex linked sequences.	**Non-Declarative Knowledge:** Design, perform and evaluate personal circuits.	**Non-Declarative Knowledge:** Refine starts, pacing, jump/throw technique.	**Non-Declarative Knowledge:** Select scoring shots and apply fielding roles.	**Non-Declarative Knowledge:** Adapt bowling/fielding and choose scoring options.	**Non-Declarative Knowledge:** Vary serve and groundstrokes under pressure.
	Assessment: Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.	**Assessment:** Competitive performance or routine; peer/self-analysis and target setting.
	Curriculum Connection: Consolidates KS3; links to GCSE PE analysis, training and practical assessment.				**Curriculum Connection:** Consolidates KS3; links to GCSE PE analysis, training and practical assessment.				**Curriculum Connection:** Consolidates KS3; links to GCSE PE analysis, training and practical assessment.			