



FHS Physical Education KS3 PoS



*Autumn First half term Autumn Second Half term Spring First half term Spring Second Half term						Summer First half term Striking and fielding	Summer Second Half term Athletics
<p>Topic / Key Question: Induction: Appicate replication Gymnastics:- balance and counter balancing partner balancing Travel Rolls Sequences</p>	<p>Topic / Key Question: Net wall games Sending & receiving Introduction to shots Movement & positioning Principles of play Outwitting an opponent Evaluating a team Type of shots Serving Manipulating opponents Evaluating self & correcting own performance Evaluation of all key elements up to this lesson Applying tactics and strategies to improve performance.</p>	<p>Topic / Key Question: Invasion hand Hand eye co-ordination, ball manipulation Sending & receiving Throwing and catching skills Principles of play Understanding the game and object of the game? Outwitting an opponent Attacking plays Stopping an opponent Defensive plays Decision making, movement & positioning Finding Space Evaluating self & correcting own performance Evaluation of all key elements up to this lesson Applying tactics and strategies to improve performance. Team work / Tactics Evaluating a team & Analysing a team's performance Building a successful team</p>	<p>Topic / Key Question: Invasion Floor Hand-foot (stick) coordination, ball manipulation Sending & receiving Principles of play Outwitting an opponent Stopping an opponent Movement & positioning (attacking and defending) Evaluating self/ Correcting own performance Evaluating a team Manipulating a team Analysing a team's performance Officiating Problem solving</p>	<p>Topic / Key Question: Outdoor Adventurous Activities Working together as a team Collaboration Resilience Partnership Inclusion Communication Problem solving Orienteering</p>	<p>Topic/ Key Question Health related Fitness Warming up and cooling down Heart rates and effects of exercise on the body Methods of training Fitness testing Staying healthy Exercise to music</p>	<p>Topic / Key Question: Striking and Fielding Catching and throwing Bowling fielding techniques Striking Tactics</p>	<p>Topic / Key Question: Athletics Running Long distance Middle distance Sprinting Hurdles Relay Throwing Javelin Shot putt Discus</p>
<p>Dance is taught as a stand alone subject</p>	<p>Sports may include- Badminton , Short Tennis, Table Tennis, Volleyball</p>	<p>Sports may include- Netball, Handball, Tag Rugby, Basketball</p>	<p>Sports may Included – Football</p>			<p>Sports may include- Cricket, rounders, softball</p>	



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Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills	Home-learning project: ● Knowledge (flipped learning) ● Skills
Assessed according to criteria- Emerging/Developing/Secure/Advanced/Mastering								
Rationale:- Pupils are taught in 4 week blocks, 6 lessons in total, to allow for progression in key fundamental movement and coordination skills. Activities are taught in short blocks but common sports that go together where possible. Regardless of the activity pupils are assessed throughout on their skills, tactics/teamwork and performance skills across a scheme of learning.								
Curriculum day / week visit: National School Sports Week								
External visitors: Fitness providers, possible visits to universities.								
Enrichment: Sports teams and clubs throughout the year								

*Activities are completed on rotation depending on facilities and equipment.