

West Kirby School Curriculum Plan Key Stage 3

Subject	PE
Subject Lead	R Musgrave

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Multi-sports <ul style="list-style-type: none"> Gross and fine motor skills Assessment Introduction to warm up 	Gymnastics <ul style="list-style-type: none"> Basic skills and abilities (floor and Apparatus) Create and evaluate routine Individual and Paired Introduction to warm up (Specificity) 	Dodgeball <ul style="list-style-type: none"> Develop throwing, catching, dodging, blocking 2 v 1 strategy Apply rules Devise simple strategy Develop own warm up 	Fitness <ul style="list-style-type: none"> Pre test OT delivered functional fitness circuit Whole body movements Post test Evaluate and target set 	Rounders <ul style="list-style-type: none"> Accurate throwing Different catching techniques Bowling and striking (consistency) Field placement Strength and weakness identification 	Athletics <ul style="list-style-type: none"> Sprinting technique Throwing – sling, underarm, overarm. Jumping – height, distance, hurdles Strength and weakness identification

Year 2	Boccia/New Age Curling <ul style="list-style-type: none"> • Refine fine and gross motor skills • Devise and apply tactics as a team • Officiate and score to set rules 	Ultimate Frisbee <ul style="list-style-type: none"> • Develop new catching and throwing techniques • 3 v 2 strategy • Officiate • Analysis of performance 	Badminton <ul style="list-style-type: none"> • Service and it's rules • Shot development (preparation, contact, follow through and resolution) • Movement of opponent • Umpire and apply rules 	Fitness <ul style="list-style-type: none"> • Pre test • OT supported functional fitness circuit • Whole body movements (advanced techniques) • Post test • Evaluate and target set 	Cricket <ul style="list-style-type: none"> • Accurate throwing long and short • Refine catching techniques • Bowling (Line and length) • Striking (Attack and defend) • Field placement to execute strategy 	Athletics <ul style="list-style-type: none"> • Adapt running technique for short and long distances. • Relay running • Pacing and execution of race strategy • Refine range of jumping techniques (preparation, execution and follow through)
--------	--	--	---	--	---	--

Year 3	Sports Leadership <ul style="list-style-type: none"> Qualities of a leader Organisation of events Health and safety factors 	Basketball <ul style="list-style-type: none"> Different passing/shooting techniques Linking skills together Correct skill selection Responsibilities of positions and adapt game Umpire and officiate enforcing rules 	Fitness <ul style="list-style-type: none"> Pre test Design own circuit Whole body movements (advanced techniques) Monitor Post test Evaluate and target set 	Handball <ul style="list-style-type: none"> Refine Different passing/shooting techniques Linking skills together - fluency Correct skill selection Execute set plays as part of a team Team play strategies (man to man and zonal defence. Pace and point of attack) Umpire and officiate enforcing rules 	Athletics <ul style="list-style-type: none"> Adapt running technique for middle and long distances Organise competitions Officiate in different events 	Softball <ul style="list-style-type: none"> Accurate throwing long and short Refine catching and stopping techniques Bowling (Curve, pace) Striking (Attack and defend) Field placement to execute strategy Execute batting strategy to changing situations
--------	---	---	--	--	--	--