

Key Stage 3 Curriculum Map 2019-20

Term 1

Subject: Physical Education		Year Group: 8		
Week/Date	Boys	Girls	Key Skills	Home Learning/Resources
1 Sept 2 nd -5 th	<ul style="list-style-type: none"> Curriculum orientation and expectations. 			
2 -4 Sept 8 th -26 th	<ul style="list-style-type: none"> Health-Related Fitness 	<ul style="list-style-type: none"> Health-Related Fitness 	<ul style="list-style-type: none"> Pupils will explore a variety of different training methods to improve components of fitness such as cardiovascular endurance and muscular strength and their level of fitness will be recorded at the start and end of the block. Pupils' knowledge and understanding of health related fitness activities will also be assessed. Pupils will set their own individual targets and complete appropriate training in order to improve their level of fitness. 	<ul style="list-style-type: none"> Keep a weekly food journal.
5-7 Sept 29 th -Oct 17 th	<ul style="list-style-type: none"> Basketball 	<ul style="list-style-type: none"> Dance 	<ul style="list-style-type: none"> Dance- Developing Performance, evaluating and improving, choreographic principles. Basketball- focus on developing team attacking and defending strategies and techniques for basketball. Carry out tactics with the intention of outwitting their opponents. 	<ul style="list-style-type: none"> Dance- Rehearse the set movement material and their choreographed sections for the final performance. www.nba.com
8 Oct 20 th -24 th	Mid Term Break			

<p>9-12 Oct 27th-21st Nov</p>	<ul style="list-style-type: none"> • Football 	<ul style="list-style-type: none"> • Netball 	<ul style="list-style-type: none"> • Football- Attacking & Defending, developing skills of passing and receiving. • Netball- developing team attacking and defending strategies and techniques. 	<ul style="list-style-type: none"> • http://www.thefa.com/ • https://englandnetball.co.uk/
<p>13-15 Nov 24th-Dec 12th</p>	<ul style="list-style-type: none"> • Gymnastics 	<ul style="list-style-type: none"> • Basketball 	<ul style="list-style-type: none"> • Basketball- focus on developing team attacking and defending strategies and techniques for basketball. Carry out tactics with the intention of outwitting their opponents. • Gymnastics- demonstrate skills individually and in combination. Pupils will incorporate control, precision and aesthetics into sequences showing creativity. Students will evaluate and assess movements to improve sequences. 	<ul style="list-style-type: none"> • www.nba.com • https://www.britishgymnastics.org/
<p>Winter Break: December 12th – January 2nd</p>				