

## Key Stage 3 Curriculum Map 2019-20

### Term 1

Subject: Physical Education		Year Group: 9		
Week/Date	Boys	Girls	Key Skills	Home Learning/Resources
1 Sept 2 <sup>nd</sup> -5 <sup>th</sup>	<ul style="list-style-type: none"> <li>Curriculum orientation and expectations.</li> </ul>			
2 -4 Sept 8 <sup>th</sup> -26 <sup>th</sup>	<ul style="list-style-type: none"> <li>Health-Related Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Health-Related Fitness</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>Pupils will set their own individual targets using the Principles of Training, which includes overload, specificity, reversibility and variance in order to improve their level of fitness.</li> </ul>	<ul style="list-style-type: none"> <li>Keep a weekly food journal.</li> </ul>
5-7 Sept 29 <sup>th</sup> -Oct 17 <sup>th</sup>	<ul style="list-style-type: none"> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> </ul>	<ul style="list-style-type: none"> <li>Netball- developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques.</li> </ul>	<ul style="list-style-type: none"> <li><a href="https://englandnetball.co.uk/">https://englandnetball.co.uk/</a></li> </ul>

			<ul style="list-style-type: none"> <li>Football- Developing phases of play, such as attacking from wide areas and defending from set pieces.</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.thefa.com/">http://www.thefa.com/</a></li> </ul>
8 Oct 20 <sup>th</sup> -24 <sup>th</sup>	<b>Mid Term Break</b>			
9-12 Oct 27 <sup>th</sup> -21 <sup>st</sup> Nov	<ul style="list-style-type: none"> <li>Basketball</li> </ul>	<ul style="list-style-type: none"> <li>Netball Continued</li> </ul>	<ul style="list-style-type: none"> <li>Netball- developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques.</li> <li>Basketball- developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations.</li> </ul>	<ul style="list-style-type: none"> <li><a href="https://englandnetball.co.uk/">https://englandnetball.co.uk/</a></li> <li><a href="http://www.nba.com">www.nba.com</a></li> </ul>
13-15 Nov 24 <sup>th</sup> -Dec 12 <sup>th</sup>	<ul style="list-style-type: none"> <li>Handball</li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Dance- Dance- Developing Performance, evaluating and improving, choreographic principles.</li> <li>Handball- passing, receiving, dribbling, shooting and tactical awareness. Introduction of rules and game play.</li> </ul>	<ul style="list-style-type: none"> <li>Dance- Rehearse the set movement material and their choreographed sections for the final performance.</li> <li><a href="http://www.englandhandball.com/">http://www.englandhandball.com/</a></li> </ul>
<b>Winter Break: December 12<sup>th</sup> – January 2<sup>nd</sup></b>				