

THE P.P.E. FACULTY



KEY STAGE 3 ROADMAP

We seek to nurture, develop and enable students' creativity and confidence with artistic, physical and technical capability. Through performance and participation, they enhance skills in communication, expression and reflection. We seek to cultivate emotional and cultural understanding and promote a healthy, active lifestyle.

PROCESS

YEAR 7

Fundamentals - Range of skills needed for all activities in most sports.

Fitness - Develop an understanding of warm ups, cool-downs and components of fitness.

Badminton - Understanding and demonstrating how to strike the shuttle in a variety of ways.

Hockey - Understanding and demonstrate fundamental skills of hockey with a basic application of the rules.

Invasion games - Develop a basic understanding of the principles of attack and defense.

Athletics - To replicate techniques of running, jumping, and throwing and to develop an understanding of different events.

Striking & Fielding - Consistently apply skills to batting, bowling, catching and fielding with an understanding of the rules.

Inter-Tutor competition - Apply knowledge and skills learnt in a competitive situation.

YEAR 8

Rugby - The application of skills in competitive games. Developing an understanding of attacking and defending in order to outwit an opponent.

Fitness - Develop knowledge of training methods in relation to different components of fitness.

Table Tennis - Refinement of shot technique and implement strategies in competitive situations in attack and defence to successfully outwit an opponent.

Invasion Games - Refine a range of skills and apply them in games. Enhance knowledge of rules, positions on court and the principles of attacking and defending.

Striking & Fielding - Develop consistency when practising skills for batting, bowling and fielding. Apply knowledge of rules and tactics with increasing success in order to outwit the opposition.

Athletics - Replicate and refine skills for running, jumping and throwing. Analyse performance of self and others to become more technically proficient.

YEAR 9

Fitness - Develop a training programme incorporating warm ups, components of fitness and methods of training in preparation for examination courses.

Rugby - Further develop principles of defence and attack in rugby.

Badminton - Replicate and develop techniques by refining strategic play to outwit opponents. To develop the confidence in the rules to take on different roles such as an umpire.

Invasion Games (Sport Education) - Developing, implementing and refining team and individual games plans to outwit opponent. Develop confidence to take a lead role in on activity.

Athletics - To accurately replicate specific techniques in events in order to improve personal bests and fitness.

Striking & Fielding - Apply striking and fielding to develop a good level of confidence in a selected game.

Inter-Tutor Competition - Apply knowledge and skills learnt in a competitive situation.

Routes into KS4:

- BTEC Level 2 Sport
- GCSE PE
- Core PE

PRODUCT

PERFORMING, RESPONDING, HEALTH AND MOTIVATION