

Physical Education at The Bulmershe School 2018-2019
Key Stage 3 Curriculum Plan
Year 7

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p><u>Unit of Study:</u> Cross Country Skills; Develop running style and efficiency. Looking at types of training and how to improve performance.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p>	<p><u>Unit of Study:</u> Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p>	<p><u>Unit of Study:</u> Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p>	<p><u>Unit of Study:</u> Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p>	<p><u>Unit of Study:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.</p> <p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Softball Skills: Batting, bowling, fielding, catching, throwing, strategy.</p>	<p><u>Unit of Study:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.</p> <p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Softball Skills: Batting, bowling, fielding, catching, throwing, strategy.</p>

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Enrichment/Extra Curriculum:

- Interschool matches and competitions. Develop their technique and improve their performance in other competitive sports.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- Take part in competitive sports and activities outside school through community links or sports clubs.

Physical Education at The Bulmershe School 2018-2019

Key Stage 3 Curriculum Plan

Year 8

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<p><u>Unit of Study:</u> Cross Country Skills; Develop running style and efficiency. Looking at types of training and how to improve performance.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow,</p>	<p><u>Unit of Study:</u> Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow,</p>	<p><u>Unit of Study:</u> Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow,</p>	<p><u>Unit of Study:</u> Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow,</p>	<p><u>Unit of Study:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.</p> <p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Softball Skills: Batting, bowling, fielding, catching, throwing, strategy.</p>	<p><u>Unit of Study:</u> Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.</p> <p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Softball Skills: Batting, bowling, fielding, catching, throwing, strategy.</p>

Teamwork, Leadership, Sportsmanship, Creativity and Ethics	Teamwork, Leadership, Sportsmanship, Creativity and Ethics	Teamwork, Leadership, Sportsmanship, Creativity and Ethics	Teamwork, Leadership, Sportsmanship, Creativity and Ethics	Teamwork, Leadership, Sportsmanship, Creativity and Ethics	Teamwork, Leadership, Sportsmanship, Creativity and Ethics
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