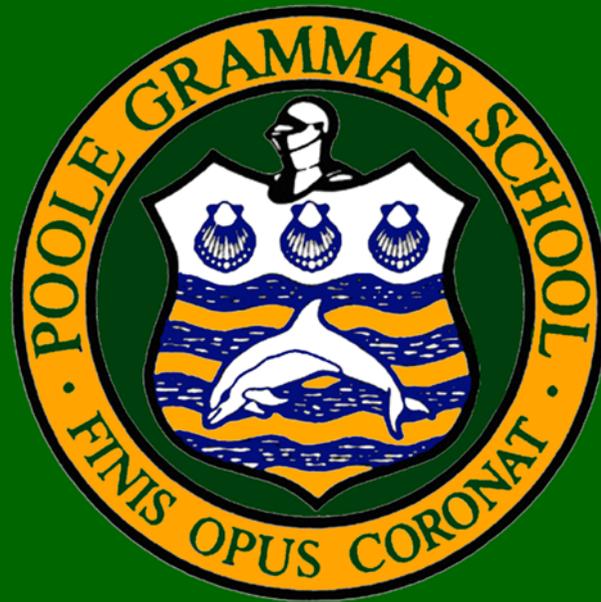


# Poole Grammar School - Key Stage 3

(Year 7, Year 8 & Year 9)

## PHYSICAL EDUCATION & GAMES

‘Meeting expectations’ criteria, programme of study and curriculum content



Key Stage 3 PE and Games 'meeting expectations' descriptors  
Students...:

	Year 7	Year 8	Year 9
<b>Attitude</b>	Approach lessons with a keen and enthusiastic attitude willing to give their best.	Approach lessons with a keen and enthusiastic attitude willing to give their best.	Approach lessons with a keen and enthusiastic attitude willing to give their best.
<b>Knowledge &amp; skills</b>	<p>Acquire knowledge associated with a range of sports including key strategies and techniques.</p> <p>Show precision, control and fluency to achieve success in a range of skills.</p>	<p>Develop advanced knowledge and consistent skills, including strategies and techniques, associated with performance.</p> <p>Consistently show precision, control and fluency whilst performing a range of techniques.</p>	<p>Show advanced and deeper knowledge on how to perform skills, including strategies and techniques.</p> <p>Consistently perform under pressure within a range of sports. Demonstrate precision, control and fluency to achieve success.</p>
<b>Performance analysis</b>	<p>Demonstrate an ability to analyse performance.</p> <p>Develop confidence to comment on their own and others performance of skills and techniques.</p>	<p>Demonstrate ability to analysis their own and others performance.</p> <p>Make suggestions on how to improve performance across a range of sports.</p>	<p>Utilise their knowledge on how to analyse performance. This should include individual and team sports, showing understanding of skills and techniques.</p> <p>Make relevant suggestions on how improve their own and others performance.</p>
<b>Fitness &amp; health</b>	<p>Acquire basic knowledge of fitness and health, including key concepts of physical activity and prevention of injury.</p> <p>Can describe what effects exercise has on their body and its relationship with health and fitness.</p>	<p>Acquire knowledge of fitness and health to include key concepts of activity and prevention of injury. Explain how to prepare for and recover from activities. Understand the basic principles of training.</p> <p>Can explain what effects exercise has on the body. Describe how regular exercise is important for developing health and fitness.</p>	<p>Acquire specific knowledge of the types of fitness to design and perform activities independently. This includes key concepts of various activities including improvement of fitness.</p> <p>Can explain how different types of exercise contributes to fitness and health and describe how they might get involved in activities and exercise outside of school.</p>

## Programme of study for Year 7 PE & Games

Autumn term		Spring term		Summer term	
PE	Games	PE	Games	PE	Games
Multi-Sports & Baseline assessment	Rugby	Table-tennis	Football	Athletics	Rotation: Cricket, Handball, Orienteering, Softball, Tennis, Y/ball
<b>HALF TERM HOLIDAY</b>					
PE	Games	PE	Games	PE	Games
Hockey	Rugby	Multi-Sports	Football	Athletics	Rotation: Cricket, Handball, Orienteering, Softball, Tennis, Y/ball

## Curriculum content for Year 7 PE

Theme	Content	Assessment
1 Multi-Sports (Baseline assessments) (7 weeks)	A&D to improve consistency of sprinting and sustained running techniques and to adapt skills to the needs of events. S&A to adapt strategies to the needs of the event. K&U to prepare and recover from exercise safely and effectively. E&I to understand the nature of athletic activities and make effective evaluations of strengths and weaknesses in their own and others' performance.	Core tasks and contribution throughout unit of work
2 Hockey (7 weeks)	A&D to improve consistency, quality and use of skills in hockey. To adapt and develop these skills. S&A to select and apply strategies consistently and effectively and to adapt strategies and tactics depending upon the rules and the opponents. K&U to prepare for and recover from exercise safely and effectively and recognise the benefits to their health of regular exercise. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	Core tasks and contribution throughout unit of work
3 Table-tennis (7 weeks)	A&D to use, adapt and develop skills into specific techniques in table-tennis. S&A to understand and apply strategic and tactical principles. K&U to recognise that different activities require different emphasis in types of fitness. E&I to understand the concepts of table-tennis and make effective evaluations of strengths and weaknesses of performance.	Core tasks and contribution throughout unit of work
4 Multi-Sports (6 weeks)	A&D to choose, combine and perform skills more fluently, consistently and with greater accuracy and quality. S&A to use, select and apply tactics for defending and attacking and to identify and recognise similarities in the principles of attack and defence in the different types of games. K&U how performance is improved when preparation is carried out properly. E&I to evaluate their own and others' strengths and weaknesses in the different games and suggest areas for improvement.	Core tasks and contribution throughout unit of work
5 Athletics (10 weeks)	A&D to improve the consistency of sprinting, sustained running, jumping and throwing techniques. To adapt their skills to the needs of events. S&A to apply and adapt strategies for effective competitive performance. K&U to prepare and recover from exercise safely and effectively and to know the principles used. To recognise that different types of activity require different types of fitness. E&I to understand the nature of athletic activities and make effective evaluations of strengths and weaknesses in their own and others' performance	Core tasks and contribution throughout unit of work

## Curriculum content for Year 7 Games

Theme	Content	Assessment
1 Rugby (11 weeks)	A&D to improve consistency, quality and use of skills in rugby (handling, running, kicking, tackling, rucking, mauling). S&A to use basic principles of play when selecting and applying tactics for defending and attacking. K&U the basic principles of warming up and cooling down and how performance and safety are improved when preparation is carried out properly. E&I to evaluate their own and others' strengths and weaknesses and suggest areas for improvement	Core tasks and contribution throughout unit of work
2 Inter-form Rugby (3 weeks)	A&D to improve the consistency, quality and use of skills in rugby. To adapt and develop skills and to apply more specific techniques. S&A to demonstrate soft leadership skills to organise themselves as a team and select and apply strategies consistently and effectively. To adapt strategies and tactics depending upon the opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	None
3 Football (10 weeks)	A&D to improve consistency, quality and use of skills in football (control, passing, dribbling, running with the ball, tackling, shooting, goalkeeping). S&A to use basic principles of play when selecting and applying tactics for defending and attacking. K&U the basic principles of warming up and cooling down and how performance and safety are improved when preparation is carried out properly. E&I to evaluate their own and others' strengths and weaknesses and suggest areas for improvement.	Core tasks and contribution throughout unit of work
4 Inter-form Football (3 weeks)	A&D to improve the consistency, quality and use of skills in football. To adapt and develop skills and to apply more specific techniques. S&A to demonstrate soft leadership skills to organise themselves as a team and select and apply strategies consistently and effectively. To adapt strategies and tactics depending upon the opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	None
5 Rotation of activities (11 weeks)	A&D to adapt and develop their skills to apply techniques in the relevant sport. S&A to understand and apply strategic and tactical principles and to anticipate and respond to situations. K&U to prepare for and recover from exercise effectively and safely and know the principles used. E&I to understand the concepts of the activity and make effective evaluations of strengths and weaknesses in performance	Core tasks and contribution throughout unit of work

## Programme of study for Year 8 PE & Games

Autumn term		Spring term		Summer term	
PE	Games	PE	Games	PE	Games
Hockey	Rugby	Table-tennis, Badminton & Volleyball	Football	Cricket & Athletics	Rotation: Cricket, Handball, Orienteering, Softball, Tennis, Y/ball
<b>HALF TERM HOLIDAY</b>					
PE	Games	PE	Games	PE	Games
Basketball	Rugby	Table-tennis, Badminton & Volleyball	Football	Athletics	Rotation: Cricket, Handball, Orienteering, Softball, Tennis, Y/ball

## Curriculum content for Year 8 PE

Theme	Content	Assessment
1 Hockey (7 weeks)	A&D to improve consistency, quality and use of skills in hockey. To adapt and develop these skills and apply more specific techniques. S&A to select and apply strategies of play more consistently and effectively. To adapt strategies and tactics depending upon the rules and the opponents. K&U to prepare for and recover from exercise safely and effectively and recognise the benefits to their health of regular exercise. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	Core tasks and contribution throughout unit of work
2 Basketball (7 weeks)	A&D to improve consistency, quality and use of skills in basketball. To adapt and develop these skills. S&A to select and apply strategies consistently and effectively and to adapt strategies and tactics depending upon the rules and the opponents. K&U to prepare for and recover from exercise safely and effectively and recognise the benefits to their health of regular exercise. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	Core tasks and contribution throughout unit of work
3 Table-tennis, Badminton & Volleyball (14 weeks)	A&D to use, adapt and develop skills into specific techniques in net games. S&A to understand and apply strategic and tactical principles. K&U to recognise that different activities require different emphasis in types of fitness. E&I to understand the concepts of net games and make effective evaluations of strengths and weaknesses of performance.	Core tasks and contribution throughout unit of work
4 Cricket (4 weeks)	A&D to adapt and develop their skills into more specific techniques in cricket. To improve consistency, quality and use of techniques for a specific purpose. S&A to understand and apply strategic and tactical principles more effectively in familiar situations and to anticipate and respond to situations. K&U to prepare for and recover from exercise effectively and safely and know the principles used. To recognise that different activities require different types of fitness. E&I to understand the concepts of cricket and make effective evaluations of strengths and weaknesses in performance	Core tasks and contribution throughout unit of work
5 Athletics (10 weeks)	A&D to improve the consistency of sprinting, sustained running, jumping and throwing techniques. To adapt their skills to the needs of events. S&A to apply and adapt strategies for effective competitive performance. To adapt strategies to the needs of an event. K&U to prepare and recover from exercise safely and effectively and to know the principles used. To recognise that different types of activity require different types of fitness. E&I to understand the nature of athletic activities and make effective evaluations of strengths and weaknesses in their own and others' performance	Core tasks and contribution throughout unit of work

## Curriculum content for Year 8 Games

Theme	Content	Assessment
1 Rugby (11 weeks)	A&D to improve consistency, quality and use of skills in rugby (handling, running, kicking, tackling, rucking, mauling). To adapt these skills and apply more specific techniques. S&A to select and apply strategies of play more consistently and effectively. To adapt these skills depending upon the rules and opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to effectively evaluate their own and others' strengths and weaknesses and suggest areas for improvement	Core tasks and contribution throughout unit of work
2 Inter-form Rugby (3 weeks)	A&D to improve the consistency, quality and use of skills in rugby. To adapt and develop skills and to apply more specific techniques. S&A to demonstrate leadership skills to organise themselves as a team and select and apply strategies consistently and effectively. To adapt strategies and tactics depending upon the opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	None
3 Football (10 weeks)	A&D to improve consistency, quality and use of skills in rugby (control, passing, dribbling, running with the ball, tackling, shooting, goalkeeping). To adapt these skills and apply more specific techniques. S&A to select and apply strategies of play more consistently and effectively. To adapt these skills depending upon the rules and opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to effectively evaluate their own and others' strengths and weaknesses and suggest areas for improvement	Core tasks and contribution throughout unit of work
4 Inter-form Football (3 weeks)	A&D to improve the consistency, quality and use of skills in football. To adapt and develop skills and to apply more specific techniques. S&A to demonstrate leadership skills to organise themselves as a team and select and apply strategies consistently and effectively. To adapt strategies and tactics depending upon the opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	None
5 Rotation of activities (11 weeks)	A&D to improve consistency, quality and use of skills in various activities. Adapt and develop their skills to apply techniques in the relevant sport. S&A to understand and apply strategic and tactical principles and to anticipate and respond to situations. K&U to prepare for and recover from exercise effectively and safely and know the principles used. E&I to understand the concepts of the activity and make effective evaluations of strengths and weaknesses in performance	Core tasks and contribution throughout unit of work

## Programme of study for Year 9 PE & Games

Autumn term		Spring term		Summer term	
PE	Games	PE	Games	PE	Games
HRF	Rugby	Table-tennis, Badminton & Volleyball	Football	Athletics	Rotation: Cricket, Handball, Softball, Tennis.
<b>HALF TERM HOLIDAY</b>					
PE	Games	PE	Games	PE	Games
Basketball	Rugby	Table-tennis, Badminton & Volleyball	Football	Athletics & Multi-sports	Rotation: Cricket, Handball, Softball, Tennis.

## Curriculum content for Year 9 PE

Theme	Content	Assessment
1 HRF (7 weeks)	A&D Acquire specific knowledge of the types of fitness to design and perform activities independently. This includes key concepts of various activities including improvement of fitness. S&A to use principles of performance in planning different types of exercise. To adapt sessions, taking account of their own strengths and weaknesses and changing conditions and situations. K&U to know how to continue to improve their own personal fitness. To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing. To know where and how to get involved in health-enhancing activity. E&I to use information gained from analysis of a performance to influence and improve their own work and the work of others.	Core tasks and contribution throughout unit of work
2 Basketball (7 weeks)	A&D to apply techniques/skills specific to basketball, safely and efficiently. Include control, passing & dribbling. S&A to use principles of performance in planning tactics and strategies for the tasks and challenges. To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations K&U how to continue to improve their personal fitness in and through basketball. To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing and where and how to become involved in health-enhancing physical activity. E&I to use the information gained from analysis of a performance to influence and improve their own play. To take the initiative and decide how to develop and improve their own progress and that of others.	Core tasks and contribution throughout unit of work
3 Table-tennis, Badminton & Volleyball (14 weeks)	A&D to improve consistency, quality and use of techniques for a specific purpose. To adapt and develop their skills into specific techniques in the activities undertaken. S&A to understand and apply strategic and tactical principles more effectively in familiar situations and anticipate and describe outcomes. K&U to understand the principles used to prepare for, and recover from, these games. To recognise that different activities require different emphasis in types of fitness. E&I to understand the concepts of net games and make effective evaluations of strengths and weaknesses of performance.	Core tasks and contribution throughout unit of work
5 Athletics (10 weeks)	A&D to show precision, control and fluency in a range of chosen events. S&A to use principles of performance in planning tactics and strategies for the tasks and challenges. To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations. K&U to know how to continue to improve their own personal fitness. To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing. To know where and how to get involved in health-enhancing activity. E&I to use information gained from analysis of a performance to influence and improve their own work and the work of others.	Core tasks and contribution throughout unit of work
4 Tennis (4 weeks)	A&D to improve consistency, quality and use of techniques for a specific purpose. To adapt and develop their skills into specific techniques in the activities undertaken. S&A to understand and apply strategic and tactical principles more effectively in familiar situations and anticipate and describe outcomes. K&U to understand the principles used to prepare for, and recover from, these games. To recognise that different activities require different emphasis in types of fitness. E&I to understand the concepts of net games and make effective evaluations of strengths and weaknesses of performance.	Core tasks and contribution throughout unit of work

A&D = Acquiring & Developing / S&A = Selecting & Applying / K&U = Knowledge & Understanding / E&I = Evaluating & Improving

## Curriculum content for Year 9 Games

Theme	Content	Assessment
1 Rugby (11 weeks)	A&D to safely and efficiently apply techniques and skills specific to rugby (handling, running, kicking, tackling, rucking, mauling, scrummaging, line outs). S&A to use principles of performance in planning tactics and strategies for the tasks and challenges. To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations. K&U how to continue to improve their personal fitness in and through rugby. To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing. E&I to use the information gained from analysis of a performance to influence and improve their own play. To take the initiative and decide how to develop and improve their own progress and that of others	Core tasks and contribution throughout unit of work
2 Inter-form Rugby (3 weeks)	A&D to improve the consistency, quality and use of skills in rugby. To adapt and develop skills and to apply more specific techniques. S&A to demonstrate leadership skills to organise themselves as a team and select and apply strategies consistently and effectively. To adapt strategies and tactics depending upon the opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics	None
3 Football (10 weeks)	A&D to safely and efficiently apply techniques and skills specific to football (control, passing, dribbling, running with the ball, tackling, shooting, goalkeeping). S&A to use principles of performance in planning tactics and strategies for the tasks and challenges. To adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations. K&U how to continue to improve their personal fitness in and through rugby. To understand why regular exercise has a positive effect on their own health, fitness and social wellbeing. E&I to use the information gained from analysis of a performance to influence and improve their own play. To take the initiative and decide how to develop and improve their own progress and that of others.	Core tasks and contribution throughout unit of work
4 Inter-form Football (3 weeks)	A&D to improve the consistency, quality and use of skills in football. To adapt and develop skills and to apply more specific techniques. S&A to demonstrate leadership skills to organise themselves as a team and select and apply strategies consistently and effectively. To adapt strategies and tactics depending upon the opponents. K&U to prepare for and recover from exercise safely and effectively and to know the principles used. E&I to make effective evaluations of strengths and weaknesses in their own and others' performance and to make suggestions to improve play, eg on attack and defence tactics.	None
5 Rotation of activities (11 weeks)	A&D to improve consistency, quality and use of skills in various activities. Adapt and develop their skills to apply techniques in the relevant sport. S&A to understand and apply strategic and tactical principles and to anticipate and respond to situations. K&U to prepare for and recover from exercise effectively and safely and know the principles used. E&I to understand the concepts of the activity and make effective evaluations of strengths and weaknesses in performance	Core tasks and contribution throughout unit of work