BISHOP ULLATHORNE CATHOLIC SCHOOL

KS3 CURRICULUM PLAN

DEPARTMENT: Physical Education



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Baseline Assessment	Use a range of tactics and strategies to overcome	Use a range of tactics and strategies to overcome	Use a range of tactics and strategies to overcome	Use a range of tactics and strategies to overcome	Use a range of tactics and strategies to overcome
	Use a range of tactics and	opponents in direct				
	strategies to overcome	competition through				
	opponents in direct	team and individual				
	competition through	games	games	games	games	games
	team and individual				Practical assessment in	Practical assessment in
	games	Practical assessment in	Practical assessment in	Practical assessment in		
		football, rugby,	handball, table tennis,	handball, table tennis,	Tennis, cricket, softball,	Tennis, cricket, softball, rounders
	Practical assessment in	badminton and netball	rugby and netball	rugby and netball	rounders	rounders
	football, rugby and netball					
		Develop their technique			Develop their technique	Develop their technique
	Develop their technique	and improve their			and improve their	and improve their
	and improve their	performance in other			performance in other	performance in other
	performance in other	competitive sports			competitive sports	competitive sports
	competitive sports					
		Practical assessment in				
	Practical assessment in	gymnastics and			Practical assessment in	Practical assessment in
	gymnastics and	trampolining			athletics	athletics
	trampolining					
		Perform dances using				
	Perform dances using	advanced dance				
	advanced dance	techniques within a range				
	techniques within a range	of dance styles and forms				
	of dance styles and forms					

		Practical assessment in dance	Practical assessment in dance				
•	Year 8	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
		games Practical assessment in football, rugby and netball	Practical assessment in football, rugby, badminton and netball	Practical assessment in handball, table tennis, rugby and netball	Practical assessment in handball, table tennis, rugby and netball	Practical assessment in Tennis, cricket, softball, rounders	Practical assessment in Tennis, cricket, softball, rounders
		Develop their technique and improve their performance in other competitive sports	Develop their technique and improve their performance in other competitive sports			Develop their technique and improve their performance in other competitive sports	Develop their technique and improve their performance in other competitive sports
			Practical assessment in gymnastics Perform dances using			Practical assessment in athletics	Practical assessment in athletics
			advanced dance techniques within a range of dance styles and forms				
		of dance styles and forms Practical assessment in dance	Practical assessment in dance				

Year	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
	Practical assessment in football and netball Develop their technique and improve their performance in other competitive sports Practical assessment in trampolining Fitness	Practical assessment in football and basketball Sports Leaders Fitness	Practical assessment in rugby, table tennis and basketball Sports Leaders	Practical assessment in rugby, table tennis and basketball Sports Leaders	Practical assessment in Tennis, cricket, softball, rounders Develop their technique and improve their performance in other competitive sports Practical assessment in athletics	Practical assessment in Tennis, cricket, softball, rounders Develop their technique and improve their performance in other competitive sports Practical assessment in athletics Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group Practical assessment in orienteering

BISHOP ULLATHORNE CATHOLIC SCHOOL

KS4 CURRICULUM PLAN

DEPARTMENT: Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Use a range of tactics and	Use a range of tactics and	Use a range of tactics and	Use a range of tactics and	Use a range of tactics and	Use a range of tactics and
& 11	strategies to overcome	strategies to overcome	strategies to overcome	strategies to overcome	strategies to overcome	strategies to overcome
Core	opponents in direct	opponents in direct	opponents in direct	opponents in direct	opponents in direct	opponents in direct
	competition through	competition through	competition through	competition through	competition through	competition through
	team and individual	team and individual	team and individual	team and individual	team and individual	team and individual
	games	games	games	games	games	games
	Practical assessment in	Practical assessment in	Practical assessment in	Practical assessment in	Practical assessment in	Practical assessment in
	football and netball	Basketball/Handball,	Basketball/Handball,	Basketball/Handball,	Tennis, cricket, softball,	Tennis, cricket, softball,
		football, badminton and	football, badminton,	football, badminton,	rounders	rounders
	Develop their technique	volleyball/tchuke.	lacrosse, rugby and table tennis	lacrosse, rugby and table tennis		
	and improve their	Perform dances using	tennis	terms	Develop their technique	Develop their technique
	performance in other	advanced dance			and improve their	and improve their
	competitive sports	techniques within a range	Fitness	Fitness	performance in other	performance in other
		of dance styles and forms			competitive sports	competitive sports
	Practical assessment in	,				
	trampolining	Practical assessment in			Practical assessment in	Practical assessment in
		dance			athletics	athletics
	Fitness					
						Take part in outdoor and
						adventurous activities
						which present intellectual
						and physical challenges
						and be encouraged to
						work in a team, building
						on trust and developing

						skills to solve problems, either individually or as a group Practical assessment in orienteering
Year 10 Theory GCSE	Sport Psychology -Skill -Smart Targets Basic Information processing model Assessment of content taught	-Guidance and feedback -Arousal -Aggression -Motivation Health, Fitness and well- being -Physical, mental and social well-being -Sedentary Lifestyle and Obesity -Somatotypes -Energy use -Diet Assessment of content taught	Socio-Cultural influences -Engagement patterns of social groups -Commercialisation -Media and technology -Conduct of performers -Drugs -Spectator behaviour Assessment of paper 2 content Assessment of content taught	Physical Training -Components of fitness -Fitness testing -Training Principles -Types of training -Seasonal Aspects -Warm up/Cool Down	Coursework –Section 1 Identification of fitness and skill strengths and weaknesses.	Revision Past papers Yr 10 Exam
Year 10 Practical GCSE	Netball/Badminton Practical assessment for all pupils in both netball/badminton	Netball/Badminton Practical assessment for all pupils in both netball/badminton	Table tennis/Handball	Table tennis/Handball	Trampolining/Badminton	Trampolining/Table tennis
Year 11 Theory GCSE	Sport Psychology -Skill -Smart Targets Basic Information processing model -Guidance and feedback -Arousal -Aggression -Motivation	Yr 11 Mock Exam Yr 11 coursework section 2 – Evaluation of skill and fitness weakness	Socio-Cultural influences -Engagement patterns of social groups -Commercialisation -Media and technology -Conduct of performers -Drugs -Spectator behaviour Assessment of paper 2 content	Health, Fitness and well- being -Physical, mental and social well-being -Sedentary Lifestyle and Obesity -Somatotypes -Energy use -Diet Assessment of paper 2 content		

				Revision Past papers Scenario		
Practical	Handball Practical assessment for all pupils in handball	No Practical	No Practical	Preparation for moderation	EXAM	