

The KS3 PE Curriculum

At KS2 you will have started to explore:

A range of fundamental skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

Different ways of communicating, collaborating and competing with each other.

How to use running, jumping, throwing and catching in isolation and in combination.

Modified competitive games, applying basic principles suitable for attacking and defending.

Flexibility, strength, technique, control and balance.

Participation in outdoor and adventurous activity challenges.

Swimming and water safety.

	Games (Invasion, Net / Wall and Striking and Fielding)	Health Related Exercise (Fitness, Health—RSE)	Accurate Replication (Gymnastics, Trampolining)	Outdoor & Adventurous Activities (Swimming, Orienteering)	Athletic Activities (Athletics, Cross –Country)
7	Skill development Isolated practices / small sided games Basic tactics	Exercising safely, body weight exercises Healthy eating (RSE)	Basic shapes Developing QTEC Peer / self-assessment	Stroke technique development Identifying problems	Introduction to Track & Field events skills & safety
8	Skill refinement Increasing participation / conditioned games / modified rules	Components of fitness & CV training methods Health & injury prevention & Basic First Aid (RSE)	Shapes in flight Refined QTEC Performance analysis	Stroke technique refinement Problem solving development	Development of more advanced Track & Field techniques Knowledge of basic rules & regulations
9	Skill mastery / application of tactical knowledge and rules for full sided competition	Components of Fitness - Free weights and weight training Physical Health and Fitness (RSE)	Application of skills in to sequences and routines with QTEC	Stroke mastery Personal Survival / Lifesaving	Mastery of Track & Field techniques Introduction to officiating Athletic events



KS4	
BTEC Sport Level 2	Core PE
<p>Component 1 - Preparing participants to take part in sport and physical activity.</p> <p>Component 2 - Taking part and improving other participants sporting performance</p> <p>Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</p>	<p>Students follow the S.P.O.R.T pathway</p> <p>S - Safe Physical Activity P - Performance O - Organisation R - Refereeing T - Training</p>