

PE & Sport



KS3 Curriculum Breakdown



| | Year 7 | Year 8 | Year 9 |
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| HT1 (8 weeks) | Preparation for Sport and Exercise <ul style="list-style-type: none"> • Why warm up? • Static/Dynamic stretching • Sport related • Cool/warm down Activities (Boys) – Badminton and Fitness (Girls) – Netball and Rugby | Fitness for Health and Performance <ul style="list-style-type: none"> • Demands of sport • Identify ways we need to develop our fitness • Health and sport related fitness Activities (Boys) – Badminton and Fitness (Girls) – Netball and Rugby | Drugs <ul style="list-style-type: none"> • Effects of taking performance enhancing drugs on the sports performer • Side effects and dangers of performance enhancing drugs on the performer Activities (Boys) – Badminton and Fitness (Girls) – Netball and Rugby |
| HT2 (8 weeks) | Body Systems and Skeletal System <ul style="list-style-type: none"> • What does our skeleton do? | Health and Sport Related Fitness <ul style="list-style-type: none"> • What is good health? | Diet and Nutrition <ul style="list-style-type: none"> • Importance of a healthy lifestyle |

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| | <ul style="list-style-type: none"> • Different bone types? • Main parts of the skeleton • Our joints and sport <p>Activities</p> <p>(Boys) – Football and Rugby (Girls) – Badminton and Fitness</p> | <ul style="list-style-type: none"> • What is physical fitness? • What is sport related fitness? <p>Activities</p> <p>(Boys) – Football and Rugby (Girls) – Badminton and Fitness</p> | <ul style="list-style-type: none"> • 7 components of a healthy diet • A balanced meal for a healthy athlete <p>Activities</p> <p>(Boys) – Football and Rugby (Girls) – Badminton and Fitness</p> |
| HT3 (6 weeks) | <p>Muscular System</p> <ul style="list-style-type: none"> • Major muscles • How muscles work? • Posture • How does our body move? <p>Activities</p> <p>(Boys) – Basketball and Fitness (Girls) – Gym, Dance and Fitness</p> | <p>Principles of Training</p> <ul style="list-style-type: none"> • A regular programme of exercising to improve performance • Sport – principles <p>Activities</p> <p>(Boys) – Basketball and Fitness (Girls) – Gym, Dance and Fitness</p> | <p>Ethics in Sport</p> <ul style="list-style-type: none"> • Engagement pattern in sports • Factors effecting the participation of different social groups in sports <p>Activities</p> <p>(Boys) – Basketball and Fitness (Girls) – Gym, Dance and Fitness</p> |
| HT4 (5 weeks) | <p>Circulatory System</p> <ul style="list-style-type: none"> • How does our heart work? • How blood and oxygen moves around the body • Heart rate • What happens when we exercise? <p>Activities</p> <p>(Boys) – Rugby and handball (Girls) – Trampolining and Basketball</p> | <p>Training Methods</p> <ul style="list-style-type: none"> • Different training methods • Planning our training <ul style="list-style-type: none"> — Periods — FITT • Long term effects of exercise <p>Activities</p> <p>(Boys) – Rugby and handball (Girls) – Trampolining and Basketball</p> | <p>Prevention of Injury</p> <ul style="list-style-type: none"> • Common types of sports injuries • Treatment and prevention of injuries <p>Activities</p> <p>(Boys) – Rugby and handball (Girls) – Trampolining and Basketball</p> |

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| <p>HT5 (5 weeks)</p> | <p>Respiratory System</p> <ul style="list-style-type: none"> • How do we breathe? • How do we get oxygen to working muscles? • What happens when we exercise? <p>Activities</p> <p>(Boys) – Striking & Fielding and Athletics (Girls) – Striking & Fielding and Athletics</p> | <p>Technique and Skill</p> <ul style="list-style-type: none"> • What is skill? • Differences between a technique and skill? • How do we learn skills? • How do we perform skills? <p>Activities</p> <p>(Boys) – Striking & Fielding and Athletics (Girls) – Striking & Fielding and Athletics</p> | <p>Somatotypes</p> <ul style="list-style-type: none"> • The characteristics of three extreme body types • How different body types are suited to different physical activities <p>Activities</p> <p>(Boys) – Striking & Fielding and Athletics (Girls) – Striking & Fielding and Athletics</p> |
| <p>HT6 (7 weeks)</p> | <p>Effects of Exercise on the Body</p> <ul style="list-style-type: none"> • What are the immediate effects of exercise on our body systems? • Action of heart and lungs (Health benefits of an active lifestyle) <p>Activities</p> <p>(Boys) – Athletics, Tennis and Handball (Girls) – Athletics and Tennis</p> | <p>Strategies and Tactics used in Sport</p> <ul style="list-style-type: none"> • What are strategies and tactics? • Teamwork • Game Plan • Formations • Analysis of Performance <p>Activities</p> <p>(Boys) – Athletics, Tennis and Handball (Girls) – Athletics and Tennis</p> | <p>Mental Preparation</p> <ul style="list-style-type: none"> • The difference between direct and indirect aggression • The difference between intrinsic and extrinsic motivation in sport <p>Activities</p> <p>(Boys) – Athletics, Tennis and Handball (Girls) – Athletics and Tennis</p> |