



PE - KS3 Key Concept Overview

Year 7	Autumn and Spring				Summer		
Key Concept (Core Skills)	Rugby	Basketball	Badminton	Sport Ed and OAA	Gymnastics	Athletics	Tennis
Overview	<p>Handling and carrying skills:</p> <ul style="list-style-type: none"> Picking up a ball: Stationary Moving Falling on the ball <p>Passing:</p> <ul style="list-style-type: none"> Both hands in either direction Off-loading Kicking <p>Receiving:</p> <ul style="list-style-type: none"> On the move Stationary Ground pick-up <p>Beating opponents:</p> <ul style="list-style-type: none"> Hand off 	<p>Stance and footwork:</p> <ul style="list-style-type: none"> Triple threat position Pivoting <p>Passing:</p> <ul style="list-style-type: none"> Chest Bounce Javelin/overhead <p>Shooting:</p> <ul style="list-style-type: none"> Set shot Jump shot Dominant hand lay up <p>Dribbling:</p> <ul style="list-style-type: none"> Use of dominant hand <p>Marking:</p> <ul style="list-style-type: none"> Player with the ball 	<p>Serving – distance (short or long)</p> <ul style="list-style-type: none"> Swing Technique (F + B) Triple threat Return of serve <p>Forehand shots:</p> <ul style="list-style-type: none"> Overhead clear Drop shot Lift / underarm clear Smash Drive <p>Teamwork and communication</p>	<ul style="list-style-type: none"> Communication Problem solving Creating a task Using and considering equipment Using and considering time and space Leadership skills OAA 	<ul style="list-style-type: none"> Take off, flight and landing Rolls – forward and backward variations: to straddle dive forward Balances using different parts of the body Cartwheels Round offs Jumps/leaps Twists/pivots Steps Tumbling lines Dance elements Transitions Low tariff release/dismounts off equipment 	<p><i>Track events</i></p> <ul style="list-style-type: none"> Starting, finishing, posture, leg action, arm action, head carriage <p><i>Jumping events</i></p> <ul style="list-style-type: none"> Approach Synchronisation of arm and leg action Take off, flight, landing <p><i>Throwing events</i></p> <ul style="list-style-type: none"> Initial stance Grip Throwing action Release phase Recovery phase/ follow through 	<ul style="list-style-type: none"> Ball familiarisation Forehand Backhand Rally Basic rules of the game: one bounce, on or inside the lines, no net contact Basic terminology and colour markings: base line, service line, net etc.
Key Concept (Core Skills)		Netball	Dance	Handball	Health and Wellbeing	Rounders	Cricket
Overview	<ul style="list-style-type: none"> Side-step Change of pace/direction Try scoring: Grounding the ball with downward pressure When and when not to use one/two hands Contact skills: Tackling: Basic technique from front and side Close contact tackling <p>Ruck:</p> <ul style="list-style-type: none"> Going to ground Placing ball behind Support roles Clear out <p>Maul:</p> <ul style="list-style-type: none"> Staying on feet Body positioning Support roles Rolling maul Tactics 	<p>Passing over both short and long distances.</p> <ul style="list-style-type: none"> Chest -Overhead - Bounce -Shoulder <p>Stationary-Shooting.</p> <p>Marking</p> <ul style="list-style-type: none"> Player with the ball Player without the ball Dodging <p>Footwork</p> <ul style="list-style-type: none"> Stopping/landing - Pivoting <p>Ball handling</p> <ul style="list-style-type: none"> Catching while stationary. 	<p>6 Basic Dance Actions – jump, turn, travel, balance, gesture, stillness</p> <ul style="list-style-type: none"> Choreographic Devices Unison Canon Level Formation Transition Stimulus Contact 	<p><i>Catching: (two handed)</i></p> <ul style="list-style-type: none"> At a variety of heights, stationary, on the move, rom the bounce, jumping <p><i>Catching/shot stopping: (two handed, goalkeeper)</i></p> <ul style="list-style-type: none"> At a variety of heights, stationary, on the move, Body in correct position in relation to shooter <p><i>Positions for catching the ball:</i></p> <ul style="list-style-type: none"> Frontal and sideways <p>Dribbling with dominant hand</p> <p>Passing:</p> <ul style="list-style-type: none"> Standing and running <p>Shooting:</p> <ul style="list-style-type: none"> Shot in place Shot in movement <p>Offensive and defensive movement:</p> <ul style="list-style-type: none"> Feinting with the body, feinting a shot, feinting a pass 	<ul style="list-style-type: none"> Speed Flexibility Muscular Strength Muscular Endurance Agility Intensity Aerobic Anaerobic MHR 	<ul style="list-style-type: none"> Throw Catch Batting (forehand) Stumping Fielding Bowling and backstop Game play and basic tactics 	<p>Batting:</p> <ul style="list-style-type: none"> Footwork Defensive shots off front foot Drives, cut, pull Running between the wickets <p>Bowling:</p> <ul style="list-style-type: none"> Repetition of action for one style of bowling Fast, medium or spin Line, flight and length of bowl <p>Fielding: (outfield, infield and close)</p> <ul style="list-style-type: none"> Stopping the ball Catching Pick up and throw – underarm and overarm <p>Wicket Keeping:</p> <ul style="list-style-type: none"> Positioning in relation to pitch and type of bowler Stance, low and high takes, catches, run outs



Year 8	Autumn and Spring				Summer	
Key Concept (Advanced Skills)	Basketball	Badminton	Rugby	Trampolining	Athletics	Tennis
	Shooting: <ul style="list-style-type: none"> • Non-dominant hand Lay up • Hook shot Rebounding Dribbling: <ul style="list-style-type: none"> • Use of either hand Beating opponents: (individual) <ul style="list-style-type: none"> • Fake and drive • Cross over step Beating opponents: (team) <ul style="list-style-type: none"> • Cutting Marking: <ul style="list-style-type: none"> • Intercepting passes 	Serving placement (corners or body) <ul style="list-style-type: none"> • Flick Technique (F + B) Net shots Backhand shots: <ul style="list-style-type: none"> • Overhead clear • Drop shot • Lift / underarm clear • Smash • Drive Footwork – chasse and lunge Court position – (covered at Badminton club)	<ul style="list-style-type: none"> • Passing: spin, both ways • Beating opponents: feint, swerve, dummying, switching • Contact skills: jackal, counter ruck • Tackling: basic technique from rear, smothering, scrum – individual positions and roles, collective skills of pushing and holding, ball distribution, support play once ball is out, set scrummaging – binding, position of feet; angle of drive for each row, line out play – tactics, roles and support, kicking – high ball, grubber, box, place, positional, drop outs, place or drop kicking for conversions/ penalties/ drop goal 	<ul style="list-style-type: none"> • Control and body tension • Tuck, pike, straddle • Seat drop • Front drop • Swivel hips • Flow and fluency • Routine creation 	Track events <ul style="list-style-type: none"> • Starting: use of Blocks, leg action: foot strike, cadence, bend running (where relevant), stride pattern / pacing, hurdling with either leg Throwing events <ul style="list-style-type: none"> • Travel: use of cross step / glide, rotational throws, release phase: appropriate angle of release, efficient transition between technical phases of the movements Jumping events <ul style="list-style-type: none"> • Approach: hitting appropriate speed for take-off, efficient transition between technical phases of the movements, flight: appropriate elevation, landing: movement of the body beyond initial point of contact (long jump and triple jump) 	<ul style="list-style-type: none"> • Ball familiarisation • Forehand • Backhand • Rally • Serving • Rules of the game: one bounce, on or inside the lines, no net contact • Terminology and colour markings: base line, service line, net etc.
Key Concept (Advanced Skills)	Netball	Dance	Handball	Health and Wellbeing	Rounders	Cricket
Overview	Passing <ul style="list-style-type: none"> • Over longer distances. • Shooting • Stepping Ball handling <ul style="list-style-type: none"> • Catching in the air. • Catching on the run. Defence <ul style="list-style-type: none"> • Shadowing • Interception • Marking players without the ball. 	<ul style="list-style-type: none"> • Street Dance history • Waving and Tutting • Break Dance • Movement Phrase • Choreography 	<i>Catching: (one handed assisted on both sides)</i> <ul style="list-style-type: none"> • At a variety of heights, stationary, on the move, from the bounce, jumping <i>Catching/shot stopping (GK)</i> <ul style="list-style-type: none"> • At a variety of heights, stationary, on the move, body in correct position in relation to shooter <i>Dribbling with either/both hand(s)</i> Passing: jump pass, shooting: (as appropriate to your position): vertical jump shot, striding/jump shot, shot whilst falling <i>Offensive and defensive movement:</i> <ul style="list-style-type: none"> • Stealing the ball, screening an opponent without the ball, screening an opponent with the ball, tackling 	<ul style="list-style-type: none"> • Circuit Training • Interval Training • Heart Rate and Training Zones • Continuous Training • SAQ • Weight/Resistance Training 	Fielding: <ul style="list-style-type: none"> • Spin bowl • Donkey Bowl • Fast bowl • Backstop • Tactical ball to base • Backing up post Batting: <ul style="list-style-type: none"> • Directional Batting • Tactical running decision making 	Batting: <ul style="list-style-type: none"> • Defensive shots off back foot • Square cut • Hook shots • Off or on drive • Sweep Bowling: <ul style="list-style-type: none"> • Variation in delivery in terms of line, flight, speed and length of bowl Fielding: (outfield, infield and close) <ul style="list-style-type: none"> • Pick up and throw for a run out – underarm and overarm • Pick up and throw on the run Wicket Keeping: <ul style="list-style-type: none"> • Leg side takes and catches • Stumping



Year 9	Autumn and Spring				Summer	
Key Concept (Advanced Skills)	Basketball	Badminton	Rugby	Trampolineing	Athletics	Tennis
Overview	<p>When to run/pass/shoot/dribble</p> <ul style="list-style-type: none"> • Where to run/pass/shoot/dribble • Which pass to make <p>Awareness of team strategies/tactics in both attacking and defending situations e.g. man to man marking, zone defence, fast break, tandem defence (against fast break)</p> <ul style="list-style-type: none"> • Appropriate use of defensive plays – zone defence, full/half court press • Finding space • Attacking positioning on court • Defensive positioning on the court • Defensive plays – man to man marking • Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game • Awareness of the rules and regulations of the game and their application (including refereeing signals) 	<p>Selection of appropriate shot</p> <ul style="list-style-type: none"> • Principals of attack and defence e.g. roles and positioning • Understanding of positions and roles in attack and defence • Applying tactics in different competitive situations (singles or doubles tactics) • Applying different systems/formations of play in different situations e.g. attacking and defensive formations in doubles • Applying other ploys/tactics to outwit opponent • intercepting in doubles, disguising your shot, switching positions • Awareness of the rules and regulations of the sport and their application 	<p>When to run/pass/kick</p> <ul style="list-style-type: none"> • Where to run/pass/kick • Which pass to make <p>Controlled phase possession</p> <ul style="list-style-type: none"> • Collective alignment • Methods to cross the gain line <p>Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays</p> <ul style="list-style-type: none"> • Attacking positioning on the field • Defensive positioning on the field • Defensive plays – man to man marking • Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game • Awareness of the rules and regulations of the game and their application (including refereeing signals) 	<ul style="list-style-type: none"> • Control and body tension • Tuck, pike, straddle • Seat drop • Front drop • Swivel hips • Flow and fluency • Routine creation • Turntable • Somersault • Back drop <p>Difficulty of routine, balance of difficulty with quality of execution</p> <ul style="list-style-type: none"> • Composition of routine • Flow of routine • Order of the skills in routine • Body awareness • Use of flight • Acceleration/deceleration of movements • Spatial awareness • Use of showmanship • Awareness of strengths/weaknesses and actions of other performers e.g. adopt a different routine/tariff of discipline depending on score achieved by other competitors. • Awareness of the rules and regulations of the activity and their application (including judging signals) 	<p>Track events</p> <ul style="list-style-type: none"> • Pre-race tactics • Changing and adapting your race tactics • Positioning in the field, where to run in the pack • Timing of kicking for the finish line • When to dip for the finish line • Awareness of the rules and regulations of the event <p>Jumping events</p> <ul style="list-style-type: none"> • Pre-event tactics • Tactics for qualifying jumps/Entry height and the choice of when to 'pass' on a height/round • Changing and adapting your jump tactics: consideration of weather conditions, appropriate distance/ number of steps chosen for run up, in competition check mark adjustment • Awareness of the rules and regulations of the event and their application (including officials commands/ signals). <p>Throwing events</p> <ul style="list-style-type: none"> • Pre-event tactics • Tactics for qualifying throws • Changing and adapting your throwing tactics: <ul style="list-style-type: none"> • Consideration of weather conditions • Check mark adjustments (Javelin only) • Awareness of the rules and regulations of the event and their application (including officials commands/signals) 	<ul style="list-style-type: none"> • Ball familiarisation • Forehand • Backhand • Rally • Ready position • Serving • Rules of the game: one bounce, on or inside the lines, no net contact • Terminology and colour markings: base line, service line, net etc. • Selection of suitable shot • Principals of attack and defence e.g. roles and positioning • Understanding of positions and roles in attack and defence • Applying tactics in different competitive situations • Applying different systems/formations of play in different situations e.g. attacking and defensive formations in doubles • Applying other ploys/ tactics to outwit opponent e.g. serve, second serve and volley, intercepting in doubles, disguising your shot, switching positions • Awareness of team strategies/tactics (doubles only) • Awareness of strengths/weaknesses and actions of other players e.g. fitness • Awareness of the rules and regulations of the sport and their application
Key Concept (Advanced Skills)	Netball	Dance	Handball	Health and Wellbeing	Rounders	Cricket
Overview	<p>Introduce decision making:</p> <ul style="list-style-type: none"> • When to pass/shoot/dodge. • Where to pass/shoot/dodge • Which pass to make . 	<ul style="list-style-type: none"> • Bollywood • Capoeira • Hakka • Latin • Charleston • African 	<p>When to pass/shoot/dribble</p> <ul style="list-style-type: none"> • Where to pass/shoot/dribble • Which pass to make <p>Awareness of team strategies/tactics in</p>	<ul style="list-style-type: none"> • Fartlek Training • Plyometric Training • Circuit/Resistance • Training • Session Design • Continuous Training 	<ul style="list-style-type: none"> • Tactical running • Decision making • Tactical ball to base • Backing up post • Running around posts 	<p>Awareness and application of team strategies/ tactics</p> <ul style="list-style-type: none"> • Selection of appropriate shot • Understanding and use of positions and roles in



	<ul style="list-style-type: none">• Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, shot/penalty.• Attacking positioning on the court.• Defensive positioning on the court.• Defensive plays – man to man marking.• Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game.• Awareness of the rules and regulations of the game and their application (including refereeing signals).• Positioning and organisation at set pieces, communication.		<p>both attacking and defending situations e.g. set piece plays</p> <ul style="list-style-type: none">• Attacking positioning on the field• Defensive positioning on the field• Defensive plays – man to man marking, zonal marking• Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game• Awareness of the rules and regulations of the game and their application (including refereeing signals)• Positioning and organisation at defensive set pieces, communication	<ul style="list-style-type: none">• HIIT• Sport Specific Agility• Training		<p>batting and fielding</p> <ul style="list-style-type: none">• Principals of attack and defence• Applying different systems of play in different situations e.g. switching bowling styles to keep the opposition guessing• Effective decision making for running between wickets• Awareness of the rules and regulations of the sport and their application
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