

English Martyrs' Physical Education KS3 Curriculum Map

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Year 7	<p>Key focus: Developing an understanding of expectations and requirements in PE at English Martyrs</p> <p>Key content:</p> <p>Participate in a Indoor activity 1 and Outdoor activity 1 units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility)</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Indoor activity 2 and Outdoor activity 2 units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility) Inter-form competitions over exam period</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Indoor activity 3 and Outdoor activity 3 units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Indoor activity 4 and Outdoor activity 4 units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Participate in Athletics and Striking and Fielding (Cricket/rounders/softball) units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content:</p> <p>Continuation of Athletics and Striking and Fielding (Cricket/rounders/softball) units of work.</p>
HPA Focus challenge	<p>Identification of HPA students Differentiation within lessons Encouragement to attend extra-curricular participation Introduce and use key terminology within PE lessons (e.g. components of fitness)</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Introduce and use key terminology within PE lessons (e.g. components of fitness)</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>	<p>Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons</p>
ASSESS	<p>Baseline assessment Assessment of Year 7 Homework project (Who is your sporting inspiration and why?) Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart) Assessment A</p> <p>All students to complete PE self-assessment during IT lesson via MS Teams</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>	<p>Sporting activities teacher assessment (Head, Hand, Heart)</p>

Year 8	<p>Key focus: New teaching groups/teacher. Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Indoor activity 1 and Outdoor activity 1 units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility)</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in Indoor activity 2 and Outdoor activity 2 units of work. Alternate Intermittent fitness based indoor PE lessons (Aerobic endurance, Muscular strength, Flexibility) Inter-form competitions over exam period</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in Indoor activity 3 and Outdoor activity 3 units of work.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in Indoor activity 4 and Outdoor activity 4 units of work. Inter-form competitions over exam period</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Striking and Fielding and Athletics units of work, that includes cricket, rounders, softball, Track and Field activities.</p>	<p>Key focus: Development of PE related and interpersonal skills (<i>Hand, Head, Heart</i>) within the next units of work. Transfer skills and knowledge gained in previous activities.</p> <p>Key content: Participate in a Striking and Fielding and Athletics units of work, that includes cricket, rounders, softball, Track and Field activities.</p>
HPA Focus challenge	Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons	Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons	Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons	Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons	Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons	Differentiation within lessons Encouragement to attend extra-curricular participation Selected questioning within lessons – focus on key terminology from previous lessons
ASSESS	Baseline assessment Sporting activities teacher assessment (Head, Hand, Heart)	Sporting activities teacher assessment (Head, Hand, Heart) Black History Month optional homework via Satchel One	Baseline assessment Sporting activities teacher assessment (Head, Hand, Heart) Year 8 PE homework project (Components of Fitness required in Sport and Physical Exercise)	Sporting activities teacher assessment (Head, Hand, Heart)	Sporting activities teacher assessment (Head, Hand, Heart)	Sporting activities teacher assessment (Head, Hand, Heart)