

HALF TERM 5 CURRICULUM CONTENT – Key Stage 3

Intent statement:

Our KS3 curriculum is sequential in nature and designed to build the fundamental skills that underpin performance and success in physical activity and sport. Students are taught a range of concepts that progress in difficulty as they move through the key stage. The students start by gaining an understanding of some of the core components of fitness and the importance of controlling their bodies whilst being adaptable to various situations within performance. In Years 8 & 9, the students are then able to apply these fundamental skills to more varied and challenging situations, both in skill isolation as well as competitive environments. The importance of physical health and well-being is a focus of our curriculum, which is designed to inspire the students to enjoy a healthy and active lifestyle through KS4 and beyond.

Topics	Develop their technique and improve their performance in other competitive sports		
Prior knowledge / skills	<u>Year 7</u> <ul style="list-style-type: none"> ● Knowing basic movement patterns in athletics & gymnastics ● Understand the difference between short & long distance events in athletics ● Understand the concept of pacing during race events ● Understand basic grip & throwing technique in throwing events ● Know basic gymnastic movements & how to choreograph them into a routine 	<u>Years 8 & 9</u> Knowledge gained from previous Years 7 & 8	
Key concepts / knowledge / skills covered this half term	<ul style="list-style-type: none"> ● Sprinting starts & techniques ● Relay changeovers ● Jumping techniques for long, triple & high jump ● Throwing techniques for javelin, shot put & discus ● Health & safety element of sport ● Reviewing & providing feedback for technique / form 	<ul style="list-style-type: none"> ● Critique and feedback on the performance ● Perform in a competitive situation ● Set up & organise an athletics event ● Choreograph a routine ● Execute correct techniques in events ● Analyse strengths & weaknesses of performers & identify them to the appropriate event in gymnastics 	<ul style="list-style-type: none"> ● Know how to perform athletics movements in a competitive way ● Know how to analyse athletic performance & give feedback ● Know how to identify ways to improve performance of self & others ● Know how components of fitness & methods of training are used to improve specific areas of weakness

Assessment	The assessment will take place on week 6 and the following topics will be covered. Students need to practise in lessons and extra-curricular clubs in advance.
Personal Development opportunities	Attend extra-curricular activities
Homework requirements	Homework will be set on Google Classroom every lesson and will take 30 minutes to complete