

# Physical Education KS3 Curriculum Intent, Implementation and Impact Overview

Year: 7 Subject: Physical Education IMPLEMENTATION					
INTENT  (including key concepts and skills - 'Big Ideas')	<b>Invasion Games</b> <u>Context:</u> Football/Rugby/Netball/ Basketball/Hockey/Handball <u>Prior Learning</u> Isolated skills/static drills Small sided conditioned Games. <u>Key Vocabulary:</u> Pass, dribble, shoot, mark, teamwork, attack, defend warm up and cool down, pulse raiser, stretching, mobility, dynamic, rehearsal <u>Cultural Capital</u> Team work and leadership opportunities. Healthy active lifestyles	<b>Racket Sports</b> <u>Context:</u> Badminton/Tennis  <u>Prior Learning</u> Isolated skills/drills Short tennis conditioned practice. <u>Key Vocabulary:</u> Scoring, serve, point, forehand back hand Specific vocab relating to injury sprain, strain,  <u>Cultural Capital</u> Competition, winning and losing, caring for others.	<b>Aesthetics</b> <u>Context:</u> Gymnastics/Dance/ Trampolining/Fitness <u>Prior Learning</u> KS2 travel, movement and balance. Moving to rhythm and beat. KS2 healthy body. <u>Key Vocabulary:</u> Motif, performance, aesthetics, progressive overload Frequency, intensity, time, type,  <u>Cultural Capital</u> Active, healthy choices, Body and mind.	<b>Striking &amp; Fielding</b> <u>Context:</u> Rounders/Softball/Cricket  <u>Prior Learning</u> Basic throwing and catching and conditioned games  <u>Key Vocabulary:</u> Striking, barrier, fielding, umpire, bowler, back stop, humorous, tibia fibula, vertebrae, hinge ball and socket, pivot, saddle <u>Cultural Capital</u> Traditional sports, origins and differences.	<b>Athletics/Outdoor Education</b> <u>Context:</u> Track Events/Field events  <u>Prior Learning</u> KS2 sportshall athletics, sprinting, throwing and jumping. <u>Key Vocabulary:</u> Sprint, pace, speed, strength, power, distance Hydration, carbohydrates, protein, fat  <u>Cultural Capital</u> Diet and nutrition - making positive choices.
<b>Performance</b> Skills in isolation, conditioned practice and different games	X	X	X	X	X
<b>Health &amp; Fitness</b> Warm up/Cool down Components of fitness training Methods and fitness testing	X	X	X	X	X
<b>Leadership &amp; Character</b> Kit, team work, resilience, leading, engaged, winning/losing.	X	X	X	X	X
<b>Knowledge &amp; Theory</b> Anatomy & physiology, Training & fitness, nutrition, Injuries	X	X	X	X	X
<b>IMPACT</b>	<u>Assessment:</u> Performance, leadership, leading warm ups <u>Progression to KS4:</u> Tactics and strategies, full sided games.	<u>Assessment:</u> Performance, leadership, injury treatments <u>Progression to KS4:</u> Doubles, competitive games.	<u>Assessment:</u> Performance, leadership, methods of training <u>Progression to KS4:</u> Choreographing sequences and routines, personal exercise plans OCR Cambridge National - Principles of Training,	<u>Assessment:</u> Performance, leadership, anatomy and physiology <u>Progression to KS4:</u> Tactics and strategies, full sided games.	<u>Assessment:</u> Performance, leadership, diet plans <u>Progression to KS4:</u> Age related equipment in field events

Cultural Capital is the body of knowledge a student needs so that they can flourish in the future and not be left behind. LTM = Long Term Memory.

**Year: 7 Subject: Physical Education  
Theory Assessment**

	Year: 7 Subject: Physical Education Theory Assessment					
<b>INTENT</b>  (including key concepts and skills)	<b>Half Term 1</b>	<b>Half Term 2</b>	<b>Half Term 3</b>	<b>Half Term 4</b>	<b>Half Term 5</b>	<b>Half Term 6</b>
<b>Knowledge &amp; Theory</b> <small>Anatomy &amp; physiology, Training &amp; fitness, nutrition, injuries</small>	<u>Physical Preparation</u> <ul style="list-style-type: none"> <li>Follow a warm up</li> <li>Lead a part of warm up</li> <li>Apply warm up to different sports</li> <li>Know the 5 components</li> </ul>		<u>Injury</u> <ul style="list-style-type: none"> <li>What types of injury are there ?</li> <li>Acute injuries - causes, symptoms, treatment</li> </ul>	<u>Injury</u> <ul style="list-style-type: none"> <li>Apply different injuries to different activities including how they might occur, symptoms and how to treat</li> <li>Hygiene - washing/deodorant</li> </ul>	<u>Healthy Eating</u> <ul style="list-style-type: none"> <li>The role of Carbohydrates Protein and Water in Sport and diets</li> </ul> <u>Fitness</u> <ul style="list-style-type: none"> <li>Linking Fitness to different summer activities</li> </ul>	<u>Healthy Eating</u> <ul style="list-style-type: none"> <li>The role of Carbohydrates Protein and Water in Sport and diets</li> </ul> <u>Fitness</u> <ul style="list-style-type: none"> <li>Linking Fitness to different summer activities</li> </ul>
<b>IMPACT</b>	<u>Assessment:</u> Performance, leadership, leading warm ups		<u>Assessment:</u> Performance, leadership, leading warm ups, injury treatments	<u>Assessment:</u> Performance, leadership, methods of training	<u>Assessment:</u> Performance, leadership, anatomy and physiology	<u>Assessment:</u> Performance, leadership, diet plans
Cross Curricular				<u>PHSCE</u>	<u>Food Tech</u>	<u>Food Tech</u>