

# Craig Ormerod Associates Ltd.

## Subject Overview: P.E. (KS3)

### ***Athletics events:***

- 2 lap relay
- 4 lap relay
- 6 lap relay
- 8 lap relay
- 4 x 2 lap relay

### ***Field events:***

- Shot putt
- Speed bounce
- Standing long jump
- Standing triple jump
- Vertical jump
- Foam javelin

### ***Aesthetics:***

In this double unit of work, pupils develop a gymnastics and dance sequence motif. The former starts with simple conditioning shapes such as tuck, pike, straddle pike, front support, dish, arch, shoulder stand and straight shape. Pupils then link these shapes to roles, jumps, leaps and stepping actions. Sequences are first attempted on the floor; then, as confidence and ability increase, pupils may transfer and adapt their sequence to apparatus including bench, box, vault and beam. Pupils then focus on canon, unison, symmetry, asymmetry, matching and mirroring in partner work.

### ***Invasion Games:***

In this double unit of work, pupils develop skills unique to various invasion games including netball, football, hockey and rugby. Fundamental skills of control, passing and shooting are emphasised in addition to basic principles of attack and defence. Pupils also learn about the core components of fitness needed to be effective in invasion games, such as stamina, speed, strength and agility, all observed within both practice and competitive match scenarios.

### ***Fitness (Couch to 5k Live Well NHS Initiative):***

Pupils are encouraged to build up their aerobic fitness levels by increasing the distance over which they can run without getting fatigued. This starts with a combination of running and walking, the ratio of which skews increasingly in favour of the latter as pupils' stamina increases. The angle and nature

of the terrain changes constantly to ensure that pupils are continually challenged. This unit also helps pupils increase their understanding of how the human body responds to regular exercise, in particular the long-term benefits.

### ***Basketball:***

Basketball is taught as a discrete unit with a focus on key concepts including dribbling, handling, passing, shooting and rebounding, as well as the principles of offence and defence. Tactical ideas including the full/half court press and man-marking are also introduced as pupils' confidence increases. These skills are developed within both practice and competitive match scenarios.

### ***Badminton:***

During Badminton lessons, pupils begin by learning how to rally co-operatively over the net. Once they have developed a degree of proficiency at this, they move on to more demanding skills including the serve, overhead clearance, net play and drop shots. Singles and doubles tactics are introduced incrementally, as well as the role and responsibilities of match officials, as the unit progresses.

### ***Striking & Fielding Games:***

As the summer term commences, pupils move on to specific outdoor sports including rounders, softball and cricket. Basic batting, fielding and bowling/pitching skills are developed first, followed by an exploration of the more tactical and strategic elements of the game. The importance of effective communication between teammates and the role of the captain are also explored.

### ***Athletics:***

Preparation for Sports Day in the summer term begins by introducing pupils to all the major track and field disciplines, with an emphasis on technique and pacing in the sprint and middle-distance events. Pupils are also given the chance to study shot putt, javelin and long jump.

### ***Table Tennis:***

Pupils develop key skills including the forehand and backhand serves, push shot, lob and smash. Tactics specific to competitive singles and doubles matches are also introduced as pupils become more proficient.

### ***Handball:***

A recent and very popular addition to the curriculum, pupils are introduced to this modern team sport with special attention given to the unique tactical nuances of the game, including man-marking and zonal defence, as well as more fundamental skills such as passing, shooting and handling.