

West Kirby School Curriculum Plan Key Stage 3

Subject	PE
Subject Lead	R Musgrave

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Multi-sports</p> <ul style="list-style-type: none"> Gross and fine motor skills development Physical skill development Assessment Introduction to warm up 	<p>Gymnastics</p> <ul style="list-style-type: none"> Basic skills and abilities (floor and Apparatus) Create and evaluate routine Individual and Paired Introduction to warm up (Specificity) 	<p>Dodgeball</p> <ul style="list-style-type: none"> Develop throwing, catching, dodging, blocking 2 v 1 strategy Apply rules Devise simple strategy Develop own warm up 	<p>Fitness</p> <ul style="list-style-type: none"> Pre test OT delivered functional sensory fitness circuit Whole body movements Post test Evaluate and target set 	<p>Archery</p> <ul style="list-style-type: none"> Health and safety Stance, knocking, targeting, release techniques Strength and weakness identification Introduction to coaching 	<p>Athletics</p> <ul style="list-style-type: none"> Sprinting technique Throwing – sling, underarm, overarm. Jumping – height, distance, hurdles Strength and weakness identification

Year 2	Boccia/New Age Curling <ul style="list-style-type: none"> • Refine fine and gross motor skills • Devise and apply tactics as a team • Officiate and score to set rules 	Table Tennis <ul style="list-style-type: none"> • Service and it's rules • Shot development (preparation, contact, follow through and resolution) • Movement of opponent/shot selection • Umpire and apply rules 	Dance <ul style="list-style-type: none"> • Timing – dancing in time, cannon and unison • Formation – creating patterns • Musicality – link performance and music • Dynamics – showing a strong range of dynamics. 	Fitness <ul style="list-style-type: none"> • Pre test • OT supported functional sensory fitness circuit • Whole body movements (advanced techniques) • Post test • Evaluate and target set 	Cricket <ul style="list-style-type: none"> • Accurate throwing long and short • Refine catching techniques • Bowling (Line and length) • Striking (Attack and defend) • Field placement to execute strategy 	Athletics <ul style="list-style-type: none"> • Adapt running technique for short and long distances. • Relay running • Pacing and execution of race strategy • Refine range of jumping techniques (preparation, execution and follow through)
Year 3	Sports Leadership <ul style="list-style-type: none"> • Qualities of a leader • Organisation of events • Health and safety factors 	Basketball <ul style="list-style-type: none"> • Different passing/shooting techniques • Linking skills together • Correct skill selection • Responsibilities of positions and adapt game • Umpire and officiate enforcing rules 	Fitness <ul style="list-style-type: none"> • Pre test • Design own circuit • Whole body movements (advanced techniques) • Monitor • Post test • Evaluate and target set 	Handball <ul style="list-style-type: none"> • Refine Different passing/shooting techniques • Linking skills together - fluency • Correct skill selection • Execute set plays as part of a team • Team play strategies (man to man and zonal defence). 	Athletics <ul style="list-style-type: none"> • Adapt running technique for middle and long distances • Organise competitions • Officiate in different events 	Softball <ul style="list-style-type: none"> • Accurate throwing long and short • Refine catching and stopping techniques • Bowling (Curve, pace) • Striking (Attack and defend) • Field placement to execute strategy • Execute batting strategy to

				<p>Pace and point of attack)</p> <ul style="list-style-type: none">• Umpire and officiate enforcing rules		<p>changing situations</p>
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