

Hobart High School Key Stage 3 Curriculum Map – Year 7

Department: Physical Education

Y7 Anatomy and Physiology - Muscles knowledge developed in all lessons.

	Unit, Topic or Summary of work covered	Knowledge & Skill Development	Assessment	Personal Development
Autumn + Spring	SWIMMING	<ul style="list-style-type: none"> All four stroke technique development Personal survival skills Copy and repeat simple skills Analysis of others performance 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Teamwork
Autumn + Spring	FOOTBALL	<ul style="list-style-type: none"> Develop passing and dribbling Basic attacking and defensive principles Rules connected to game situations Copy and repeat simple skills Take on the role of a leader Able to warm up and cool down Analysis of own and others performance 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	FITNESS	<ul style="list-style-type: none"> Warm ups and cool downs Long and short term effects of exercise Different training methods e.g circuits Apply basic fitness principles to practical activities Able to warm up and cool down Describe how exercise effects the body Recognise how the body feels during exercise. 		Healthy Lifestyle

Autumn + Spring	NETBALL	<ul style="list-style-type: none"> • Introduce basic skills with precision, control and fluency • Position awareness • Basic attacking and defending principles • Basic rules and ability to officiate • Take on the role of a coach • Copy and repeat simple skills • Take on the role of a leader • Able to warm up and cool down • Analysis of own and others performance • Basic attacking and defending principles 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	HANDBALL	<ul style="list-style-type: none"> • Introduce basic skills with precision, control and fluency • Basic attacking and defending principles • Rules and ability to officiate • Take on the role of a coach • Copy and repeat simple skills • Take on the role of a leader • Able to warm up and cool down • Analysis own and others performance • Basic attacking and defending principles 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	TABLE TENNIS	<ul style="list-style-type: none"> • Introduce basic skills with precision and control. • Safety concerning tables • Tracking skills • Footwork movement • Service system • Scoring system • Copy and refine new skills • Analysis of own and others performance • Understanding scoring 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Teamwork

Autumn + Spring	BASKETBALL	<ul style="list-style-type: none"> • Introduce basic skills with precision, control and fluency • Basic attacking and defending principles • Basic Rules • Take on the role of a coach • Copy and repeat simple skills • Take on the role of a leader • Able to warm up and cool down • Analysis of own and others performance • Basic attacking and defending principles 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Spring 1	CROSS COUNTRY	<ul style="list-style-type: none"> • Pacing • Knowledge of tactics of completing time or distance challenge. • Identify weaknesses in performance. • Long term effects connected to health and well-being. 		Healthy Lifestyles
Summer	ROUNDERS	<ul style="list-style-type: none"> • Refine basic skills • Rules knowledge • Copy and refine basic techniques • Select correct movements to have effect on game situations. • Understand the importance of teamwork 		Leadership Teamwork
Summer	ATHLETICS	<ul style="list-style-type: none"> • Use of stopwatches • Rules connected to events • Tack events • Jump events • Shot putt throw • Copy and refine basic techniques • Understand tactics in track events • Ability to time and measure 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership

Summer	TENNIS	<ul style="list-style-type: none"> • Refine basic skills • Tracking skills • Correct grip • Rules knowledge • Footwork <ul style="list-style-type: none"> • Copy and refine basic techniques • Refine tracking skills on the ground and in the air • Understanding of service rules and scoring rules. 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyle Leadership
Summer	CRICKET	<ul style="list-style-type: none"> • Fielding skills • Basic batting • Game play – Fielding competitions / games • Quick cricket • Reflection on own work 	Assessment at the end of module against GCSE practical skill attainment criteria.	Leadership Teamwork

Hobart High School Key Stage 3 Curriculum Map – Year 8

Department: Physical Education

Y8 Anatomy and Physiology – Bones knowledge developed in all lessons.

	Unit, Topic or Summary of work covered	Knowledge & Skills Developed	Assessment	Personal Development
Autumn + Spring	SWIMMING	<ul style="list-style-type: none"> Further stroke development Synchronised swimming skills Copy and link skills with fluency Select and use correct synchronised skills Show good communication skills when working as a team 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	FOOTBALL	<ul style="list-style-type: none"> Select correct movements and skills to influence game situations Attacking play as individual Defensive play as an individual Understanding of tactics Leadership roles Copy and link skills with fluency Select correct movements to have effect on game situations Plan tactics to outwit an opponent Identify strengths and weaknesses in peer performances Be able to lead a small group in stages of a lesson Learn rules of sports in more depth Able to assist in officiating 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	NETBALL	<ul style="list-style-type: none"> Select correct movements and skills to influence game situations Attacking play as individual Defensive play as an individual Understanding of tactics 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork

		<ul style="list-style-type: none"> • Leadership roles • Copy and link skills with fluency • Select correct movements to have effect on game situations • Plan tactics to outwit an opponent • Identify strengths and weaknesses in peer performances • Be able to lead a small group in stages of a lesson • Learn rules of sports in more depth • Able to assist in officiating 		
Autumn + Spring	HANDBALL	<ul style="list-style-type: none"> • Select correct movements and skills to influence game situations • Attacking play and movement as individual • Defensive play as an individual • Understanding of tactics • Leadership roles • Copy and link skills with fluency • Select correct movements to have effect on game situations • Plan tactics to outwit an opponent • Identify strengths and weaknesses in peer performances • Be able to lead a small group in stages of a lesson • Learn rules of sports in more depth • Able to assist in officiating 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	BASKETBALL	<ul style="list-style-type: none"> • Select correct movements and skills to influence game situations • Attacking play as individual • Defensive play as an individual • Understanding of tactics • Leadership roles • Copy and link skills with fluency 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork

		<ul style="list-style-type: none"> • Select correct movements to have effect on game situations • Plan tactics to outwit an opponent • Identify strengths and weaknesses in peer performances • Be able to lead a small group in stages of a lesson • Learn rules of sports in more depth • Able to assist in officiating 		
Autumn + Spring	FITNESS	<ul style="list-style-type: none"> • Knowledge of aspects of fitness • Key words • Knowledge of training methods • Plan and lead simple activities • Describe how to match training to sports. • Explain how the different fitness components affect performance. • Copy and complete forms of training 		Healthy Lifestyles
Autumn + Spring	TABLE TENNIS	<ul style="list-style-type: none"> • Use of spin during shots and serve • Doubles play • Rules knowledge • Shot combination • Tactical knowledge • Copy and link different shots. • React and select correct movements to outwit an opponent. • Able to officiate during a match • Understand tactics connected to singles and doubles 	Assessment at the end of module against GCSE practical skill attainment criteria	Leadership Teamwork
Spring 1	CROSS COUNTRY	<ul style="list-style-type: none"> • Identify strengths and weakness in own performance. • Adapt performance concerning weather conditions. 		Healthy Lifestyles

		<ul style="list-style-type: none"> • Long term effects of exercise on bones and muscles, 		
Summer	ATHLETICS	<ul style="list-style-type: none"> • Track events • Field events • Officiating events • Perform skills with fluency • Apply more complex movements • Reflect on own and others work • Learn rules of competitions in a practical environment. 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership
Summer	ROUNDERS	<ul style="list-style-type: none"> • Tactical work on batting • Tactical work on fielding • Bowling • Game situations • Perform skills with control and fluency. • Reflect on own and others work • Select and use the correct skills for a positive outcome. • Understand rules of the game • Take on the different roles of leadership. • Suggest ways in which performance can be improved. 		Leadership Teamwork
Summer	TENNIS	<ul style="list-style-type: none"> • Consolidate skills achieved in Y7 • Service action. • Game play rules • Scoring system • Tactics in overcoming an individual opponent. • Tactics during a doubles game. • Develop shot selection decisions. 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork

Summer	CRICKET	<ul style="list-style-type: none"> • Batting rules. • Grip, stance and back lift • Straight bat technique – hitting of tees. • Batting game situation. • Bowling technique. • Reflect on own and other work. • Develop know of game rules. 	Assessment at the end of module against GCSE practical skill attainment criteria.	Leadership Teamwork
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Hobart High School Key Stage 3 Curriculum Map – Year 9



Department: Physical Education

Y9 Movement Analysis – Levers knowledge taught in certain sporting

	Unit, Topic or Summary of work covered	Knowledge & Skills Developed	Assessment	Personal Development
Autumn + Spring	SWIMMING	<ul style="list-style-type: none"> • Fitness and swimming tactics • Water polo skills • Life-saving skills • Advanced skills and techniques based on situations or during a game • Understand tactics and formations • Identify main skills required for success in a rescue • Understand the importance of teamwork 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	FOOTBALL	<ul style="list-style-type: none"> • Attacking play • Defence situation • More advanced skills • Set play situations • Reinforce basic skills • Team defensive positions • Team attacking positions • Select correct skills and techniques to produce a good level of performance • Advanced skills and techniques applied based on situations during game • Apply more complex movements and decisions • Plan tactics in advance • Reflect on aspects of performance to provide constructive feedback 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork

		<ul style="list-style-type: none"> Identify correct terminology for skills in sports 		
Autumn + Spring	NETBALL	<ul style="list-style-type: none"> Attacking play Defence situation More advanced skills Deeper understanding of rules Reinforce basic skills Team defensive positions Team attacking positions Select correct skills and techniques to produce a good level of performance Advanced skills and techniques applied based on situations during game Apply more complex movements and decisions Plan tactics in advance Reflect on aspects of performance to provide constructive feedback Identify correct terminology for skills in sports 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	HANDBALL	<ul style="list-style-type: none"> Attacking play Defence situation More advanced skills Deeper understanding of rules Team defensive positions Team attacking positions Game tactics Select correct skills and techniques to produce a good level of performance Advanced skills and techniques applied based on situations during game Apply more complex movements and decisions 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork

		<ul style="list-style-type: none"> • Plan tactics in advance • Reflect on aspects of performance to provide constructive feedback • Identify correct terminology for skills in sports 		
Autumn + Spring	BASKETBALL	<ul style="list-style-type: none"> • Attacking play • Defence situation • More advanced skills • Deeper understanding of rules • Reinforce basic skills • Team defensive positions • Team attacking positions • Select correct skills and techniques to produce a good level of performance • Advanced skills and techniques applied based on situations during game • Apply more complex movements and decisions • Plan tactics in advance • Reflect on aspects of performance to provide constructive feedback • Identify correct terminology for skills in sports 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Autumn + Spring	FITNESS	<ul style="list-style-type: none"> • Intensities of work • Follow fitness programme • Principles of training • Explain different fitness components and effect on performance • Understand principles of training • Use of knowledge to monitor and evaluate fitness programmes. 		Healthy Lifestyles
Autumn + Spring	TABLE TENNIS	<ul style="list-style-type: none"> • Rules and tactics knowledge • 3 ball -attack. • Further develop use of spin 	Assessment at the end of module against GCSE practical skill attainment criteria.	Leadership Teamwork

		<ul style="list-style-type: none"> • Drive/block advanced shots • Apply more complex moves • Apply more complex skills • Learn rules and terminology 		
Spring 1	CROSS COUNTRY	<ul style="list-style-type: none"> • Adapting tactics concerning weather conditions. • Develop strategies to meet challenging performance targets. • Use previous performances to evaluate strengths and weaknesses. • Long term effects of exercise connected to cardiovascular and respiratory systems. 		Healthy Lifestyles
Summer	ATHLETICS	<ul style="list-style-type: none"> • Field events • Track events • Advanced techniques based on performance • Apply more complex movements • Reflect on own and others work using teacher feedback • Identify main skills required for success 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership
Summer	ROUNDERS	<ul style="list-style-type: none"> • Individual defensive fielding • Attacking fielding • Roles within the game • Individual batting tactics • Advanced tactics • Perform and like skills with control and fluency • Plan tactics in advance to outwit an opponent • Understand tactics • Reflect on aspects of the performance of others and provide constructive feedback. 		Leadership Teamwork

		<ul style="list-style-type: none"> • Take on the role of leadership • Understand in more depth the rules of the game. 		
Summer	TENNIS	<ul style="list-style-type: none"> • Tactical awareness as an individual and as a pair. • Control and fluency in different shots. • Advanced skill shots • Service action fluency. 	Assessment at the end of module against GCSE practical skill attainment criteria.	Healthy Lifestyles Leadership Teamwork
Summer	CRICKET	<ul style="list-style-type: none"> • Batting – front foot drive (drop feeds) • Bowling action within game. • Rule knowledge of bowling. • Pair's cricket. • Fielding position. • Coaching and officiating other. • Reflect on aspects of the performance of others and provide constructive feedback. • Take on the role of leadership • Understand in more depth the rules of the game. 	Assessment at the end of module against GCSE practical skill attainment criteria.	Leadership Teamwork