

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	DANCE	<ul style="list-style-type: none"> • Discussion with Dance instructor 		Healthy Lifestyles Teamwork
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	GYMNASTICS	<ul style="list-style-type: none"> • Safety considerations in gymnastics • Use of different levels • Travel and movement • Linking movements together with control and fluency • Basic sequence construction • Evaluation of performance and identifying strengths and weaknesses. 	Assessment at the end of module against GCSE practical skill attainment criteria.	Leadership 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 • Benefits of exercise • Different training methods • 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	HOCKEY	<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 • 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

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

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 • Personal Survival 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	HOCKEY	<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	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 • Sports specific warm ups • 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 • 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
Autumn + Spring	GYMNASTICS	<ul style="list-style-type: none"> • Balance • Balance using different levels • Linking balances with fluency and control • Sequence construction 	Assessment at the end of module against GCSE practical skill attainment criteria.	Leadership Teamwork

		<ul style="list-style-type: none"> • Partner work – counter balance, counter tension and partner balances • Evaluation – suggest how sequences can be improved and identifying strengths. 		
Spring 1	CROSS COUNTRY	<ul style="list-style-type: none"> • Identify strengths and weakness in own performance. • Adapt performance concerning weather conditions. • Long term effects of exercise on bones and muscles, 		Healthy Lifestyles
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

<p>Summer</p>	<p>TENNIS</p>	<ul style="list-style-type: none"> • Consolidate skills achieved in Y7 • Service action. • Baseline technique. • Use of spin. • Tactics in overcoming an individual opponent. • Tactics during a doubles game. • Develop shot selection decisions. 	<p>Assessment at the end of module against GCSE practical skill attainment criteria.</p>	<p>Healthy Lifestyles Leadership Teamwork</p>
<p>Summer</p>	<p>CRICKET</p>	<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. 	<p>Assessment at the end of module against GCSE practical skill attainment criteria.</p>	<p>Leadership Teamwork</p>

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 • 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 	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	HOCKEY	<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 	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 • 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 knowledge • 3 ball -attack. • Further develop use of spin • Drive shots 	Assessment at the end of module against GCSE practical skill attainment criteria.	Leadership Teamwork

		<ul style="list-style-type: none"> • 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. • Take on the role of leadership 		Leadership Teamwork

		<ul style="list-style-type: none"> • 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. • Controlled use of spin. • 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