



King Harold Academy

PE Curriculum Overview



YEAR 7
YEAR 8
YEAR 9

	Autumn Term	Spring Term	Summer Term	Rationale
Composites	Rugby, Basketball, Football, Badminton, Netball	Trampolining, Badminton, Fitness, Football	Handball, Athletics, Cricket	<p>The sports are in line with the WESSA fixture calendar along with a focus on sports that students could go on to take at a GCSE level.</p> <p>They learn specific skills /techniques in isolation and how to apply them to basic game play.</p> <p>Sports are focused upon those available for assessment at KS4.</p> <p>Extra curricular sports are provided during lunchtimes and afterschool, which mirror the activities being taught for that term. This also includes competitive fixtures against other schools.</p>
Key Components	Passing, shooting, dribbling, strategies, positions, serve, clear, drop, some consistency.	Basic shapes, seat/front/back landing, swivel hips, methods of training, fitness testing	Track & Field, batting, bowling, fielding, wicket keeping	
Tier 3 language	Accuracy, precision, speed, decision making, rules and regulations, height, length, angle, skills/techniques, pivot, triple threat, rebound.	Body tension, height, precision, control, fluency, routine, cardiovascular, heart rate, circuit, interval.	Power, speed, posture, pacing, coordination, Take off, flight, grip, angle, release, placement, stance, drive, zonal.	
Assessment	End of term assessment.	Fitness tests/End of term assessment	End of term assessment	
The best that has been thought and said	Dan Carter, Michael Jordan, Ronaldo, Lin Dan, Eboni Usoro-Brown	Joe Wicks, Nora Perry, Lionel Messi	Jessica Ennis, Mo Farah, Freddie Flintoff, Ben Stokes	
Composites	Rugby, Basketball, Football, Badminton, Netball	Trampolining, Badminton, Fitness, Football	Handball, Athletics, Cricket	<p>The sports are in line with the WESSA fixture calendar along with a focus on sports that students could go on to take at a GCSE level.</p> <p>Sports follow the same pattern as year 7, to build upon prior knowledge and to gain a greater application of skill, techniques and decision making in isolation/unopposed situations.</p> <p>Extra curricular sports are provided during lunchtimes and afterschool, which mirror the activities being taught for that term. This also includes competitive fixtures against other schools.</p>
Key Components	Developed Passing, shooting, dribbling, advanced defensive/attacking strategies, positions, serve, drive, net shot, increased consistency.	Complex twists, movements in and out of shapes, methods of training, fitness testing, components of fitness	Track & Field, developed batting, bowling with speed, wicket keeping, fielding positions, zoning	
Tier 3 language	Set play, zonal, man to man, half/full court press, holding space, dodging	Aesthetics, evasion, breakthrough, feints, man-man, fast attack, static	Recovery and landing, stride pattern, drive hook, spin, wicket, line and length, defensive, pull	
Assessment	End of term assessment.	Fitness tests/End of term assessment	End of term assessment.	
The best that has been thought and said	Dan Carter, Michael Jordan, Ronaldo, Lin Dan, Eboni Usoro-Brown	Joe Wicks, Nora Perry, Lionel Messi	Jessica Ennis, Mo Farah, Freddie Flintoff, Ben Stokes	
Composites	Rugby, Basketball, Football, Badminton, Netball	Trampolining, Badminton, Fitness, Football	Handball, Athletics, Cricket	<p>The sports are in line with the WESSA fixture calendar along with a focus on sports that students could go on to take at a GCSE level.</p> <p>Students continue to build on prior knowledge and application learnt in year 7 and 8, but with assessment based on the quality of their skills, techniques and decision making processes to meet challenges of conditioned/formal situation.</p> <p>Extra curricular sports are provided during lunchtimes and afterschool, which mirror the activities being taught for that term. This also includes competitive fixtures against other schools.</p>
Key Components	Consistent control and fluency of skills and techniques, shot/pass selection, tactical play	Turntable, cradle, somersault, roller methods of training, fitness testing, training zones. Health / skill related	Take off, flight, grip, angle, release, placement, stance, drive, hook, sweep, wing shot, Positions, adapt to	
Tier 3 language	Cross court, down the line, angled, lift, communication/influence, spin, screen, fast break	Cast/travel training zones, tariff	Barriers, reverse sweep, calling, open play	
Assessment	End of term assessment.	Fitness tests/End of term assessment	End of term assessment.	
The best that has been thought and said	Dan Carter, Michael Jordan, Ronaldo, Lin Dan, Eboni Usoro-Brown	Joe Wicks, Nora Perry, Lionel Messi	Jessica Ennis, Mo Farah, Freddie Flintoff, Ben Stokes	