

KS3	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Topic	Badminton / Tennis	Dodgeball	Gymnastics / Dance / Fitness	Basketball	Football	Athletics
Big Idea/Topic	Shot play, rules and technique	Throwing, dodging and blocking	Planning and performing routines to music	Dribbling, passing and shooting	Passing, dribbling and shooting	Running and jumping
Key Concepts/ Knowledge	<p>Serving - to know how to serve effectively</p> <p>Forehand - to know how to play a forehand stroke with the racket</p> <p>Backhand - to know how to effectively play a backhand stroke with your racket</p> <p>Smash - to be able to smash the ball / shuttlecock over the net to defeat your opponent</p> <p>Clear - to be able to clear effectively to ease pressure and reposition yourself on court</p> <p>Drop Shot - to be able to play a drop shot, working towards disguising it to tactically defeat your opponent</p>	<p>Throwing Develop throwing variations and throwing as part of a team Physical, Problem-Solving</p> <p>Dodging Develop dodging strategies and fluid movement Physical, Problem-Solving</p> <p>Blocking Develop directional blocking technique Physical, Analysis</p>	<p>Strength - the ability of muscles to exert force repeatedly</p> <p>Balance - the ability to stay in control of your body position</p> <p>Flexibility - ability to move through a range of motion</p> <p>Agility - transition between positions efficiently and quickly</p> <p>Coordination - the ability to use 2 or more body parts together</p> <p>Endurance - fitness required for these activities</p>	<p>Dribbling - Develop dribbling skills and variations</p> <p>Shooting - Develop shooting skills from different distances and angles, including feints</p> <p>Passing - Develop passing skills and decision making</p>	<p>Passing - Develop accurate passing skills over various distances</p> <p>Dribbling - Develop ball control skills using dribbling</p> <p>Turning - To be able to turn with the ball at your feet and change direction / beat an opponent</p> <p>Tactics and Technical - to know different formations, techniques and tactics that can change the game and consider success / failure</p>	<p>Sprinting - to develop forward momentum and speed / technique</p> <p>Distance Running - to know how to effectively build up your ability to take part in distance running</p> <p>Hurdling - to know how to successfully jump over obstacles and the use of speed in this</p> <p>Long jump - to develop coordination skills to launch and land successfully whilst achieving the greatest distance</p> <p>High Jump - to develop coordination skills to launch and land successfully whilst</p>

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