

## KS3 Curriculum

In KS3 pupils will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games such as badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis
- develop their technique and improve their performance in other competitive sports such as athletics and gymnastics
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

### Year 7

Pupils will learn to combine and perform a variety of skills with fluency and consistent accuracy and quality. Continual development and refinement of the necessary skills will contribute to producing an improved performance. Pupils will develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to use basic principles of play when selecting and applying tactics. Opportunities to referee/coach pupils will develop communication, leadership and decision making skills. Pupils will be able to highlight the possible health benefits gained from taking part in exercise and discuss the need to stay healthy and active. Pupils will evaluate their own and others strengths and weaknesses and suggest areas for improvement.

### Year 8

Pupils will learn to choose, combine and perform a variety of skills with accuracy and control. Pupils will further develop their ability. Teamwork and problem solving will be developed. Pupils will learn to use the fundamental principles of selecting and applying tactics. Pupils will further develop the skills necessary to outwit opponents. Pupils will make effective evaluations of strengths and weaknesses in their own and others performance. Pupils will prepare for and recover from exercise safely and effectively.

### Year 9

Pupils will learn to choose, combine and perform more advanced skills applying fluency, a greater accuracy and higher quality of technique. Pupils will learn to use advancing principles of when selecting and applying tactics. Pupils will further develop the skills necessary to outwit opponents. Pupils will learn to use principles of performance in planning tactics and strategies. Pupils will be able to adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations. Pupils will be able to use information gained from analysis of performance to influence and improve performances. Pupils will be able to take the initiative and decide how to develop and improve their own progress and that of others. Pupils will learn to prepare for and recover from exercise safely and effectively. Pupils will recognise the benefits to their health of regular exercise and the benefits of being active.