

Mount St Joseph – A Parent’s Guide to the Curriculum in Physical Education – KS3 2017-18

SCHEMES OF WORK

Term	Year 7 – 9 Content	
	BOYS	GIRLS
Term 1/2/3/4 Rotation	Football/Rugby/Fitness/Badminton/Table Tennis/Trampolining/Basketball	Netball/Fitness/Badminton/Table Tennis/Trampolining/Rugby/Dance
Term 5/6 Rotation	Athletics/Softball/Cricket/Rounders/Fitness/Orienteering	Athletics/Rounders/Cricket/Fitness/Orienteering

KEY SKILLS FOR DEVELOPMENT/ASSESSMENT FOCUS

MSJ PE	Year 7 – 9 Skills				
	Sporting Character	Practical Performance	Officiating and Leadership	Refining Coaching	Training to develop Health and Fitness
	5%	40%	10%	10%	35%
B	Know what a positive sporting characteristic is.	Attempt basic skills when practising.	State different leadership roles.	Recognise skills performed.	Identify the components of fitness.
1-2	State and describe what a positive sporting character is.	Successfully perform basic skills in variety of sports when practising. Know which skills to select when competing.	Describe leadership roles with examples.	Identify skills others are good at. Give partner some teaching points to improve.	Define different methods of training and classify what they improve.
3-4	Demonstrate positive sporting character.	Attempt basic skills/tactics in performance situation but not always accurate. Starting to make decisions when selecting/using skills.	Use knowledge to deliver part of a warm up. Attempt to officiate games.	Discuss own knowledge of teaching points/tactic to help others.	Understand how heart rates reflect fitness levels. Describe which method of training develops various components.
5-6	Be a role model when competing and encourage others.	Securely apply range of skills/tactics with accuracy when performing. Confidently make decisions in performance.	Demonstrate a variety of leadership roles. Accurately/consistently officiate one sport.	Accurately explain to others strengths/weaknesses. Confidently use key terms/TPs/tactics to help others improve.	Identify and begin to use principles of training to plan a session. Apply knowledge of methods to effectively plan and perform a session.
7-8	Identify strengths/weaknesses. Give others strategies to improve.	Perform a range of high difficulty skills/tactics in competitive performance. Identify strengths/areas of development and give them specific strategies.	Identify/describe strengths/weaknesses of a leader’s performance. Officiate a variety of sports.	Compare 2 performances. Make judgements and give detailed feedback.	Identify strengths/weakness for development in a session. Analyse/interpret HR/training zones/test results to judge fitness levels.
9	Evaluate impact of other’s character on their own/team’s performance.	Perform a range of high difficulty skills/tactics in competitive performance. Explain why a performance was effective or not.	Evaluate effectiveness of a leader, give detailed feedback.	Evaluate impact coaching has on performance.	Evaluate the effectiveness of sessions and justify how it can improve performance.

