

KS3 PHYSICAL EDUCATION

BIG questions in DAA?



OCR GCSE PE PROGRESSION

CNAT SPORTS STUDIES

How do I alter the length and direction of the ball to outwit my opponent?

BIG questions in Fitness

How do I apply attacking tactics to score points and win games?

TENNIS

Theme 7: **NET & WALL** DAA

Theme 6: TEAM WORK

How do we plan a safe route according to personal and team fitness levels? How do we use team strengths and weaknesses to work optimally in a race?

SECURING

Theme 1:

INVASION

BIG questions in Athletics? ATHLETICS

my stride pattern to Relay: How do I use the relay hox effectively? Long jump: How do I ensure a fluent transition? Throws: Should I do a run up? How do I apply tactics

Theme 3:

FITNESS HEALTHY LIFESTYLE

do I complete a training method safely

How do I know what the exercise improves?
How do I increase the intensity of my session to progress?

How do I plan a training programme to improve fitness?

nt tedium in training?

Theme 4: **LEADERSHIP**

NETBALL

How do we use a compass to walk on a bearing?

SPORTS Theme 5: LOCOMOTIVE EADERSHI

and strategies in a competition?

HIG questions in Sports Leadership? How can I organise competitions? What different roles can a sports leader undertake? How do I adapt my lesson to support and challenge? How do I plan and deliver a safe sports activity session? ake the most of my reflections to improve my practice?

THEORY determine my

movements? How do axes help me to rotate? How do I optimise m training programme?

How can I apply the principles of training to my needs in sport? Can I apply my new learning to short and long answer exam questions?

Theme 2: OOTBALL [HEORETICAL

BIG ouestions in Footbal

How can set pieces be used to gain advantage?

How can I deceive my opposition? How should I shoot to score? How can I defend the snace? ge and skills in a competitive game?

Theme 6:

TEAMWORK

BIG questions in Netball How can centre set plays be used to gain an advantage? Which centre set play should we perform according to the game? How do I hold my opponent to create space for myself or a teammate? How can I defend the circle edge to prevent the ball entering the semi-circle? Can I apply my new skills and knowledge in a competitive game?

TENNIS

NET & WALI

BIG questions in Tennis do I hit with direction and depth? How can I return the ball

based on speed and direction? How do I perform a basic

Theme 5: LOCOMOTIVE

ATHLETICS

BIG questions in Athletics?

Sprints: How does my foot strike and cadence effect my sprint technique?

Relay: How do we pass the baton without losing speed?

Long jump: How do I optimise take off, hang time, flight and landing for distance?

Throws: How do I maintain momentum and achieve the optimal flight trajectory?

BIG questions in DAA?

How do I use compass directions to navigate?

How do I use a compass to measure distance and estimate time How do I apply race strategies to a loop course?

Do people all learn the How can I use verbal and

non-verbal communication to teach and motivate? How do I organise groups and equipment to keep pace in my lesson? How do I plan and deliver a safe warm up and skill development activity? How do I reflect with purpose on

my lesson?

BIG questions in Sports Leadership

> Theme 4: **LEADERSHIP**

BIG questions in Dance
What is a stimulus in dance?
How can a stimulus inspire a dance sequence?

DANCE

How are counts and beats used in dance to keep in time to the music?

How can I apply different dynamics to portray my choreographic intention?

Theme 3:

CREATIVE

BIG questions in Theory
What muscles do I have in my body? How do my muscles allow for

movement? How can I improve my fitness? How can I adapt training methods to suit my needs? Can I apply my new learning to short answer exam questions

DEVELOPING

SPORTS

EADERSHIP

Theme 1: **NETBALL** INVASION

FOOTBALL

ore advanced movement phases to enhance my performa

BIG questions in Netball Where should I be sending the ball to maintain possession? Where should I receive the ball to maintain possession?
How can I use preliminary movements to outwit my opponent?

How can I defend a player off the ball to deny them the chance to receive the pass? How do I secure the interception?

Can I apply my new skills and knowledge in to a competitive game

Theme 2:

How can I use my pass to control the game?
How can I control the ball in different scenarios?

How can I beat my opponent whilst dribbling?

THEORY

How do I use man-to-man marking effectively to limit opportunities? Can I apply my new knowledge and skills in a competitive game?

THEORETICA

Where does the ball go when I hit it? How can my body work bilaterally? How can I sustain a rally using basic

TENNIS

Theme 7: **NET & WALL**

Theme 6: DAA



ATHLETICS

BIG questions in Football



Does teamwork make the dream work? How do Luse key features to orientate my man?

TEAM WORK



Theme 5:

LOCOMOTIVE

BIG questions in Theory
What is the purpose of my skeleton in physical activity and

How does my skeleton allow me to move? What is fitness in

Can I apply my new learning to multiple choice exam questions?

THEORY

Theme 2:

Theme 3: **CREATIVE**

DANCE

SPORTS Theme 4: LEADERSHIP LEADERSHIP

Relay: How do I pass a baton without DQ?

Throws: How do I throw for distance? Jumps: How do I jump for

THEORETICAL

BIG questions in Dance
What is a dance motif?

How do I develop a motif to form a routine? How do I use the choreographic devices of actions and space? How do I use movement patterns to enhance my perfor

BIG questions in Sports Leadership What qualities make a good sports leader? Is warming up a waste of time in a PE lesson? How do I plan an effective warm up? How do I deliver an effective warm up?

do I reflect on my practice?

Pillars of Progression:

Motor competence. Rules, strategies and tactics. Healthy participation



BIG questions in Football How can I control the ball using both of my feet? Which pass should I make?

FOOTBALL

Should I dribble, pass or shoot? How can I mark a player with the ball to prevent them from passing? Can I apply my new knowledge and skills in a competitive game?

NETBALL

Theme 1: INVASION

BASELINE What can vou already do in PE?

EMERGING

Your PE Journey Starts Here

BIG questions in Netball.

I can always just use a shoulder pass, can't I? Which pass should I select in a game? How do I mark a player with the ball?

How do I use my landing in netball to control the pace of a game? How can a pivot change the channel of play? Can I apply my new skills and knowledge in to a competitive game?



Lifelona **E**quality **A**ttitudes

> **P**ositive Secure