



Year 7

Fertile Question	Focus	Enrichment
How physically educated am I?	This will enable the department to set a benchmark for progress in the areas that are integral to PE. Pupils will develop their understanding of the components in a variety of sports/activities.	
Does practice make perfect?	During KS2, pupils would have learnt the basic principles of attack and defence, worked in small teams to plan how to play, taken different roles in some games, including attacker and defender and used and kept rules and conventions for games. In Year 8, pupils play a variety of conditioned handball games, work in small groups, use and apply football rules, knowledge of tactics and team organisation in handball and develop basic handball skills with basic principles of attack and defence. Pupils will attempt to understand the concept of practice and the different types of practice that will help them to develop their skill set as well as appreciating the importance of resilience when learning new skills.	Clubs & teams LYG competitions Inter-form GCSE PE / CNS
Is it better to be on the best team of the best player?	During KS2, pupils would have learnt the basic principles of attack and defence, worked in small teams to plan how to play, taken different roles in some games, including attacker and defender and used and kept rules and conventions for games. In Year 7, In this unit pupils will build on the fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition. Other links in this unit will allow pupils to develop physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Percentages and Scoring), Citizenship (sportsmanship), Computing (Video Recording and Analysing, use of ICT). Pupils will develop their understanding of the importance of teamwork versus individual performance in a variety of individual and team sports.	Clubs & teams Camden shield LYG competitions London schools competitions Inter-form GCSE PE / CNS Sportsday Wembley stadium Tottenham Hotspur Academy
What make Lebron James the complete basketball player?	During KS2, pupils would have learnt the learnt the basic principles of attack and defence, worked in small teams to plan how to play, taken different roles in some games, including attacker and defender and used and kept modified rules in small sided games. In Year 7, pupils will build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in basketball. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition. Pupils will develop their understanding of how a complete player not only needs to be a skilful individual but also needs to have an understanding of strategy, teamwork, motivation, vision and luck	Clubs & teams Camden shield LYG competitions Inter-form GCSE PE / CNS

# Physical Education

## KS3 Curriculum Map





	Fertile Question	Focus	Enrichment
Year 7	Who is more important, the athlete or the coach?	During KS2, pupils would have learnt the basic principles of attack, worked in small teams during modified versions of the game, experienced different roles including attack and defence and used and kept modified rules in small sided games. In year 7, pupils will focus on replication of the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in netball and be challenged in pressured and competitive situations. In all games activities, pupils are encouraged to think about ways to outwit the opposition. Pupils will develop their understanding of the role of a coach and to what extent does a coach impact on performance over the payers	Clubs & teams Camden shield LYG competitions Inter-form GCSE PE / CNS
	Is skill level nature or nurture?	During KS2, pupils would have experienced pacing themselves in floating and swimming challenges related speed, distance and personal survival, swimming unaided for a sustained period of time over a distance of at least 25m, using recognised arm and leg actions, lying on their front and back and using a range of strokes and personal survival skills. In Year 7, will develop their water confidence and understanding of water safety. They will focus on two swimming styles, developing their techniques, streamline positions and use of the components of fitness to improve pace and speed.	
	Does the fittest person always come first?	During KS2, pupils would have experienced running, jumping and throwing in an athletic form, replicated basic techniques in a competitive situation and followed health and safety guidelines when using equipment. In Year 7, pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances. Will explore variations in technique and use the information to become more technically proficient. Pupils will engage in performing and improving personal bests in relation to speed, height and distances. Pupils will develop their understanding of how fitness impacts on performance as well as strategy.	Clubs & teams Camden shield Borough Sports LYG competitions Inter-form GCSE PE / CNS
	Why is co-ordination the most effective component of fitness to help you outwit your opponent in tennis?	During KS2, Pupils would have developed an understanding of how to make contact with the ball, developed an understanding of how to move opposition out of position, experienced a number of net games using a variety of equipment and used and kept modified rules in similar games or mini-versions of tennis. In Year 7, pupils will replicate the core skills necessary to outwit opponents in competitive games. Pupils will develop their understanding of tactics and play shots within a rally more consistently. To develop physical literacy skills and personal bests. Pupil should begin to accurately score and officiate tennis games.	Clubs LYG competitions Inter-form GCSE PE / CNS International Festival Wimbledon

# Physical Education

## KS3 Curriculum Map



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	Fertile Question	Focus	Enrichment
Year 7	Is one skill more important than another?	During KS2, Pupils will have experienced a range of sending and receiving skills, explored the striking of a ball to score runs and used and kept modified rules in similar striking and fielding games or mini-versions of cricket. In Year 7, pupils will replicate and improve core skills in batting, bowling and fielding. Pupils will work on improving the quality of replication with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived/avoided and running between wickets/bases to score runs. Pupil should develop physical literacy/body movement competence and begin to accurately score games. Pupils will develop their understanding of the range and skills and techniques needed to be a successful cricketer.	Clubs LYG competitions Inter-form GCSE PE / CNS International Festival
	Is the bowler is the most important position?	During KS2, pupils would have experienced a range of sending and receiving skills explored the striking of a ball to score runs and used and kept modified rules in similar striking and fielding games or mini-versions of rounders. In Year 7, pupils will replicate and improve core skills in batting, bowling and fielding. Pupils will work on improving the quality of replication with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived/avoided and running between bases to score runs. Pupil should develop physical literacy/body movement competence and begin to accurately score games. Pupils will develop their understanding of the different roles on rounders.	Clubs & teams Camden shield LYG competitions Inter-form GCSE PE / CNS
	Does more muscle mean a higher level of fitness?	During KS2, pupils would have experienced some fitness activities that test physical capacity and followed simple warm up and cool downs. In Year 7, pupils will learn and accurately replicate specific techniques in a range of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles. Pupils will gain an understanding of warm ups, cool downs and health importance through physical tasks. To reflect on the benefits that fitness events give to an individual and implications for future life. Pupils will develop the understanding of fitness test and what muscles/components are being tested.	Club GCSE PE Virgin Active

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	Fertile Question	Focus	Enrichment
Year 8	Is one component of fitness more important than another in Handball?	During Year 7, pupils played a variety of conditioned handball games, worked in small groups, used and applied handball rules, knowledge of tactics and team organisation in handball and developed basic handball skills with basic principles of attack and defence. In Year 8, pupils will develop the capacity to be able to organise handball practices in groups, apply and adapt the principles of attack and defence in small sided games, to lead small parts of a warm up or cool down, learn about specific core skills to Handball and use and apply handball rules correctly. Pupils will develop their understanding of the importance of preparation and competition. The development of these core skills, tactics and the understanding of the rules are essential to KS4 accredited PE courses (GCSE PE & CNS). Pupils will develop their understanding of what component of fitness are suitable for different sports as well as being able to understand the impact of these components on performance.	
	What's more important, the training or the match?	During Year 7, pupils played a variety of conditioned football games, worked in small groups, used and applied football rules, some knowledge of tactics and team organisation in football and developed basic football skills with basic principles of attack and defence. In Year 8, pupils will develop the capacity to be able to organise football practices in groups, apply and adapt the principles of attack and defence in small sided games, to lead small parts of a warm up or cool down, learn about specific core skills to Football and use and apply football rules correctly. Pupils will develop their understanding of the importance of preparation and competition. The development of these core skills, tactics and the understanding of the rules are essential to KS4 accredited PE courses (GCSE PE & CNS)	
	What is a skill?	During Year 7, pupils played a variety of conditioned basketball games, worked independently and in small groups, used and applied basketball rules, some knowledge of tactics and team organization in basketball and developed basic basketball skills. In your 8, pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply core basketball skills using them tactically with the intention of outwitting their opponents. Pupils will gain an improved knowledge of small sided competitive games and rules than underpin the game. The development of these core skills, tactics and the understanding of the rules are essential to KS4 accredited PE courses (GCSE PE & CNS). Pupils will develop their understanding of the different types of skill and how and when they are applicable in sport.	

# Physical Education

## KS3 Curriculum Map



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	Fertile Question	Focus	Enrichment
Year 8	To be an effective netball player you need to have excellent skills and technique only. Discuss.	During Year 7, pupils played a variety of conditioned netball tasks and games, worked in small groups in a number of roles, used and applied netball rules, acquired some knowledge of tactics and team organisation in netball and used core netball skills. In Year 8, pupils will experience setting up and organising netball practices in groups, apply and adapt the principles of attack and defence in small sided games activities, warmed up and cool down safely, experienced core netball skills and attempt more advanced variations and use and apply netball rules. The development of these core skills, tactics and the understanding of the rules are essential to KS4 accredited PE courses (GCSE PE & CNS).	
	Is understanding your weaknesses more important than knowing your strengths?	During Year 7, pupils accurately replicated a range of recognized strokes, techniques and personal survival skills. They carried out a number of activities aiming to provide pupils with an opportunity to identify and solve problems when swimming. Pupils analysed and evaluate stroke proficiency and technique and suggest changes for improvement. In all swimming activities pupils will understand the importance of water safety. They will set targets for improvement. In Year 8, pupils will further develop their technique in two strokes and attempt to use one or more different strokes. Focus will be place upon competition and the use of turns and diving starts.	
	What makes Katarina Johnson-Thompson so special?	In Year 7, pupils developed basic skills in a range of events, gained knowledge of personal running, jumping & throwing capacity, awareness of strengths and limitations and applied strategies in competitive situations. In year 8, pupils will begin to use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness, different body systems and their relationship to performance. Pupils will perform and improve core skills and personal/team bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity. Pupils will develop their understanding of how different each event is and how they can use certain skills, components of fitness and strategy to help with all events	
	When & why are the other components of fitness utilized in tennis?	During Year 7, pupils developed an understanding of simple net games replicating core skills in a competitive environment, worked in a pair and experienced teamwork/communication skills and used and kept a set of rules in singles and doubles games. In Year 8, pupils will focus on consistently replicating core skills through conditioned situations. Pupils will develop the ability to land the ball in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games.	

# Physical Education

## KS3 Curriculum Map



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	Fertile Question	Focus	Enrichment
Year 8	Is power or patients the key to success?	In Year 7, would have developed an understanding of basic batting, bowling and fielding tactics, experienced a range of core cricket skills, understood and identified specialist positions for cricket and keep score and experienced an umpired game. In Year 8, pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will develop the ability to place the ball in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games. Pupils will develop their understanding of when to use attacking/defensive tactics.	
	To be an effective rounder's player you need excellent skills and techniques only. Discuss.	In Year 7, pupils would have developed an understanding of basic batting, bowling and fielding tactics, experienced a range of core rounders skills, understood and identified specialist positions for rounders and experienced an umpired game. In Year 8, pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will develop the ability to place the ball in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games.	
	How do you I know my muscles work?	In Year 7, pupils used a range of health and fitness terminology, led simple warm up and cool downs and demonstrated a range of fitness activities testing individual's physical capacity. In Year 8, pupils will be encouraged to experience specific fitness based skills in a range of different contexts. To further develop an ability to evaluate and assess movements and techniques to produced refined outcomes. Pupils will further investigate ways of warming up and the importance of health through completion of physical tasks. Pupil will develop confidence in movement and test mental capacity through linked heart rate to exercise. Pupils will develop their understanding of the names of the skeletal muscles, how they work in pairs and what sporting skills require different muscles.	

# Physical Education

## KS3 Curriculum Map



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