

KS3 CURRICULUM



EXPLORE



DEVELOP



PERFORM



1. Love of learning and participation.
2. Confidence working with peers.
3. Contribute to group discussion.



4. Lead peers in warm up.
5. Experience leadership roles.
6. Make a useful verbal contribution to working with peers/teams.



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1. Show respect to staff and peers.
2. Learn fair play and integrity.
3. Components of teamwork.



4. Operate as part of a team.
5. Motivate self and others.
6. Recognise importance of resilience



4. Lead peers in warm up.
5. Experience leadership roles.
6. Make a useful verbal contribution to working with peers/teams.



1. Technique development.
2. Skills in isolation.
3. Replication of skills in open environment



4. Increased control and fluency.
5. Skill application.
6. Outwit an opponent.



7. Transferral of skills/techniques.
8. Strategies and tactics.
9. Performance analysis.



1. Understand 3 phases of a warm up
2. Introduction to activity rules.
3. Sport specific positions.



4. Knowledge of rules through participation and officiating.
5. Development of positions.
6. Leadership.



7. Transferral of skills/techniques.
8. Strategies and tactics.
9. Performance analysis.

