

GCSE PE Key Stage 3 Overview

| | Module 1 | Module 2 | Module 3 | Module 4 | Module 5 | Module 6 |
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| Year 7 | <p>University Challenge:</p> <p>Context: Cricket</p> <p>Skills: Learning correct bowling technique, using none throwing arm to aim and direct the ball, generating speed and distance from bowl</p> <p>Eyes focused on ball, judgment of the flight of the ball, reaction skills / making hands big, positioning body in line with ball</p> <p>Grip (holding the bat properly), correct stance, appropriate distance from wicket, judgment of incoming ball, defensive and attacking batting techniques</p> <p>Communication, awareness of space, positioning, team work, understanding of individual strengths and weaknesses</p> | <p>University Challenge:</p> <p>Context: Basketball</p> <p>Skills: Appropriate weight of pass to team mates, decision making when making a pass, variation of passes (chest, bounce, baseball, outlet & no look)</p> <p>Different types of dribbling, awareness of space in order to dribble, ball control, decision making to enable successful dribbling</p> <p>Distance of shots, appropriate power, accuracy of shot, variation of shots (Jump, set, free-throws)</p> <p>2vs2, 3v3, team work, communication, fast Play, decision Making</p> <p>pressuring the ball, deny space, blocking, identify the danger quickly, rebounds</p> <p>2v3, 3v4, decision making, fast play, counter attacking, switch of possession</p> | <p>University Challenge:</p> <p>Context: Football</p> <p>Skills: Different types of passes (inside, outside), weight of pass (not to hard, not to soft), timing of pass, decision making when passing, small touches keeping the ball as close as possible to feet, ability to use different parts of foot to dribble, awareness of space, decision making (when is good to dribble), A,B,C's, low body position when dribbling Different part of foot to shoot (inside, laces, outside), power of shot, accuracy of shot, decision making when shooting (when is best to shoot, type of shot to do)</p> <p>Handling of ball, appropriate distribution of ball (feet, hands), positioning, communication, awareness</p> <p>Team work, communication, decision making, movement off the ball, shielding the ball</p> | <p>University Challenge:</p> <p>Context: Tag Rugby</p> <p>Skills: Success with running with the ball, encouraging players to run forward, creating an environment that allows players to succeed</p> <p>Attack the space, changing direction whilst going forward, whole – part – whole</p> <p>Understanding the ball can't be passed forward, ball carriers have to run forward before passing, swing the ball across the chest to partner follow through with hand</p> <p>Running to keep the ball, support behind the ball carrier, with left and right options, 2 vs 1, 3 vs 2, 4 vs 3</p> <p>Decision making, pressuring the ball, deny Space</p> <p>Continuous attack, narrow then wide, fast play, counter attacking, switch of possession</p> | <p>University Challenge:</p> <p>Context: Table Tennis</p> <p>Skills: Safety of equipment – storage, basic bat control, technique for backhand push, revise backhand push, develop accuracy to targets</p> <p>Technique for forehand drive, basic backhand push service, knock up using backhand push and forehand drive, recap forehand with movement (footwork)</p> <p>Knock up forehand topspin services to various targets, recap backhand service, knock up Technique for backhand drive</p> <p>combination of backhand and forehand drive with movement (footwork), long and short topspin, backhand push and return of service</p> <p>Combination of backhand push and forehand drive on same line to incorporate movement (footwork), technique of forehand push – to targets or combined with backhand if able</p> | <p>University Challenge:</p> <p>Context: Badminton & Tennis</p> <p>Skills: Safety of equipment – storage, backhand “thumb” grip and forehand “v” grip, Importance of reach, develop accuracy</p> <p>Use of steps as a method of moving, develop grip changing skills</p> <p>Net play and lunge, Lunging stability and balance</p> <p>Introduce the split step start, development of net shots</p> <p>Introduce backhand short serve, progress towards rally situations, front court backhand lift</p> <p>Recap of all techniques, team work, communication</p> |