

## Key Stage 3 Overview: PE Year 7

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
<b>Year 7</b>	<p><b>University Challenge:</b> Outwitting Opponents</p> <p><b>Context:</b> Pupils will be assessed each module using a 'core task' for each activity they study. Pupils should be encouraged to develop their <b>basic skills</b>, tactics and strategies at Year 7. Criteria for success will focus on the following key aims of the Curriculum for PE:</p> <ul style="list-style-type: none"> <li>• <b>Sporting competence and technique</b></li> <li>• <b>Tactical awareness and use of strategy</b></li> <li>• <b>Evaluation and improvement of performance</b></li> </ul> <p><b>Skills: Netball</b> <b>Core skills to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Shoulder Pass</li> <li>• 1st Stage of Defending</li> <li>• Footwork</li> <li>• Receiving the ball with two hands</li> <li>• Shooting</li> </ul> <p>Static shooting technique</p> <p><b>Core strategies tactics to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Attack</li> <li>• Free pass received</li> <li>• Dodging</li> <li>• Passing into the circle</li> <li>• Defending</li> <li>• Defending man to man marking</li> <li>• Defending the ball</li> </ul>	<p><b>University Challenge:</b> Outwitting Opponents</p> <p><b>Context:</b> Pupils will be assessed each module using a 'core task' for each activity they study. 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	<p><b>Skills: Basketball</b></p> <p><b>Core skills to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Strong hand dribbling</li> <li>• Strong hand lay-up off a 5 stride run-up</li> <li>• Cross-over</li> <li>• Set-shot (from inside the key)</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Overhead pass</li> <li>• Boxing out and rebounding</li> <li>• One on one defending</li> <li>• Defensive stance</li> <li>• Defensive slides</li> </ul> <p><b>Core strategies tactics to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Moving into space to receive the ball.</li> <li>• V cut and L cut.</li> <li>• Moving quickly into an offensive position in attack.</li> <li>• Getting back quickly into a defensive position in attack.</li> <li>• Reading the court to pass ahead.</li> </ul>	<ul style="list-style-type: none"> <li>• Strong hand lay-up off a 5 stride run-up</li> <li>• Cross-over</li> <li>• Set-shot (from inside the key)</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Overhead pass</li> <li>• Boxing out and rebounding</li> <li>• One on one defending</li> <li>• Defensive stance</li> <li>• Defensive slides</li> </ul> <p><b>Core strategies tactics to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Moving into space to receive the ball.</li> <li>• V cut and L cut.</li> <li>• Moving quickly into an offensive position in attack.</li> <li>• Getting back quickly into a defensive position in attack.</li> <li>• Reading the court to pass ahead.</li> </ul>	<ul style="list-style-type: none"> <li>• Creating space</li> <li>• Avoiding tight spaces</li> <li>• Switching play</li> <li>• Appropriate time to pass the ball</li> </ul> <p><b>Skills: Table Tennis</b></p> <p><b>Core skills to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Serve</li> <li>• Forehand Drive</li> <li>• Backhand Push</li> </ul> <p><b>Core strategies tactics to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Serving to the corners of the table.</li> <li>• Playing a forehand drive off an opponent's poorly performed shot.</li> <li>• Using a backhand push to stay in a rally and create a difficult return for the opponent.</li> </ul>	<ul style="list-style-type: none"> <li>• Serve</li> <li>• Forehand Drive</li> <li>• Backhand Push</li> </ul> <p><b>Core strategies tactics to be acquired-</b></p> <ul style="list-style-type: none"> <li>• Serving to the corners of the table.</li> <li>• Playing a forehand drive off an opponent's poorly performed shot.</li> <li>• Using a backhand push to stay in a rally and create a difficult return for the opponent.</li> </ul>	<ul style="list-style-type: none"> <li>• Javelin (600g)</li> <li>• 100m</li> <li>• Hurdles</li> <li>• High Jump</li> <li>• Long Jump</li> <li>• 300m</li> </ul>	<ul style="list-style-type: none"> <li>• Shot Put (3.25 kg)</li> <li>• Javelin (600g)</li> <li>• 100m</li> <li>• Hurdles</li> <li>• High Jump</li> <li>• Long Jump</li> <li>• 300m</li> </ul>
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