

KS3 Curriculum Plan

Subject: Performance

	Autumn 1 & 2	Spring 1 & 2	Summer 1 & 2
Year 7	Develop performance and knowledge of the basic fundamental movement skills within 'Invasion Games.' Example activities - Football, Rugby, Handball, Netball, Badminton, Basketball	Develop performance and knowledge of the basic fundamental skills within dance/ gymnastic type activities and also health and fitness related activities. Develop basic knowledge of outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. For example orienteering	Develop knowledge and performance of fundamental movement skills of those activities that require the learners to compare their performances to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best and in striking and fielding games. Example activities- Athletics, Cricket and Rounders
Year 8	Further develop performance and knowledge of the basic fundamental movement skills within 'Invasion Games' and apply more consistently in competitive scenarios. Introduction of some advanced skills and tactics. Example activities - Football, Rugby, Handball, Netball, Badminton , Basketball	Further develop performance and knowledge of the basic fundamental skills within dance/ gymnastic type activities and also health and fitness related activities. Opportunities for evaluation and analysis of others and own performance. Further develop knowledge of outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills and tactics to solve problems, either individually or as a group. For example orienteering	Further develop knowledge and performance of fundamental movement skills of those activities that require the learners to compare their performances to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best and in striking and fielding games. More advanced skills will be introduced. Example activities- Athletics , Cricket and Rounders
Year 9	Accurate replication of fundamental movement skills within 'Invasion Games'. Secure knowledge of rules. Acquire the knowledge to understand how to outwit opponents within 'Invasion Games' by selecting the appropriate skills and/or tactic. Example activities- Football, Rugby, Handball, Netball, Badminton and Hockey	Develop performance and knowledge of more advanced skills within dance/ gymnastic type activities and also health and fitness related activities. Opportunities for evaluation and analysis of others and own performance. Develop more advanced knowledge of outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills, tactics and strategies to solve problems, either	Accurately replicate skills and apply knowledge and tactics of those activities that require the learners to compare their performances to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best and in striking and fielding games. Example activities- Athletics , Cricket and Rounders

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		individually or as a group. For example orienteering	
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