



Unit Provision KS3: Active Curriculum Learning Journey 2021 – 2022

Term 1	Invasion Games: Basketball <ul style="list-style-type: none"> - Passing and receiving - Attack and defence - Small sided games - Tactics and application of skills within a game 		Athletics: Indoor Athletics <ul style="list-style-type: none"> - Throwing: indoor javelin, chest pass throw, indoor discus - Running: sprint starts, mini hurdles - Jumping: standing long jump, speed bounce
Term 2	Health Related Fitness: Boxercise <ul style="list-style-type: none"> - Stance - Jabs - Uppercuts - Blocks 	Outdoor Adventurous Activities: Team building <ul style="list-style-type: none"> - Plan - Do - Review 	Invasion Games: Handball <ul style="list-style-type: none"> - Passing and receiving - Attack and defence - Small sided games - Tactics and application of skills within a game
Term 3	Health Related Fitness: Circuit training <ul style="list-style-type: none"> - Cardiovascular - Muscular Endurance - Sport specific 	Health Related Fitness: Yoga <ul style="list-style-type: none"> - Breathing - Movements - Flow of movements 	Net/wall Game: Volleyball/Sitting Volleyball <ul style="list-style-type: none"> - Stance - Dig, volley, spike - Serve - Positions - Application in small sided games - Scoring
Term 4	Gymnastics <ul style="list-style-type: none"> - Travelling: rolls, jumps, turn, leaps - Individual balances - Starting & finishing positions - Individual, paired sequence - Review 		Invasion Games: Hockey/Uni hoc <ul style="list-style-type: none"> - Grip - Passing and receiving - Tackling - Shooting - Application in small sided games
Term 5	Invasion Games: Tag Rugby <ul style="list-style-type: none"> - Passing and receiving - Attack and defence - Small sided games - Tactics and application of skills within a game 		Net/wall Games: Short tennis/ target games <ul style="list-style-type: none"> - Sending: forehand/backhand - Serve - Small sided games - Tactics and application of skills within a game
Term 6	Fielding & Run Scoring: Rounders <ul style="list-style-type: none"> - Fielding: throwing & catching, short/long barriers - Hitting: grip, stance, tactical awareness - Fielding positions - Small and full sided games 		Athletics <ul style="list-style-type: none"> - Throwing: javelin, chest pass throw/shot putt, discus - Running: sprint starts, sprints 25m – 200, 800m, hurdles - Jumping: standing long jump, standing triple jump

Big Ideas:

Athletics
 Games
 Outdoor and Adventurous Activities
 Gymnastics
 Health Related Fitness

Individual Need:

Students will access varying amounts of the big ideas content dependent on individual need

