



Key Stage 3 Scheme of Work PE

Physical Education - Year 7 Half Term 1							
Week	Theme	Subject content / Knowledge	Skills	Assessment	Differentiation		Key Resources
					Support	Challenge	
1	Outwitting opponents	How might we retain control of the ball? Ball familiarisation. Muscles identification.	Knowledge of the equipment. Knowledge of techniques for control. Applying control.	Skill based drills. Individual ball retention based activity.	Emphasis on motor skills Installation of conditions which negate barriers to development such as dispossession. Matched ability groupings	Surface area. Conditioned games. Number of touches. Control with a variety of positions to control the ball. Timeframe. Situational games. Encourage creative expression.	Knowledge Organisers Task cards
2	Outwitting opponents	How can we outwit our opponents using ball control? Ball familiarisation Muscles identification.	Knowledge of the equipment. Knowledge of techniques for control. Applying control.	Skill based drills. Individual ball retention based activity.	Emphasis on motor skills. Installation of conditions which negate barriers to development such as dispossession. Matched ability groupings.	Surface area. Conditioned games. Number of touches. Control with a variety of positions to control the ball.	



						Timeframe. Situational games. Encourage creative expression.	
3	Outwitting opponents	<p>Why is retaining the ball important for success?</p> <p>Ball familiarisation & passing and receiving.</p> <p>Muscles identification.</p>	<p>Knowledge of the equipment.</p> <p>Knowledge of techniques for control.</p> <p>Knowledge of how to pass.</p> <p>Knowledge of how to reduce pressure.</p>	<p>Skill based drills.</p> <p>Possession based activity.</p>	<p>Emphasis on motor skills.</p> <p>Installation of conditions which negate barriers to development such as dispossession.</p> <p>Matched ability groupings</p>	<p>Surface area.</p> <p>Conditioned games.</p> <p>Number of touches.</p> <p>Control with a variety of positions to control the ball.</p> <p>Timeframe.</p> <p>Situational games.</p> <p>Encourage creative expression.</p>	
4	Outwitting opponents	<p>How does pressure affect our ability to retain control and how can we avoid pressure?</p> <p>Ball familiarisation & passing and receiving.</p>	<p>Knowledge of the equipment.</p> <p>Knowledge of techniques for control.</p> <p>Knowledge of how to pass.</p> <p>Knowledge of how to reduce pressure.</p>	<p>Skill based drills.</p> <p>Possession based activity.</p>	<p>Emphasis on motor skills.</p> <p>Installation of conditions which negate barriers to development such as dispossession.</p> <p>Matched ability</p>	<p>Surface area.</p> <p>Conditioned games.</p> <p>Number of touches.</p> <p>Control with a variety of positions to</p>	



		Muscles identification.			groupings.	control the ball. Timeframe. Situational games. Encourage creative expression.
5	Outwitting opponents	How can we avoid pressure successfully? Ball familiarisation & passing and receiving. Muscles identification.	Knowledge of the equipment. Knowledge of techniques for control. Knowledge of how to pass. Knowledge of how to create space. Knowledge of how to reduce pressure.	Skill based drills. Possession based activity.	Emphasis on motor skills. Installation of conditions which negate barriers to development such as dispossession. Matched ability groupings.	Surface area. Conditioned games. Number of touches. Control with a variety of positions to control the ball. Timeframe. Situational games. Encourage creative expression.
6	Outwitting opponents	How can we apply power to different passing techniques? Ball familiarisation & passing and receiving. Muscles identification.	Knowledge of the equipment. Knowledge of techniques for control. Knowledge of how to pass. Knowledge of how to create space. Knowledge of how to reduce pressure.	Skill based drills. Possession based activity.	Emphasis on motor skills. Installation of conditions which negate barriers to development such as dispossession. Matched ability groupings	Surface area. Conditioned games. Number of touches. Control with a variety of positions to control the ball. Timeframe. Situational



						games. Encourage creative expression.	
7	Outwitting opponents	How do you know when to make the correct pass? Ball familiarisation & passing and receiving. Muscles identification.	Knowledge of the equipment. Knowledge of techniques for control. Knowledge of how to pass. Knowledge of how to create space. Knowledge of how to reduce pressure.	Skill based drills. Possession based activity.	Emphasis on motor skills. Installation of conditions which negate barriers to development such as dispossession. Matched ability groupings.	Surface area. Conditioned games. Number of touches. Control with a variety of positions to control the ball. Timeframe. Situational games. Encourage creative expression.	