



# Queen Elizabeth's Girls' School

*Educating Women of the Future*

## Key Stage 3 Curriculum

	Topic/Big Question	Focus	Enrichment
Year 7	How can we stay safe in the water?	Swimming: Pupils will explore a range of core skills in Swimming, developing water confidence and the ability to stay safe in water through the development of front crawl and backstroke. Some pupils will move onto developing their skills in breaststroke.	Create a water safety poster for the pool environment
	How can we use a range of stimuli to inspire our dance choreography?	Dance: Pupils will explore a range of compositional ideas in relation to a set stimulus. Choreograph performance in groups.	Watch Matilda the musical
	Can we creatively use balances, travel and flight to produce an aesthetic performance both individually and in groups?	Gymnastics: Pupils will learn point, patch, counterbalance and counter tension balances They will explore different methods of travelling across a mat and learn how to safely take off, flight and land from low level apparatus. These skills will then be put together into a floor routine.	Watch Olympic gymnastics floor routines, can you add any dance elements to create greater fluency and aesthetics in your performance
	How can we use power and endurance to improve our performance in both track and field events? What are the components of fitness, can we link these into a sporting example?	Athletics: Pupils will explore a range of track and field events, focusing on the use of speed, power or endurance in order to achieve a greater distance or a faster time. Embed components of fitness and the muscles used.	What are the rules for each event at Olympic level?
	How can we outwit our	Outwitting (netball): Pupils will explore transferable skills e.g. attacking, receiving,	Go on BBC iplayer and

	opponent?	give and go and defending through conditioned netball games.	watch a match/ game of your own choice
	How do I use effective techniques to navigate using a map? How can I complete a course quickly?	Orienteering: Pupils will explore a range of skills to navigate using a map to find set points on the school grounds. They will apply these skills under pressure to complete courses as quickly as possible	Create a map of your local area and plot a route to explore
	Can I strike the rounders ball in different directions? Can I throw a ball over varying distances?	Rounders: Pupils will develop their striking and fielding skills in a variety of conditioned rounders games. They will learn how to field over varying distances and develop their batting skills.	Rounders club

	Topic/Big Question	Focus	Enrichment
Year 8	Are we able to explore a range of core skills to move effectively through the water in at least 2 strokes?	Swimming: Pupils will explore core skills in front crawl, backstroke and breaststroke in order to move faster and more effectively through the water. Pupils will begin to explore starts, turns and finishes and begin to swim over a distance.	What are the Olympic rules for a chosen stroke?
	Can we use different choreographic devices to create different circus acts within our dance?	Dance: Pupils will explore different choreographic devices to create a dance scene set in a circus. Using different circus acts and messages as a theme, pupils will create a dance to songs from The Greatest Showman.	What other musical theatre films could you create a dance to?
	How can you effectively get into space and use a range of passes in order to outwit your opponent?	Netball: Pupils will build upon transferable skills taught in Year 7, exploring netball core specific skills, and developing competitive play. <ol style="list-style-type: none"> <li>1. Passing and receiving (chest pass, shoulder pass, one/two handed passing).</li> <li>2. Dodging – single/double/sprint.</li> <li>3. Marking a player.</li> <li>4. Shooting (close/distance) or rebounding (attacking or defending) or marking a pass/intercepting (centre court players).</li> <li>5. Footwork and movement – landing on one/two feet, pivoting.</li> </ol>	What are the key rules of netball?

	How can we increase our performance in both track and field events?	Athletics: Pupils will explore a range of track and field events, focusing on the use of technique in order to gain a greater distance or a faster time.	How can we gain greater distance in throwing events?
	Net games - Why is hand eye coordination important in badminton/ ?	Badminton: Pupils will explore a range of core skills: Service – high, low, flick (forehand or backhand). Overhead – clear, drop (forehand and backhand where appropriate). Underarm – clear, drive, drop (forehand and backhand where appropriate). Net play. Smash To be able to play in a competitive game	Watch a badminton game from the last olympics on youtube.
	How do I effectively field to get your opponents out? How can we tactically order our players when batting to be more successful?	Rounders: Pupils will develop their striking and fielding skills in full sized rounders games. They will learn how to field over varying distances and develop their batting skills.	Rounders club
	Can we extend our use of flight to be able to complete 2 differing vaults and peer assess against gymnastics vaulting criteria. Extend all our skills into a group routine.	Pupils will explore the gymnastics event of vaulting, be able to perform 2 differing vaults as well as peer assess other vaults. Pupils will work in groups to create a sequence using apparatus and all the skills they have explored in KS3 gymnastics.	What are the rules in vaulting? What deductions might a judge make?

	Topic/Big Question	Focus	Enrichment
Year 9	Are we able to apply core skills to competitive situations, moving effectively through the water in at least 1	Swimming: Pupils will continue to develop core skills in front crawl, backstroke and breaststroke in order to move faster and more effectively through the water in competitive situations. Races will be introduced. Pupils will also have the opportunity to explore life saving skills to keep themselves and others safe in the water and learn how to play water polo.	Rookie lifeguard skills

stroke?		
How can we outwit our opponent?	<p>Badminton: Pupils will explore a range of core skills:</p> <p>Service – high, low, flick (forehand or backhand).</p> <p>Overhead – clear, drop (forehand and backhand where appropriate).</p> <p>Underarm – clear, drive, drop (forehand and backhand where appropriate).</p> <p>Net play.</p> <p>Smash, extending the skills they learnt in Y8. Developing knowledge of tactics in a game in order to select the correct shot to outwit their opponent.</p>	What are the badminton rules for singles and doubles, how are they similar and how do they differ?
How can we improve our own fitness weaknesses?	<p>Fitness: Pupils will explore the components of fitness and relevant tests to measure. They will then explore a range of methods of training in order to gain and apply knowledge and understanding in order to improve a given weakness. Learn new skills through boxercise.</p>	What sports require each fitness component? How can we train these components?
How can we successfully outwit our opponent under competitive pressure in small sided and full games?	<p>Netball: Pupils will build on skills learned last year, exploring set plays e.g. centre pass and back line passes. Developing tactics to successfully outwit their opponents. Pupils will be able to officiate games, demonstrating a good understanding of the rules.</p>	What calls might an umpire make during a game?
Can we work as a team to get the best team score from a range of events?	<p>Athletics: Pupils will revisit skills and techniques from a range of events following the GCSE criteria to improve performance and look specifically at the breakdown of the skills in order to achieve the most successful performance possible.</p>	What events make up the heptathlon and decathlon?
How do I effectively field to get your opponents out? How can we tactically order our players when batting to be more successful?	<p>Rounders: Pupils will develop their striking and fielding skills in full sized rounders games, including fielding and batting tactics. They will learn how to field over varying distances and develop their batting skills. Pupils will learn how to umpire and score a match.</p>	Watch a rounders england game on youtube.