



Queen Elizabeth's Girls' School

Educating Women of the Future

Key Stage 3 Curriculum 2023/24

	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 sweets with different textures and shapes as a stimulus for our dance choreography?	Dance: Pupils will explore a range of compositional ideas in relation to a set stimulus. Choreograph performance in groups.	Watch Michael Bourne's Nutcracker
	Can we creatively use balances, travel and flight to produce an aesthetic performance both individually and in groups? 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.	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. 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.	Watch Olympic gymnastics floor routines, can you add any dance elements to create greater fluency and aesthetics in your performance What are the rules in vaulting? What deductions might a judge make?

	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 opponent?	Outwitting: Pupils will explore transferable skills e.g. attacking, receiving, give and go and defending through a range of different sports. How are these skills similar, despite a different sport?	Go on BBC iplayer and 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

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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, whilst still making reference to a range of other activities.	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?
	How can I transfer skills from netball to help me in basketball?	Basketball: Pupils will develop new skills in basketball such a dribbling, shooting with a backboard, screens and half court defense. Pupils will play in a range of conditioned and half court games.	Watch a basketball league game 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

	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 stroke?	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.	Rookie lifeguard skills
	How can we outwit our opponent?	Badminton: Pupils will explore a range of core attacking and defending skills in order to successfully outwit their opponent.	What are the badminton rules for singles and doubles, how are they similar and how do they differ?
	How can we improve our	Fitness: Pupils will explore the components of fitness and relevant tests to measure.	What sports require

	own fitness weaknesses?	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.	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?	Netball: Pupils will build on skills learned last year, exploring set plays e.g. centre pass and back line passes. Pupils will be able to officiate games, demonstrating a good understanding of the rules.	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?	Athletics: Pupils will revisit skills and techniques from a range of events, self and peer assessment to improve performance. Pupils will be placed in teams and compete in a range of events to see who can score the highest.	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?	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.	Watch a rounders england game on youtube.