

Physical Education
Key Stage 3 Curriculum Map

Woolwich Polytechnic School for Boys

YEAR 7 CURRICULUM EXPECTATIONS

KEY KNOWLEDGE	KEY SKILLS
Pupils will develop an understanding of: • Fundamental movement skills • Agility, balance, coordination, speed and how these transfer across different sports. • Rules, regulations and fair play • Knowledge of basic rules, scoring systems and the importance of honesty, respect and sportsmanship. • Tactics and strategies • Principles of attack (e.g. creating space, support play) and defence (e.g. marking, positioning, delaying opponents). • Technique and performance • How correct technique improves performance, accuracy, consistency and reduces injury risk. • Roles and responsibilities • Understanding different roles such as player, captain, coach, umpire/referee and how each contributes to games. • Health and fitness • Components of fitness (strength, endurance, flexibility, speed) and how physical activity benefits overall health and wellbeing. • Decision-making • Selecting appropriate skills and tactics in response to changing game situations. • Communication and teamwork • Verbal and non-verbal communication, cooperation and leadership in team and individual activities. • Safety and injury prevention • Safe use of equipment, awareness of space, warm-up/cool-down importance and basic injury prevention principles. • Performance analysis and improvement • How to evaluate performance, identify strengths and areas for development, and apply feedback to improve.	Pupils will develop an understanding of: Fundamental movement skills Agility, balance, coordination, speed and how these transfer across different sports. Rules, regulations and fair play Knowledge of basic rules, scoring systems and the importance of honesty, respect and sportsmanship. Tactics and strategies Principles of attack (e.g. creating space, support play) and defence (e.g. marking, positioning, delaying opponents). Technique and performance How correct technique improves performance, accuracy, consistency and reduces injury risk. Roles and responsibilities Understanding different roles such as player, captain, coach, umpire/referee and how each contributes to games. Health and fitness Components of fitness (strength, endurance, flexibility, speed) and how physical activity benefits overall health and wellbeing. Decision-making Selecting appropriate skills and tactics in response to changing game situations. Communication and teamwork Verbal and non-verbal communication, cooperation and leadership in team and individual activities. Safety and injury prevention Safe use of equipment, awareness of space, warm-up/cool-down importance and basic injury prevention principles. Performance analysis and improvement How to evaluate performance, identify strengths and areas for development, and apply feedback to improve.

YEAR 7



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	AUTUMN 1 Fitness Testing	AUTUMN 2 Rugby	SPRING 1 Football	SPRING 2 Basketball	SUMMER 1 Athletics	SUMMER 2 Cricket
KNOWING WHAT	Components of fitness (strength, endurance, speed, flexibility) Purpose of fitness tests and how performance is measured	Basic rules (backward passing, scoring) Simple attacking and defensive principles	Rules including fouls and positions Principles of attack (width, space) and defence (marking)	Rules (dribbling, travelling, scoring) Court positions and basic tactics	Rules and techniques for running, jumping, throwing How performance is measured (time/distance)	Basic rules (batting, bowling, fielding, scoring) Strategies in striking/fielding games
KNOWING HOW	Perform and record fitness tests accurately Apply maximum effort and track personal performance	Pass, catch and move with the ball Apply evasion and basic defensive positioning	Control, pass and shoot with accuracy Apply skills in small-sided games	Dribble, pass and shoot under pressure Use space and movement effectively in game play	Demonstrate effective running, jumping and throwing technique Improve performance through repetition and feedback	Strike, bowl and field effectively Apply transferable skills (throwing, catching, movement) in varied games Work collaboratively in team-based challenges
PLANNED ASSESSMENT	Baseline fitness scores recorded Self-assessment against personal targets	Teacher observation of skills in drills and small-sided games Assessment of teamwork and understanding of rules	Performance in game situations Peer/self-assessment of decision-making and technique	Skill execution under pressure in conditioned games Tactical awareness in match play	Measured performance (times/distances) Comparison against baseline or personal best	Application of skills in games Decision-making, teamwork and adaptability across activities

YEAR 7



Physical Education
Key Stage 3 Curriculum Map

YEAR 8 CURRICULUM EXPECTATIONS

KEY KNOWLEDGE	KEY SKILLS
Pupils will develop an understanding of: • Advanced application of fundamental movement skills • How agility, balance, coordination and speed can be adapted and refined across different sports and competitive situations. • Rules, tactics and gameplay structures • A more detailed understanding of rules, positions, roles and how they influence gameplay across a range of activities. • Attacking and defensive principles in context • How to apply strategies such as creating and using space, pressing, marking and transitions between attack and defence. • Technique refinement and performance consistency • How improved technique leads to greater accuracy, efficiency and effectiveness under pressure. • Roles and responsibilities within teams • Understanding positional responsibilities and the impact of leadership, communication and organisation within team performance. • Components of fitness and their application • How different components of fitness are developed and applied within specific sports and activities. • Decision-making under pressure • How to select appropriate skills and tactics in increasingly competitive and dynamic situations. • Communication, teamwork and leadership • The importance of effective communication and collaboration to achieve success in team activities. • Safety, rules enforcement and officiating • How to apply rules safely, take on officiating roles and ensure fair play. • Performance analysis and improvement strategies • How to evaluate performance with increasing accuracy and apply feedback to inform improvements.	Pupils will develop the ability to: Perform and refine core skills with consistency and control Execute sport-specific techniques (e.g. passing, shooting, striking, defending) with greater accuracy, fluency and under pressure. Apply skills effectively in competitive situations Transfer skills from drills into game contexts with increasing confidence and success. Select and apply tactical strategies Make informed decisions about attacking and defensive play based on game situations. Demonstrate improved coordination and physical competence Perform complex movements with control, speed and efficiency. Work effectively as part of a team Communicate clearly, support others and contribute to team performance. Compete with resilience and sportsmanship Show determination, respect rules and respond positively to both success and failure. Evaluate and improve performance independently Analyse strengths and areas for development in their own and others' performances and apply feedback. Adapt and transfer skills across activities Apply learned techniques, tactics and movement patterns to different sports and activities. Lead, officiate and organise activities Take responsibility for elements of games, including refereeing and supporting others. Demonstrate sustained effort and physical fitness Maintain appropriate intensity and commitment throughout activities and lessons.

YEAR 8

Physical Education
Key Stage 3 Curriculum Map

Woolwich Polytechnic School for Boys

	AUTUMN 1 Rugby	AUTUMN 2 Hockey	SPRING 1 Football	SPRING 2 Basketball	SUMMER 1 Athletics	SUMMER 2 Softball
KNOWING WHAT	• Rules including tackling, rucks and phases of play • Principles of attack (support lines) and defence (organisation)	• Rules (stick use, contact, scoring) • Principles of space, width and attacking play	• Positions, formations and roles • Tactical principles (pressing, transition, possession)	• Rules (violations, fouls, restarts) • Offensive and defensive strategies	• Event-specific techniques (running, jumping, throwing) • Training methods and performance factors	• Rules of striking/fielding games • Tactical decision-making and teamwork
KNOWING HOW	• Pass and catch under pressure • Apply tackling and defensive positioning safely	• Dribble, pass and receive with control • Apply attacking and defensive skills in games	• Perform skills with accuracy and control under pressure • Apply tactics in competitive situations	• Combine dribbling, passing and shooting • Create space and apply movement in gameplay	• Refine technique across events • Apply pacing and control to improve performance	• Strike and field with control • Apply decision-making (when to run, positioning)
PLANNED ASSESSMENT	• Assessment of skill execution in game situations • Tactical awareness and teamwork	• Teacher assessment of control, passing and decision-making • Game performance	• Performance in competitive matches • Peer/self-assessment of decision-making	• Skill execution under pressure • Tactical understanding in match play	• Measured outcomes (time/distance) • Technique assessment and improvement	• Game performance and application of tactics • Decision-making, teamwork and adaptability

YEAR 8



Physical Education
Key Stage 3 Curriculum Map

Woolwich Polytechnic School for Boys

YEAR 9 CURRICULUM EXPECTATIONS

KEY KNOWLEDGE	KEY SKILLS
Pupils will develop an understanding of: • Advanced application of movement skills in competitive contexts • How to consistently apply and adapt agility, balance, coordination and speed in high-pressure and competitive environments. • Detailed rules, tactics and game strategies • A secure understanding of rules, roles, formations and how tactical decisions influence performance and outcomes. • Strategic attacking and defensive play • How to plan and implement strategies such as controlling possession, transitional play, pressing systems and structured defence. • Refinement and consistency of technique under pressure • How high-quality technique is maintained in competitive situations and contributes to successful performance. • Roles, leadership and team dynamics • The impact of leadership, communication and organisation on individual and team performance. • Components of fitness and performance optimisation • How different fitness components link to performance and how training can be planned to improve them. • Decision-making and game intelligence • How to analyse situations quickly and select the most effective skill or tactic. • Communication and collaboration in complex situations • The role of clear, purposeful communication in successful team performance. • Officiating, rules application and ethical play • How to apply rules accurately, officiate games confidently and uphold fair play. • Evaluation, analysis and performance improvement • How to critically evaluate performances and apply feedback independently to improve outcomes.	Pupils will develop the ability to: Execute advanced skills with precision and consistency Perform sport-specific techniques fluently, accurately and under sustained pressure. Apply skills and tactics effectively in competitive performance Demonstrate control, creativity and effectiveness in full-game situations. Analyse and adapt tactical approaches Recognise strengths and weaknesses in gameplay and adjust strategies accordingly. Demonstrate high levels of physical competence Show speed, control, coordination and endurance in complex and demanding situations. Work collaboratively and lead effectively Take responsibility within teams, demonstrating leadership, organisation and clear communication. Compete with resilience, determination and sportsmanship Maintain focus, effort and respect in competitive environments. Independently evaluate and improve performance Use feedback and self-analysis to set targets and refine performance. Transfer skills across a range of activities Adapt knowledge and skills to different sports, including unfamiliar or alternative activities. Lead, officiate and organise activities confidently Take on leadership roles such as coaching, refereeing and organising gameplay. Sustain high levels of effort and apply fitness effectively Demonstrate the ability to perform at appropriate intensity and sustain performance over time. Demonstrate sustained effort and physical fitness Maintain appropriate intensity and commitment throughout activities and lessons.

YEAR 9



Physical Education
Key Stage 3 Curriculum Map

Woolwich Polytechnic School for Boys

	AUTUMN 1 Rugby	AUTUMN 2 Alternative Sports	SPRING 1 Basketball	SPRING 2 Football	SUMMER 1 Athletics	SUMMER 2 Cricket
KNOWING WHAT	• Detailed rules including breakdown, set plays and phases • Advanced attacking structures and defensive organisation	• Rules and structures of alternative activities (e.g. dodgeball, flag football, capture the flag) • Tactical approaches and teamwork within non-traditional games	• Full rules and officiating knowledge • Offensive and defensive systems (zone, man marking)	• Formations, roles and responsibilities • Tactical systems (build-up play, transitions, pressing)	• Advanced techniques across track and field events • Principles of training and performance improvement	• Advanced scoring systems and tactics • Strategic decision-making in striking/fielding games
KNOWING HOW	• Execute skills consistently under pressure • Apply tactical awareness in structured gameplay	• Apply transferable skills (throwing, catching, evasion, movement) • Adapt quickly to different rules and game formats • Work collaboratively and apply strategies in varied activities	• Execute skills accurately under pressure • Create and exploit space through teamwork and movement	• Perform advanced skills with consistency • Adapt tactics based on game situation	• Refine and consistently apply technique • Apply pacing, strategy and performance control	• Apply advanced batting, bowling and fielding techniques • Make tactical decisions independently
PLANNED ASSESSMENT	• Assessment of performance in full-game situations • Tactical awareness, decision-making and teamwork	• Assessment of adaptability and application of transferable skills • Teamwork, communication and decision-making across activities	• Assessment of skill execution under pressure • Tactical contribution and understanding in gameplay	• Performance in competitive matches • Self/peer assessment focused on tactical awareness and impact	• Measured performance (times/distances) with focus on improvement • Technical accuracy across events	• Application of advanced skills in competitive situations • Decision-making, leadership and adaptability

YEAR 9