

Alderwood Traded KS3 PE Curriculum Overview 2025/26



| Curriculum overview for KS3 Traded PE | | | | | | | | |
|---------------------------------------|---|--|--|---|---|--|---|--|
| Subject Content | Box-it | On Target | Orienteering | Problem Solving | Scooting | Spectacular Skills | Step-it-up | Volleyball |
| Key Skills | <p>resume the ready position between moves</p> <p>move lightly on their feet</p> <p>link a variety of moves into a sequence.</p> <p>devise a combination of moves</p> <p>perform a combination with energy and emotion.</p> | <p>perform a range of throwing techniques including underarm, overarm and backhand</p> <p>throw a number of different items with a high degree of accuracy.</p> <p>roll, kick and hit a ball, demonstrating control and accuracy</p> <p>roll or kick a ball to hit a different rolling ball.</p> | <p>locate control points using a map</p> <p>follow instructions and directions accurately.</p> | <p>demonstrate a change of pace</p> <p>evaluate and improve a strategy</p> <p>calculate combinations of numbers to fulfil set criteria.</p> | <p>perform balances on a moving scooter</p> <p>attempt a jump on a scooter</p> <p>scoot safely around bends at speed.</p> | <p>throw and catch confidently with both hands</p> <p>juggle with 3 items</p> <p>balance a range of objects vertically on the palm of their hand</p> <p>keep a plate spinning on a stick</p> <p>keep a diabolo spinning on the string.</p> | <p>combine a range of steps on an exercise box without stopping</p> <p>link a mount onto, balance on and dismount from the box.</p> | <p>execute a volley with control</p> <p>direct a ball to score a point</p> <p>think strategically about where to send a ball in a game.</p> <p>serve to start a point</p> <p>make strategic decisions about where to stand and where to send the ball.</p> |