

Physical Education Curriculum Map

YEAR 7: Knowing myself:

Students will learn about their physical, intellectual, emotional, and social strengths and weaknesses. They will develop teamwork and understand responsibilities required to be successful in sport and health lessons

Year 7

	Fitness (Spring 2: Boys Autumn 1: Girls)	OAA (Autumn 1: Boys Summer 2: Girls)	Netball (Autumn 2: Boys Autumn 1: Girls)	Basketball (Autumn 1: Boys Spring 2: Girls)
Topic title	Why and how we should exercise	To secure basic skills of communication and teamwork.	Basic skills and rules	To secure basic skills and apply them to the game situation
Key questions	Why is exercise important? What is the link between exercise and health? How do we know if we are exercising effectively?	How can I be a good team member? How can I communicate effectively?	What are the basic skills in a game of netball? What are the basic rules in netball?	How do I control a basketball?
Key knowledge and concepts	1. Using Heart Rate to measure & monitor exercise intensity 2. How to increase heart rate/ intensity of exercise 3. Exercising in the aerobic zone 4. Monitoring exercise intensity 5. BORG Scale 6. Assessing fitness levels	1. Basic problem solving 2. Communication activities 3. Teamwork activities 4. Problem solving 5. Leading 6. OAA assessment	1. Four types of pass 2. Receiving the ball 3. Two step footwork and pivoting. 4. Attacking principles - dodge 5. Defensive stance – sideways - interceptions 6. Small sided games	1. Basic handling and footwork 2. Passing under pressure 3. Introduction of the lay up 4. Set shot 5. Shooting under pressure 6. Min games/tournament
Skills	Measuring Heart Rate Monitoring Heart Rate Increasing Heart Rate Working in aerobic Target Zone Working in anaerobic Target Zone	Leadership Creativity Communication Teamwork Creativity	Passing Receiving Footwork Defending Attacking	Dribble, lay-up, set shot, basic marking. Travel, double dribble.

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Assessment & Educational Visit Opportunities	Understanding of heart rates and target zones and uses successfully within fitness training. Fitness Club (Sept-July)	Apply leadership, communication, and teamwork skills to overcome problem solving tasks.	Apply basic skills effectively in small sided games. Netball club/team (Sept-May)	Lay up dominant hand and control of ball under mild pressure. Basketball club and fixtures (Sept-Apr)
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	Handball (Autumn 2: Boys Spring 1: Girls)	Badminton (Spring 1: Boys Autumn 2: Girls)	Dance (Spring 2: Boys Autumn 2: Girls)	Gymnastics/Parkour (Summer 2: Boys Spring 1: Girls)	Gymnastics/Parkour (Summer 2: Boys Spring 1: Girls)
Topic title	Basic skills and rules	Basic skills and rules	Basic skills and concepts	Gymnastics: Basic skills and travel	Basic skills and safety
Key questions	What are the basic skills needed for handball? What are the basic rules in handball?	What are the basic skills in a game of badminton? What are the basic rules in badminton? How do you score?	What are the basic skills in dance What concepts can be used to make a routine?	What are the basic skills in gymnastics? What are the ways to travel in gymnastics?	How do I control my body movement over obstacles? What are the health and safety requirements of this sport?
Key knowledge and concepts	1. Ball familiarisation- dribbling and control 2. Three types of passing 3. Shooting 4. Basic attacking skills (positioning, outwitting opponents, 1v1, 2v1 etc.) 5. Basic defensive techniques 6. Mini games assessment	1. Shuttle familiarities/grip ready position 2. backhand serve 3. Overhead clear 4. Drop shot 5. Game Play – Singles Rules 6. Game play – doubles rules	1. Types of movement 2. Use of levels 3. Formations 4. Cannon, unison and symmetry 5. Analysing strengths and weaknesses 6. Performance	1. Types of rolls 2. Balances used in gymnastics 3. Key shapes used in gymnastics 4. Basic skills / How to link skills together 5. Travel – linking previously taught skills 6. Performance	1. Safety, spotting and equipment introduction- basic vaults. Use of monkey bars and cross bars 2. Speed vault, lazy vault and spotting 3. Reverse vault and Kong vault 4. Kong vault & Break fall and vaults 5. Linking skills together 6. Performance

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Skills	Passing Receiving Shooting Dribbling	Ready position / grip / hand to eye coordination backhand serve Overhead clear Underhand clear (lob) Net shots	Creativity, leadership, communication, balance, control, rhythm	Rolls- log, teddy bear, forward, backwards Balances- individual, pair, points of contact Shapes- pike, straddle, tuck Basic skills- handstand, cartwheel, headstand	Speed, reverse and kong vault Spotting Break falls Creating links and routines
Assessment & Educational Visit Opportunities	Apply basic rules within the game	Performs basic skills in isolation and within a small sided game situation. Badminton club (Sept-Apr)	Performance of routines	Create sequences that demonstrate basic gymnastic skills with the main focus of travel being evident throughout.	Demonstrates control of body movements and executes vaults well. Observes health and safety rules throughout Gymnastics club (Sept-July)

	Football (Spring 1: Boys Spring 2: Girls)	Athletics (Summer 1: Boys and Girls)	Rounders (Summer 2: Boys and Girls)	Cricket (Summer 2: Boys and Girls)
Topic title	Basic skills and rules	To secure basic skills and apply them to the disciplines.	Basic skills and rules	Basic skills and rules
Key questions	What are the basic skills in a game of football? What are the basic rules in football?	How does correct technique affect performance?	What are the basic skills in a game of Rounders? What are the basic rules in Rounders? How do you score?	What are the basic skills in a game of Cricket? What are the basic rules in Cricket? How do you score?
Key knowledge and concepts	1. Ball familiarisation- dribbling and control 2. Three types of passing 3. Shooting 4. Basic attacking skills (positioning, outwitting opponents, 1v1, 2v1 etc.) 5. Basic defensive skills (Block tackles) 6. Small sided games	1. Basic shot technique & competition 2..Basic long jump technique & comp. 3. Basic high jump technique & comp. 4. Basic sprint technique & comp. 5. Basic distance technique & comp. (10 lessons)	1. Ball familiarisation - Throwing and catching 2. Fielding - barriers 3. Bowling – basic underarm bowl 4. Batting – Basic stances and technique 5. Positions when fielding 6. Game	1. Ball familiarisation - Throwing and catching 2. Fielding - barriers 3. Batting – Forward defensive shot 4. Bowling 5. Batting – Forward drive 6. Game Play

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Skills	Passing Receiving Dribbling Shooting Footwork Defending and Attacking	Basic safety measures for events Weight transference Basic measuring with tape Basic stop watch controls	Throwing & Catching Barriers – short and long Bowling - basic technique Basic batting technique Basic rules and scoring	Throwing and catching Fielding Barriers Bowling Basic batting shots (stance, grip etc)
Assessment & Educational Visit Opportunities	Performs basic skills in isolation and within a small sided game situation. Football club and fixtures (Sept-Apr)	Time/ Distance Improve on personal best Adherence to safety measures Athletics club (April-July)	Performs basic skills in isolation and within a small sided game situation. Rounders club and fixtures (April - July)	Performs basic skills in isolation and within a small sided game situation. Cricket club and fixtures (April-July)

Year 8: Developing a growth mind set:

Students will learn how to improve their areas of development and understand they have control to improve physically, intellectually, emotionally and socially. Students will positively reinforce improvements in themselves and others.

	Fitness (Spring 2: Boys Autumn 1: Girls)	OAA (Autumn 1: Boys Summer 2: Girls)	Netball (Autumn 2: Boys Autumn 1: Girls)	Basketball (Autumn 1: Boys Spring 2: Girls)
Topic title	Methods of training	To explore teamwork and cooperation	Advanced skills and rules	To secure advanced skills and apply them to the game situation
Key questions	What are the different ways we can train to improve fitness? What areas of fitness do the different methods helps to improve?	How do I share ideas to solve a problem? How can I overcome problems?	What are the advanced skills in a game of netball? What are the advanced rules in netball?	How do I beat an opponent 1 on 1?
Key knowledge and concepts	1. Continuous and interval training for endurance 2. Free Weight training for strength and endurance	1. Basic problem solving 2. Communication activities 3. Teamwork activities 4. Problem solving 5. orienteering	1. Recap basic passing and add drop. 2. Receiving the ball on the move – signalling 3. Footwork – running step	1. Skills under pressure 2. Attacking skills - Give & go 3. Attacking skills – Fakes 4. Defensive skills – Man to man 5. Applying skills to the game

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	3. Exercises to target different muscles groups in the body 4. HITT training 5. Circuit training 6. Design own circuit to meet fitness needs	6. OAA assessment	4. Defensive strategies – blocking, man to man defence 5. Positions 6. Full game	6. Game play
Skills	Continuous Training Interval training Free weight training Exercising specific muscles HIIT Training without equipment HITT Training with equipment	Leadership Creativity Communication Teamwork Creativity	Applying skills to the game Passing Receiving Footwork Defending Attacking	Give and go, fakes, man to man defence, attacking man to man. Foul, half court.
Assessment & Educational Visit Opportunities	Understanding of a variety of training methods and know how they improve different components of fitness. Fitness Club (Sept-July)	Apply leadership, communication, and teamwork skills to overcome problem solving tasks.	Apply advanced skills within small and full sided games. Netball club/team (Sept-May) Netball weekend (May)	Ability to attack basket with conviction using attacking move under pressure. Basketball club and fixtures (Sept-Apr)

	Handball (Autumn 2: Boys Spring 1: Girls)	Badminton (Spring 1: Boys Autumn 2: Girls)	Dance (Spring 2: Boys Autumn 2: Girls)	Gymnastics/Parkour (Summer 2: Boys Spring 1: Girls)	Gymnastics/Parkour (Summer 2: Boys Spring 1: Girls)
Topic title	Advanced skills and rules	Advanced skills and rules	Analysis of performance (Other roles)	Gymnastic: Sports acro – to explore counter balance and tension.	Parkour: To secure advanced skills and apply them in sequences
Key questions	What are the advanced skills in a game of Handball? What are the advanced rules in Handball?	What are the advanced skills in a game of badminton? What are the advanced rules in badminton?	How do I analyse the strengths of a performance? How do I give constructive targets for improvement?	What are the skills used in sports acro? What are the key elements to be able to create an aesthetically pleasing routine?	How do I link moves into one smooth and transitioned sequence? What are the more advance vaults?
Key knowledge and concepts	1. Passing and Receiving	1. Forehand serve 2. Forehand Smash 3. Block shot	1. Strengths of a performance 2. Setting targets	1. Balances used in sports acro – counter balance and counter tension in pairs	1. Recap safety, spotting, equipment and three vaults

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	2. Attacking Principles (attacking space, depth running, etc) 3. Defending Skills (Defensive line, positioning) 4. Strategies during the game 5. Game Play – applying strategies 6. Tournament	4. Doubles game play – side by side 5. Doubles game play – front and back 6. Tournament	3. Using feedback to improve performance 4. WWW and EBI 5. Constructive feedback 6. Performance	2. Advanced pair balances 3. Group balances: groups of 3-6 4. Linking balances together 5. Making a sequence 6. Performance	2. Cat leap and wall run 3. Dash vault and swinging through- cross bars 4. Italian Job / Kash vault Linking advanced vaults 5. Linking skills together 6. Performance
Skills	Applying skills to the game Passing on the move Receiving on the move Positioning (attacking / defending)	Applying skills to the game: Service Returns Smash Footwork Doubles game play	Analysing performance, communication, unison, cannon, levels	Balances- pairs, groups Linking skills- leaps, rolls, jumps Movements- unison, canon, symmetry	Dash and kash vault Spotting Cat leap Wall run Swing through Creating links and routines
Assessment & Educational Visit Opportunities	Ability to apply range of skills into competitive practice and game situations	Ability to apply range of skills into competitive practice and game situations Badminton club (Sept-Apr)	Performance of routines	Demonstrate balances ranging from pair through to large groups. Balances demonstrate good body tension and control throughout.	Executing advanced vaults with good body control. Creates linked sequences of moves using skills taught. Observes health and safety rules throughout

	Football (Spring 1: Boys Spring 2: Girls)	Athletics (Summer 1: Boys and Girls)	Rounders (Summer 2: Boys and Girls)	Cricket (Summer 2: Boys and Girls)
Topic title	Advanced skills and rules	To secure advanced skills and apply them to the disciplines	Advanced skills and rules	Advanced skills and rules

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Key questions	<p>What are the advanced skills in a game of football?</p> <p>What are the advanced rules in football?</p>	<p>How can optimum height/distance be achieved?</p>	<p>What are the advanced skills in a game of rounders?</p> <p>What are the advanced rules in Rounders?</p>	<p>What are the advanced skills in a game of Cricket?</p> <p>What are the advanced rules in Cricket?</p>
Key knowledge and concepts	<ol style="list-style-type: none"> 1. Recap basic passing and controlling the ball with different body parts. 2. Dribbling and protecting the ball 3. Crossing and shooting 4. Attacking principles (width, overload, pace of play) 5. Defensive strategies – man to man v Zonal marking 6. Games 	<ol style="list-style-type: none"> 1. Shot glide technique 2. Shot competition – use glide 3. Discus development technique 4. Discus competition - measuring 5. Long jump technique & comp. 6. High jump Fosbury flop technique 7. Sprint start technique & comp. 8. Distance pacing technique 9. Distance 6/800m competition 	<ol style="list-style-type: none"> 1. Throwing and catching recap – aiming for consistency 2. Fielding - retrieve 3. Bowling – spin and change of pace 4. Batting – Accuracy and power 5. Advanced rules 6. Game play 	<ol style="list-style-type: none"> 1. Bowling recap 2. Batting – pull shot 3. Batting - cut 4. Bowling - spin 5. Wicket keeping 6. Game play - Fielding placement
Skills	<p>Applying skills to the game</p> <p>Passing and Receiving</p> <p>Dribbling</p> <p>Footwork</p> <p>Crossing and Shooting</p> <p>Defending and Attacking</p>	<p>Safety measures for events</p> <p>Starting a race</p> <p>Measuring from point to distance with partner Paired timing</p>	<p>Throwing – under arm & overarm</p> <p>Catching - consistency</p> <p>Barriers – retrieve</p> <p>Bowling - spin and changing pace</p> <p>Batting -consistency accuracy and power</p> <p>Applying advanced rules to game.</p>	<p>Applying skills to the game</p> <p>Wicket keeping</p> <p>Batting</p> <p>Bowling</p> <p>Gameplay</p>
Assessment & Educational Visit Opportunities	<p>Ability to attack the goal with conviction using attacking moves under pressure.</p> <p>Football club and fixtures (Sept-Apr)</p>	<p>Time/ Distance</p> <p>Improve on personal best</p> <p>Adherence to safety measures</p> <p>Athletics club (April-July)</p>	<p>Ability to apply range of skills into competitive practice and game situations</p> <p>Rounders club and fixtures (April - July)</p>	<p>Ability to apply range of skills into competitive practice and game situations</p> <p>Cricket club and fixtures (April-July)</p>

Year 9: Developing Leadership

Students will develop leadership qualities, they will lead small groups demonstrating and understanding of STEP principle (Space, Task, Equipment, People). Year 9's will be given the opportunity to gain leadership skills and work with governing bodies for different sports.

	<p>Fitness</p> <p>(Spring 2: Boys Autumn 1: Girls)</p>	<p>OAA</p> <p>(Autumn 1: Boys Summer 2: Girls)</p>	<p>Netball</p> <p>(Autumn 2: Boys Autumn 1: Girls)</p>	<p>Basketball</p> <p>(Autumn 1: Boys Spring 2: Girls)</p>
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Topic title	Training for personal fitness	To secure advanced skills of communication and teamwork to overcome problem tasks	Game play and strategy	To understand the positions and be able to apply attacking and defensive strategies in the game situation
Key questions	<p>Can you select an area of fitness you need to improve?</p> <p>Can you create a training programme to help you improve your fitness?</p>	<p>How can I be a good team member?</p> <p>How can I communicate effectively?</p>	<p>What are the main roles of each position in the game?</p> <p>How can I use a centre pass effectively?</p>	<p>How do we work as a team in attack and defence?</p>
Key knowledge and concepts	<ol style="list-style-type: none"> 1. Creating a circuit / HITT session for personal fitness 2. Target setting - Heart rate 3. Increasing Heart rate intensity 4. Target setting - RPE 5. Using FITT to increase intensity and improve outcomes 6. Assessment 	<ol style="list-style-type: none"> 1. Advanced problem solving 2. Communication activities 3. Teamwork activities 4. Problem solving 5. Orienteering 6. OAA assessment 	<ol style="list-style-type: none"> 1. Role of all 7 positions 2. Role of all 7 positions 3. Centre pass routines and the effective use of the centre pass. 4. Umpiring 5. Apply advanced skills within full game situation 6. Full game 	<ol style="list-style-type: none"> 1. Re-cap of key skills 2. Positions in attack 3. Defensive strategies 4. Attacking strategies 5. 5v 5 game play 6. Tournament
Skills	<p>Circuit training</p> <p>HIIT training</p> <p>Target setting through use of:</p> <p>Monitoring Heart rate</p> <p>Monitoring RPE</p> <p>Strategies to increase exercise intensity</p> <p>Comparing Heart rate and RPE</p>	<p>Leadership</p> <p>Creativity</p> <p>Communication</p> <p>Teamwork</p> <p>Creativity</p>	<p>Role of positions</p> <p>Centre passes</p> <p>Passing and receiving</p> <p>Footwork</p> <p>Defending</p> <p>Attacking</p>	<p>Attacking positions, zone defence, pick and roll screening.</p> <p>Held ball, 3 seconds in key.</p>
Assessment & Educational Visit Opportunities	<p>Be able to select and plan own training in order to improve own personal fitness levels.</p> <p>Fitness Club (Sept-July)</p>	<p>Apply leadership, communication, and teamwork skills to overcome problem solving tasks.</p>	<p>Understand the 7 positions in and their roles within the game. Netball club/team (Sept-May) Netball weekend (May)</p>	<p>Performs in a zone and man to man defence as a team. Can attack both defences.</p> <p>Basketball club and fixtures (Sept-Apr)</p>

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	Handball (Autumn 2: Boys Spring 1: Girls)	Badminton (Spring 1: Boys Autumn 2: Girls)	Dance (Spring 2: Boys Autumn 2: Girls)	Gymnastics/Parkour (Summer 2: Boys Spring 1: Girls)	Gymnastics/Parkour (Summer 2: Boys Spring 1: Girls)
Topic title	Game play and strategy	Game play and strategy	To understand the how actions can impact the performance	Gymnastics: Vaulting – to explore flight across and over equipment	Parkour: To secure advanced skills and apply them in sequences
Key questions	What are the tactics and strategies in Handball?	What are the tactics and strategies in badminton?	How can we work as a group to perform routines?	How do we create flight? How do we maintain flight and maintain body tension and control?	How do I link moves into one smooth and transitioned sequence? What are the more advance vaults?
Key knowledge and concepts	<ol style="list-style-type: none"> 1. Advanced passing 2. Attacking principles 3. Positional Roles 4. Tactics within a full game 5. Officiating 6. Full game 	<ol style="list-style-type: none"> 1. Flick serve variation 2. Net play 3. Backhand clear 4. Drop shot 5. Umpiring 6. Tournament 	<ol style="list-style-type: none"> 1. Action / reaction 2. Mirroring 3. Timing and working to a beat 4. Performance skills 5. Performance skills 6. Whole class performance 	<ol style="list-style-type: none"> 1. Springboard - shapes 2. Squat on and through vaulting 3. Straddle on and through vaulting 4. Routines including vaults 5. Routines including vaults 6. Performance. 	<ol style="list-style-type: none"> 1. Recap safety, spotting, equipment and three vaults 2. Cat leap and wall run 3. Dash vault and swinging through- cross bars 4. Italian Job / Kash vault Linking advanced vaults 5. Linking skills together 6. Performance
Skills	Applying advanced tactics and skills to the game Positioning and roles	Applying advanced tactics & skills: Service Net play Backhand clear Drop shot Push return Doubles game play position	Choreography Analysis of performance Mirroring Action and reaction - skills	Squat vault Straddle vault Take off and landing Body tension and control during flight	Dash and kash vault Spotting Cat leap Wall run Swing through Creating links and routines

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Assessment & Educational Visit Opportunities	Able to apply tactics and demonstrate knowledge of positions.	Able to dictate play from service. Uses a variety of shots in both attack and defence. Badminton club (Sept-Apr)	Group performance	Demonstrate vaulting through performance.	Executing advanced vaults with good body control. Creates linked sequences of moves using skills taught. Observes health and safety rules throughout
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	Football (Spring 1: Boys Spring 2: Girls)	Athletics (Summer 1: Boys and Girls)	Rounders (Summer 2: Boys and Girls)	Cricket (Summer 2: Boys and Girls)
Topic title	Game play and strategy	To understand the competition tactics in the disciplines.	Game play and strategy	Advanced skills and rules
Key questions	<p>What are the main roles of each position in the game?</p> <p>How can I apply attacking and defensive principles in full games</p>	<p>How can I improve my performance with feedback?</p>	<p>What are the tactics and strategies in Rounders?</p> <p>Accurate skill selection in the game</p>	<p>What are the advanced skills in a game of Cricket?</p> <p>What are the advanced rules in Cricket?</p>
Key knowledge and concepts	<ol style="list-style-type: none"> 1. Role of all positions and formations 2. Advanced passing- longer/lofted/switches of play 3. Possession (passing, decision making and positioning) 4. Set Pieces (corners and free kicks) 5. Officiating 6. Tournament 	<ol style="list-style-type: none"> 1. Technique recap and Shot competition – use glide 2. Technique recap and Long jump competition 3. Technique recap and High jump competition 4. Technique recap and Sprint competition 5. Technique recap and Distance race tactics 	<ol style="list-style-type: none"> 1. Underarm vs overarm throwing 2. Bowling – using a variety of bowling techniques 3. Batting – Placement of the ball 4. Attacking skills – scoring successfully in the game 5. Umpiring 6. Tournament 	<ol style="list-style-type: none"> 1. Bowling recap 2. Batting – pull shot 3. Batting - cut 4. Bowling - spin 5. Wicket keeping 6. Game play - Fielding placement

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Skills	Role of positions Attacking principles Defensive principles Advanced passing, positioning and decision making Set pieces	Competition rules for events Use of multi-timer Coaching to improve performance Use of video analysis	Applying advanced tactics and skills Batting Bowling Fielding	Applying skills to the game Wicket keeping Batting Bowling Gameplay
Assessment & Educational Visit Opportunities	Applying principles to full game situations. Football club and fixtures (Sept-Apr)	Time/ Distance Improve on personal best Adherence to competition rules Athletics club (April-July)	Able to apply tactics and demonstrate knowledge by selecting appropriate rounders skills within the game. Rounders club and fixtures (April - July)	Ability to apply range of skills into competitive practice and game situations Cricket club and fixtures (April-July)

Year 10:

In key stage 4 we revisit a number of the activities from key stage 3. We also offer offsite activities within our local community. Students have a choice of the activities they study. We aim to encourage students to be lifelong participants which is why they choose the activities they wish to participate in. Key stage 4 lessons have a clear focus and are designed to be recreational, fun and to build on life skills which they would use in the future.

	Fitness (Autumn 1 and 2)	Football (Autumn 1 and 2 Spring 2)	Netball (Autumn 1 and 2)	Basketball (Autumn 1 and 2 Spring 2)
Topic title	Nutrition, exercise and Health	To further advance skills and knowledge of football and to take on and explore other roles within the sport	To further advance skills and knowledge of netball and to take on and explore other roles within the sport	To further advance skills and knowledge of basketball and to take on and explore other roles within the sport

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Key questions	<p>What is the link between exercise, nutrition and health?</p> <p>How much energy / calories do we need during exercise?</p>	<p>What are the main roles of the referees in football?</p> <p>How do I apply the rules effectively as a referee?</p> <p>How can I analyse my own and others' performances and act upon the feedback given in order to improve?</p>	<p>What are the main roles of the umpires in netball?</p> <p>How do I apply the rules effectively as an umpire?</p> <p>How can I analyse my own and others' performances and act upon the feedback given in order to improve?</p>	<p>What are the main roles of the umpires in basketball?</p> <p>How do I apply the rules effectively as a referee?</p> <p>How can I analyse my own and others' performances and act upon the feedback given in order to improve?</p>
Key knowledge and concepts	<ol style="list-style-type: none"> 1. How to calculate calories burnt 2. Linking calories to different foods 3. How to increase calories burnt during exercise 3. HITT training to increase calorie burn 4. Create own session to increase calorie burn. 	<ol style="list-style-type: none"> 1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting) 	<ol style="list-style-type: none"> 1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting) 	<ol style="list-style-type: none"> 1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)
Skills	<p>Calculating calories burnt</p> <p>Monitoring calories burnt</p> <p>Methods to increase calories burn</p> <p>HITT training</p>	<p>Officiating</p> <p>Scoring</p> <p>Rules</p> <p>Organisation</p> <p>Communication Hand signals</p>	<p>Umpiring</p> <p>Scoring</p> <p>Rules</p> <p>Umpiring signals</p> <p>Scoring</p>	<p>Shot clock,</p> <p>free throws.</p>
Assessment & Educational Visit Opportunities	<p>Understand the link between exercise, calorie intake, calorie burning and a health active lifestyle. Fitness Club (Sept-July)</p>	<p>Uses referee terminology and signs to control the game. Can score and time a game of football, and manage a tournament</p> <p>Football club and fixtures (Sept-Apr)</p>	<p>Uses umpiring terminology and signs to control the game. Can score and time a game of netball.</p> <p>Netball club/team (Sept-May)</p>	<p>Uses referee terminology and signs to control the game. Can score and time a game of basketball.</p> <p>Basketball club and fixtures (Sept-Apr)</p>

	Dodgeball (Autumn 2 and spring 1)	Badminton (Autumn 2 and Spring 1)	Volleyball (Autumn 2 and Spring 1)	Handball (Spring 2)
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Topic title	Rules and tactics	To further advance skills and knowledge of badminton and to take on and explore other roles within the sport	To establish basic rules and techniques within the game (new sport)	To further advance skills and knowledge of handball and to take on and explore other roles within the sport
Key questions	What are the basic rules in a game of dodgeball? What are the basic tactics in dodgeball?	What are the main roles of the officials in badminton? How do I apply the rules effectively as an official?	What are the basic shots in the game of volleyball? What are the basic rules in the game of volleyball?	What are the main roles of the officials in handball? How do I apply the rules effectively as an official?
Key knowledge and concepts	1. Rules of the game 2. Defensive tactics 3. Attacking tactics 4. Tournament	1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)	1. Dig and volley shots 2. Technique and rules of the serve 3. Smash 4. Game	1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)
Skills	Low throw and hit Defensive stance Attacking as a team	Referring / Umpiring Scoring Rules	Dig Volley Serve Smash Basic positions	Referring / Umpiring Scoring Rules
Assessment & Educational Visit Opportunities	Use and understand the basic rules and tactics within dodgeball. Dodgeball club (Sept-July)	Uses referee terminology and signs to control the game. Can score a game of badminton. Badminton club (Sept-Apr)	Use basic skills and rules within a tournament	Uses referee terminology and signs to control the game. Can score a game of handball

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	OAA (Spring 2)	Athletics (Summer 1)	Rounders (Summer 2)	Cricket (Summer 2)
Topic title	To use teamwork and communication to create and lead own OAA challenges	To secure the competition tactics and gain personal best.	To further advance skills and knowledge of rounders and to take on and explore other roles within the sport	To further advance skills and knowledge of cricket and to take on and explore other roles within the sport
Key questions	How can I devise teambuilding activities which encourage cooperation and communication?	How can I achieve my personal best?	What are the main roles of the officials in rounders? How do I apply the rules effectively as an official?	What are the main roles of the umpires in Cricket? How do I apply the rules effectively as an umpire?
Key knowledge and concepts	<ol style="list-style-type: none"> 1. Recap teambuilding activities 2. Plan and explore own teambuilding activities 3. Lead and evaluate own teambuilding activities 4. Lead and evaluate own teambuilding activities 	<ol style="list-style-type: none"> 1. Shot turn technique & comp 2. Discus turn technique & comp 3. Long jump technique & comp 4. High jump technique & comp 5. Sprint start & comp 6. Distance pacing tactics & comp 	<ol style="list-style-type: none"> 1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting) 	<ol style="list-style-type: none"> 1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)
Skills	Leadership Communication Teamwork Organisation Evaluation	Analysing the performance of others to improve their height/ distance	Umpiring Scoring Rules Scoresheet Terminology	Umpiring Scoring Rules
Assessment & Educational Visit Opportunities	Apply leadership, communication, and teamwork skills to create and lead own problem solving tasks .	Time/ Distance Improve on personal best Adherence to competition rules Athletics club (April-July)	Uses umpire terminology and signs to control the game. Can score and officiate a game of rounders. Rounders club and fixtures (April - July)	Uses umpire terminology and signs to control the game. Can score and time a game of cricket. Cricket club and fixtures (April-July)
Year 11:				

Physical Education Curriculum Map

In key stage 4 we revisit a number of the activities from key stage 3. We also offer offsite activities within our local community. Students have a choice of the activities they study. We aim to encourage students to be lifelong participants which is why they choose the activities they wish to participate in. Key stage 4 lessons have a clear focus and are designed to be recreational, fun and to build on life skills which they would use in the future.

	Fitness (Autumn 1 and 2 Spring 2)	Football (Autumn 1 and 2 Spring 2)	Netball (Autumn 1 and 2)	Basketball (Autumn 1 and 2 Spring 2)
Topic title	Training for life long fitness	To further advance skills and knowledge of football and to take on and explore other roles within the sport	To further advance skills and knowledge of netball and to take on and explore other roles within the sport	To further advance skills and knowledge of basketball and to take on and explore other roles within the sport
Key questions	Can you create a 4 x session training programme for lifelong fitness? Can you select exercises that target the whole body?	How can I analyse my own and others' performances and act upon the feedback given in order to improve? Can I plan and lead an effective warm up?	How can I analyse my own and others' performances and act upon the feedback given in order to improve? Can I plan and lead an effective warm up?	How can I analyse my own and others' performances and act upon the feedback given in order to improve?
Key knowledge and concepts	Create own training session to meet personal aims and targets. 1. Whole body workouts 2. Different Upper body exercises 3. Different Lower body exercises 4. Cardio and Core exercises	1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)	1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)	1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)
Skills	Selecting and applying: Shoulder, bicep, triceps and back exercises Glutes, Quads, hamstring and calf exercises Cardio and abdominal exercises	Communication Organisation Preparedness Listening Evaluating	Communication Organisation Leading Analysis of performance Creating drills to improve	Leadership Feedback Communication

Physical Education Curriculum Map

Assessment & Educational Visit Opportunities	Creating own training sessions for lifelong participation and healthy active lifestyles. Fitness Club (Sept-July)	Leads a group to warm up develop a football skill. Can self-assess performance. Football club and fixtures (Sept-Apr)	Can plan and lead own netball session/warm up and understands the qualities of a good leader. Netball club/team (Sept-May)	Uses referee terminology and signs to control the game. Can score and time a game of basketball. Basketball club and fixtures (Sept-Apr)
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	Volleyball (Autumn 2 and Spring 1)	Badminton (Autumn 2 and Spring 1)	Dodgeball (Spring 1 and 2)
Topic title	To explore attacking and defensive strategies in the game	To further advance skills and knowledge of badminton and to take on and explore other roles within the sport	Apply tactics within the game
Key questions	How can I successfully defend in volleyball? How can I successfully attack in volleyball?	How can I analyse my own and others' performances and act upon the feedback given in order to improve? How can I plan and lead a tournament?	Can I successfully apply the rules and tactics to a game of dodgeball?
Key knowledge and concepts	1. Skills recap 2. Defensive strategies 3. Attacking strategies 4. Tournament	1. Recap skills and competence 2. Knowledge (e.g. Rules, strategies and tactics) 3. Leadership and other roles (coaching, officiating, teamwork) 4. Personal development (analysis of performance, evaluation and target setting)	1. Rules of the game - recap 2. Defensive tactics - recap 3. Attacking tactics - recap 4. Tournament

Physical Education Curriculum Map

Skills	Dig Volley Serve Smash positions	Communication Organisation Leading	Low throw and hit Defensive stance Attacking as a team
Assessment & Educational Visit Opportunities	Use attacking and defensive strategies within the game	Plan and lead a tournament. Netball club/team (Sept-May)	Use and understand the tactics within dodgeball. Dodgeball club (Sept-July)