

PE

Curriculum map

YR7-YR9

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 7	<p>Unit Title: (Rugby / Football / Handball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) 	<p>Unit Title: (Rugby / Football / Handball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) 	<p>Unit Title: (Badminton / Table Tennis / Tennis / Volleyball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) 	<p>Unit Title: (Badminton / Table Tennis / Tennis / Volleyball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) 	<p>Unit Title: Striking and Fielding (/ Cricket/ Softball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Batting skills e.g. Front foot drive Fielding skills e.g. Long barrier, throwing and catching. Bowling or pitching Denying and exploiting space in the field <p>Applying scoring systems</p>	<p>Unit Title: (Athletics)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <p>Focus of year Ks3/8 is on technique development not outcome in an event e.g. times or distance.</p> <ul style="list-style-type: none"> Throwing events: Techniques Jumping events: Techniques Sprint: Techniques including Sprint Start Middle/long Distance: Pacing and Tactics <p>Relay: Baton change over</p>
Year 8	<p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) <p>Analysis of performance of self and others</p>	<p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) Analysis of performance of self and others 	<p>Unit Title: (Badminton / Table Tennis / Tennis / Volleyball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) Analysis of performance of self and others 	<p>Unit Title: (Badminton / Table Tennis / Tennis / Volleyball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Defending skills e.g. Tackling and Jockeying Attacking Skills e.g. Scoring Possession Skills e.g. Passing and receiving Moving with the ball e.g. Dribbling Basic tactics in small-sided games (e.g. 2v1, 3v2 etc.) Analysis of performance of self and others 	<p>Unit Title: Striking and Fielding (/ Cricket/ Softball)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <ul style="list-style-type: none"> Batting skills e.g. Front foot drive Fielding skills e.g. Long barrier, throwing and catching. Bowling or pitching Denying and exploiting space in the field <p>Applying scoring systems</p>	<p>Unit Title: (Athletics)</p> <p>Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities.</p> <p>Content:</p> <p>Focus of year Ks3/8 is on technique development not outcome in an event e.g. times or distance.</p> <ul style="list-style-type: none"> Throwing events: Techniques Jumping events: Techniques Sprint: Techniques including Sprint Start Middle/long Distance: Pacing and Tactics <p>Relay: Baton change over</p>

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<p>Year 9</p>	<p>Unit Title: (Rugby / Football / Tennis) Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities. Content:</p> <ul style="list-style-type: none"> • Tactical awareness and effective decision making: e.g. choosing the right pass in a game scenario. • Application of skills appropriate to position: e.g. Dribbling as a point guard, shooting as a striker. • An ability to maintain technique in increasingly demanding situations e.g. Small sided or overload situations, An ability to outwit an opponent with increased consistency and success. 	<p>Unit Title: (Rugby / Football / Tennis) Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities. Content:</p> <ul style="list-style-type: none"> • Tactical awareness and effective decision making: e.g. choosing the right pass in a game scenario. • Application of skills appropriate to position: e.g. Dribbling as a point guard, shooting as a striker. • An ability to maintain technique in increasingly demanding situations e.g. Small sided or overload situations, An ability to outwit an opponent with increased consistency and success. 	<p>Unit Title: Net and Wall (Badminton/ Tennis / Volleyball) Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities. Content:</p> <ul style="list-style-type: none"> • Tactical awareness and effective decision making: e.g. selecting the correct tactic to dominate your opponent's movement. • Application of skills appropriate to position on court: e.g. playing a drop shot when opponent is at the back of the court, libero in volleyball. • An ability to maintain technique in increasingly demanding situations e.g. conditioned games based around a skill or technique. • An ability to outwit an opponent with increased consistency and success. 	<p>Unit Title: Striking and Fielding (Cricket / Rounders / Softball) Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities. Content:</p> <ul style="list-style-type: none"> • Tactical awareness and effective decision making: e.g. setting your field to influence the batting team. • Application of skills appropriate to position: e.g. Wicket keepers/ back stops, bowlers/pitcher, batters. • An ability to maintain technique in increasingly demanding situations e.g. Specific scenarios or conditioned games to promote relevant tactics. • An ability to outwit an opponent with increased consistency and success. 	<p>Unit Title: Health and Fitness Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities Content</p> <p>Effects of Exercise</p> <ul style="list-style-type: none"> - Immediate - Heart Rate - Increases - Breathing Rate – depth & frequency increases - Body Changes – Hot, sweaty. - Long Term - Lower resting heart rate - Lower breathing rate - Stronger, bigger muscles <p>Mental Benefits</p> <ul style="list-style-type: none"> - Stress Relief - Increased confidence - Social Benefits - Making Friends 	<p>Unit Title: (Athletics) Key Essentials: Using invasion activities to develop student motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities Content</p> <p>Focus of year 9 is on increasing challenge through analysis and improvement of performance, not solely the outcome of an event.</p> <ul style="list-style-type: none"> • Throwing events: Techniques • Jumping events: Techniques • Sprint: Techniques including Sprint Start • Middle/long Distance: Pacing and Tactics <p>Relay: Baton change over</p>
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