

# Physical Education Curriculum Map



Year 7

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Football Rugby	Trampolining Netball	Basketball Badminton	Handball OAA	Athletics	Striking & Fielding
	<p>1: Dribbling, receiving &amp; turning 2: Passing &amp; movement off ball 3: Passing variations 4: Controlled shooting, create space to shoot. 5: Outwit opponent, skill choice. Refine ideas when unsuccessful. 6: Basic defensive skills. Identify S &amp; W.</p> <p>1: Going forward, running and passing 2: Assessing the threat, kicking and ball presenting 3: Support, catching and offloading 4: Cut down options, chop and choke tackle 5: Game play applying skills</p>	<p>1: H&amp;S. Basic jumps, shapes, turns. 2: Seat drop. Evaluate perf. Small routines. 3: Swivel hips. Peer evaluation. Refine &amp; adapt in small routine. 4: Front drop. Combine skills into / out of FD. Larger routine. 5: FD in combo with other m'ments. 6: Back drop. Combine skills into / out of BD 7: BD in combo with other m'ments.</p> <p>1: Creating space. Footwork. 2: Passing &amp; receiving 3: Passing variations. Getting free. Rules, positions. 4: Shooting action &amp; evaluation. 5: Pivoting. Attacking play. Identify S &amp; W. 6: Mark players with / without ball &amp; deny space. ID roles. Apply basic rules</p>	<p>1: Creating space and spatial awareness. Dribbling. 2: Passing &amp; receiving. 3: Use skills in half court games. 4: Set shots &amp; jump shots. 5: Lay-up. 6 &amp; 7: Basic game tactics.</p> <p>1: Grip &amp; ready position, basic rallies and scoring 2: Underarm serve, court markings 3: Overhead clear, Move shuttle 4: Use of angles and length 5: Flick serve 6: Skill choice to outwit opponent</p>	<p>1: Ball handling skills &amp; game rules 2: Passing &amp; shooting techniques 3: Attacking team play 4: Outwitting opponent 5: Defending &amp; Goal Keeping 6: Set plays &amp; roles of officials</p> <p>1: Problem solving and trust exercises 2: Leadership group activities 3 &amp; 4: Orienteering exercises</p>	<p>1 &amp; 2: Sprinting, link to fitness components, sprint starts, timed runs 2: Paced running, link to fitness components, 800m 3 &amp; 4: Long jump, link run up to momentum and distance achieved. Measured jumps in pit 5: Shot put – range of implements leading up to shot 6: Relay, changeover technique 7: High jump</p>	<p>1: Throwing &amp; catching. Basic rules of the game. 2: Long barrier field, approach, pick up bowling. 3 &amp; 4: Batting technique and associated rules in game play. 5: Bowling technique, rules of crease / box. Spin. 6: Base responsibilities) 7 &amp; 8: Basic game tactics. Pull &amp; defensive shot. LBW rule. Tactics between wickets / as fielders in game play.</p>



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8 Year	<p>1: Passing with inside and outside of foot, opposite foot, lofted pass</p> <p>2: Develop dribbling skills with use of different turns, step over, 1 on 1,</p> <p>3: Shooting and shot selection.</p> <p>4: Develop attacking play using width and space</p> <p>5: Skill choice under pressure.</p> <p>7: Setting up defense, jockeying.</p> <p>8: Full sided game play.</p> <p>1: Continuity, kick and clear out.</p> <p>2: Getting the ball back, jackal and counter ruck</p> <p>3: Pressure to score - Scrum &amp; maul</p> <p>4: Contest possession – hand off / fend &amp; groundwork</p> <p>(5-7) Apply skills in game contexts</p>	<p>1 &amp; 2: Jumps, shapes, turns &amp; SD with body tension. Combine in routine. Roller</p> <p>3 &amp; 4: FD controlled landing. Refine linked m'ments in &amp; out of FD. 10 bounce routine. Combine skills into /out of BD</p> <p>5 &amp; 6: Precision, control &amp; fluency in combo moves. Evaluate. Simple rotational m'ments with control. How to generate faster/slower rotations. Create drive</p> <p>1: Refine passing, receiving, changing direction. Correct landing,</p> <p>2: Re-cap positional roles, moving ball down court</p> <p>3: Holding space in circle. Movement patterns, 2 v 1</p> <p>4: Shooting, shot selection. Umpiring</p> <p>5: Intercepting, 1st and 2<sup>nd</sup> stage defending.</p>	<p>1: Develop Passing/Pivoting &amp; Dribbling/Triple Threat</p> <p>2: Developing dribbling - Drive, fake, head fake, body positioning between opponent and ball.</p> <p>3: Defending skills – rebound, stripping ball legally.</p> <p>4: Set shots &amp; layups in game play.</p> <p>5: Jump shots in game play</p> <p>6 &amp; 7: Game play and officiating</p> <p>1: Recap grip, recognize shuttle flight &amp; make contact in the ready position. Retreat to T</p> <p>2: Consistent replication of the clear. Strong &amp; weak sides of opponent</p> <p>3: Smash &amp; return.</p> <p>4: Disguised shots</p>	<p>1: Develop one handed passing / receiving and apply in small-sided game.</p> <p>2: Jump pass / shot</p> <p>3: Attack and counterattack</p> <p>4: Develop team and individual defence - screening</p> <p>5: Officiate</p> <p>1: Body's response to exercise</p> <p>2: Problem solving challenges as a team</p> <p>3: Orienteering exercises</p>	<p>1: Sprinting, adjusting body to create power. Running rules in track events</p> <p>2: Develop fitness components for 800m. Evaluate performance &amp; suggest improvements</p> <p>3: High jump – rules of take-off &amp; legal jumps. Components of fitness for HJ.</p> <p>4: Effective shot putt. Rules re throw &amp; landing. Causes of more successful throws</p> <p>5: Discus. Rules regarding throw &amp; landing.</p> <p>7: Triple jump technique. Measure approach distance</p> <p>8: Relay change over rules. Decisions about strengths &amp; placement in legs.</p>	<p>1: Throwing &amp; catching in game under pressure. Long barrier. Communication to aid run-out.</p> <p>2: Ball placement. Basic tactics eg keeping ball down</p> <p>3: Legal bowling technique with spin &amp; disguise, pace</p> <p>4: Hit into space in relation to fielders. Analyze strengths &amp; make tactical changes to batting order/field positions.</p> <p>5: Apply skills and tactics in game play. Umpire role/ signals.</p> <p>6: Positions &amp; roles. Backstop to 1<sup>st</sup> base. Change field positioning according to batter set up.</p> <p>7: Batting tactics according to field position Catching with correct hand/finger positions. Footwork</p>

		6: Skill choice under pressure, 7v7 7: Applying contact & obstruction. Umpiring 8: Full sided game play.	5: Doubles & singles play 6: Strategies to outwit opponent			around stumps with arc method 8: Skills and tactics in conditioned games
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Academic  
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9	1: Passing variations and decision making. Control ball from height 2: Outwit opponents with advanced turns & passes. 3: Dif types of heading in dif situations 4: Adjust shot selection based on opponent's positioning. 5: Dummies and fakes to outwit an opponent 6: Width and space in attack 7: Jockeying and poke tackle 8: Set plays  1: Re-cap handling, shooting and 2 v 1 to outwit opponent 2: Lay-up variations with limited pressure. Decision making with shot choice 3: Zone defense into small- sided games 4: 3-man weave as attacking strategy	(Trampolining lessons above are level 1 and 2. Students pick up from where they are up to)  1: Passing at speed & with control in small- sided games. Umpiring. 2: Turning in the air. 3: Effective team play using attacking principles. 4: Centre pass set plays to shooting technique. 5: Effective marking techniques, interceptions 6: Advanced tactics & adapting game plans 7: Link assessment criteria to focus of improvement 8 & 9: Assist in organization & mgt of a netball tournament.	1: Use of space. Dif between union and league. 2: Revise options based on opponents. Recognizing infringements of union rules. 3: Rucking, support of ruck and offside. 4: Small line outs and related positioning 5: Small, 3-man scrum and related positions and rules. 6: Scrums in small -sided games 7 & 8: 8 v 8 game play, positional skills and tactics  1: Quick movement of shuttle and self. ID S&W, adapt strategies. 2: Overhead clear with direction & intention. Backhand clear. Score & officiate games. 3: Smash - control & power. Officiate accurately.	1: Positional play and when officiating 2: Communication when playing and officiating 3: Shot and pass selection during game play 4. Identify S& W and adapt accordingly  1: Setting out a course 2: Group setting a course 3. Orienteering and navigation exercises	1: Sprint running technique, relay. Identify good technique. Components of fitness involved  2: Middle distance running. How to pace-based on personal ability. Components of fitness involved  3: Triple jump & rules involved. Components of fitness involved  4: Shot putt. Phases and rules. Components of fitness involved  5: Javelin. Incorporate run up. Components of fitness involved  6: High jump Components of fitness involved	1: Fielding fundamentals and positions – accurately replicate in small game  2: Batting – defensive shots in cricket and when to use in game play. Components of fitness required  3: Batting – cut and communication as a batting pair in cricket. Placement, power and disguise in rounders  4: Batting – spin & pace to disguise. Rules relating to bowling  5: Wicket keeping – catching and basic stance  6: Competitive games

	<p>5: Angled runs, positioning, post up. Contact and 3s rules</p> <p>6: Apply skills in game with referees</p>	<p>4: Drop shot variations, placement. Score confidently.</p> <p>5: Strategy depending on whether attacking or defending.</p> <p>6: Combine all into game play</p>			
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