

Physical Education Curriculum Map

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Netball / Football	Badminton / Rugby	Trampolining / Basketball	Fitness	Cricket	Softball / Rounders
Year 10	<p>Netball</p> <ol style="list-style-type: none"> 1: Attacking principles. 2: Outwitting opposition 3: Defending principles 4: Defending principles 5 Tactics / team strategy 6: Role of umpire / coaching <p>Football</p> <ol style="list-style-type: none"> 1: The Use of Width 2: Attacking as a unit/team 3: Defending and defensive roles 4: Formations + roles in a team 5: Corners, Free kicks and strategies 6: The Role of the Referee 	<p>Badminton</p> <ol style="list-style-type: none"> 1: Recap badminton basics. 2: Develop overhead clear. 3. Serves – short & long 4: Backhand clear 5: Doubles and singles game play 6: Doubles and singles game play <p>Rugby</p> <ol style="list-style-type: none"> 1: Link space and attacking opportunities. Go Forward 2: Assess threat 3: Support 4: Cut down options 5: Continuity 6: Get ball back 7: Pressure to score 	<p>Trampolining</p> <p>Trampolining lessons are level 1 and 2. Students pick up from where they are at</p> <p>Basketball</p> <ol style="list-style-type: none"> 1: Use of reverse and left-hand layups 2: Strategies for attack- screens, blocks, high & low posts. 3: Develop shooting–Jump shots 4: The attacking role 5: The defensive role 6: The role of the referee 	<p>Fitness</p> <ol style="list-style-type: none"> 1: Continuous training Relationship between HR recovery & fitness level. 2: Activity specific circuit, how to adapt for individual needs. Work cooperatively for improvement in football related fitness. 3: As for 2, for rugby related fitness 4: Activity specific circuit – strength gains 5: Activity specific circuit – muscular endurance gains 6: Recognise that regular, safe, fit for purpose, enjoyable physical activity has the greatest impact on wellbeing. <p>Analyse performance</p>	<p>Cricket</p> <ol style="list-style-type: none"> 1. Accurately replicate fielding techniques in match. Slip position, reaction time 2: Pace & spin in bowling, maintaining accuracy. Effect on bounce. 3: Straight drive. L'ship skills as pair. Coach each other, suggest ways to improve. 4: Movement & timing for effective batting. Pull shot. Umpire signals, bowling infringements 5: Accurately replicate techniques in a match. Fielding positions, correct terminology. 6: Identify weaknesses in peers' technique. Offer feedback 	<p>Softball / Rounders</p> <ol style="list-style-type: none"> 1: Accurately replicate fielding skills in game. Develop communication & teamwork through games. Ball placement 2: Ball placement when batting. Analyse technique. Batting & bowling rules & umpire calls. 3: Accurately replicate & analyse legal bowl. Recognise opposition S&W. 4: Knowledge of roles for fielders. Use field positioning to outwit. Refine tactics to improve performance. 5: Develop & replicate skills in games. Evaluate S&W in performance. 6: Accurately replicate techniques in match. Develop knowledge of fielding positions & correct terminology. Umpire & score a game.



We provide a supportive and challenging environment to ensure our students achieve academic excellence.



We have the highest expectations for academic excellence and personal development and work hard to achieve them.



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Netball / Football	Badminton / Rugby	Trampolining / Basketball	Fitness	Cricket	Softball / Rounders
Year 11	<p>Netball</p> <ol style="list-style-type: none"> 1: Attacking principles 2: Shooting / attacking principles 3: Defending principles 4: Defending principles 5: Tactics / team strategies 6: Role of umpire / coaching <p>Football</p> <ol style="list-style-type: none"> 1: Keeping Possession 2: Attack/Beating an opponent 3: Ball control 4: Shooting 5: Organising a Small Sided tournament 6: Organising a Small Sided Tournament 	<p>Netball</p> <ol style="list-style-type: none"> 1: Recap range of shots 2: Tactics and analysis of strengths 3: Doubles and singles tactics 4: Organising a Small Sided Tournament 5: Organising a Small Sided Tournament <p>Rugby</p> <ol style="list-style-type: none"> 1: Game fundamentals/core skill recap 2: Ball control and outwitting opponents 3: Attacking Play 4: Tactics and analysis of strengths 5: Organising a Small Sided Tournament 	<p>Trampolining</p> <p>Trampolining lessons are level 1 and 2. Students pick up from where they are at.)</p> <p>Basketball</p> <ol style="list-style-type: none"> 1: Shooting techniques 2: Ball control and outwitting opponents 3: Tactics and analysis of strengths 4: Attacking Play 5: Organising a Small Sided Tournament 6: Organising a Small Sided Tournament 	<ol style="list-style-type: none"> 1: Continuous training - recording distance achieved. Relationship between HR recovery & fitness level. 2: Activity specific circuit, how to adapt to suit individual needs. Work cooperatively with partner to ensure improvement in skill & football related fitness. 3: Activity specific circuit, how to adapt for individual needs. Work cooperatively with partner to ensure improvement in skill & rugby related fitness 4: Activity specific circuit – strength gains 5: Activity specific circuit – muscular endurance gains 6: Recognise that regular, safe, fit for purpose, enjoyable physical activity, has the greatest impact on physical, mental & social wellbeing. Analyse S & W 	<ol style="list-style-type: none"> 1. Accurately replicate fielding techniques in a match. Slip positioning, role & importance of reaction time 2: Pace & spin in bowling, maintaining control & accuracy. How spin is created & effect on bounce. 3: Straight bat drive. Leadership skills as batting pair. Begin to coach each other & suggest ways to improve. 4: Movement & timing to produce effective batting. Pull shot. Umpire signals & bowling infringements 5: Accurately replicate techniques in response to situations arising in a match. Fielding positions & correct terminology. 6: identify faults / weaknesses in peers' technique. Offer feedback 	<ol style="list-style-type: none"> 1: Accurately replicate fielding skills & use effectively in a game. Develop communication skills, teamwork through games. Placement of ball. 2: Strategic ball placement. Analyse batting technique & use of power & placement. Batting & bowling rules & umpire calls. 3: Accurately replicate & analyse a legal bowl. Recognise opposition S&W. 4: Knowledge of roles for different fielding positions. Use field positioning to outwit. Refine tactics & to improve performance. 5: Develop & replicate skills within games. Reflective learning & provide evaluations of S&W in performances. 6: Accurately replicate techniques in competitive match. Develop knowledge of fielding positions & the correct terminology. Correctly umpire & score a game.