

# 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> <p>1: Attacking principles.</p> <p>2: Outwitting opposition</p> <p>3: Defending principles</p> <p>4: Defending principles</p> <p>5 Tactics / team strategy</p> <p>6: Role of umpire / coaching</p> <p> Football</p> <p>1: The Use of Width</p> <p>2: Attacking as a unit/team</p> <p>3: Defending and defensive roles</p> <p>4: Formations + roles in a team</p> <p>5: Corners, Free kicks and strategies</p> <p>6: The Role of the Referee</p>	<p>Badminton</p> <p>1: Recap badminton basics.</p> <p>2: Develop overhead clear.</p> <p>3. Serves – short &amp; long</p> <p>4: Backhand clear</p> <p>5: Doubles and singles game play</p> <p>6: Doubles and singles game play</p> <p> Rugby</p> <p>1: Link space and attacking opportunities. Go Forward</p> <p>2: Assess threat</p> <p>3: Support</p> <p>4: Cut down options</p> <p>5: Continuity</p> <p>6: Get ball back</p> <p>7: Pressure to score</p>	<p>Trampolining</p> <p>Trampolining lessons are level 1 and 2. Students pick up from where they are at</p> <p> Basketball</p> <p>1: Use of reverse and left-hand layups</p> <p>2: Strategies for attack- screens, blocks, high &amp; low posts.</p> <p>3: Develop shooting–Jump shots</p> <p>4: The attacking role</p> <p>5: The defensive role</p> <p>6: The role of the referee</p>	<p>Fitness</p> <p>1: Continuous training</p> <p>Relationship between HR recovery &amp; fitness level.</p> <p>2: Activity specific circuit, how to adapt for individual needs. Work cooperatively for improvement in football related fitness.</p> <p>3: As for 2, for rugby related fitness</p> <p>4: Activity specific circuit – strength gains</p> <p>5: Activity specific circuit – muscular endurance gains</p> <p>6: Recognise that regular, safe, fit for purpose, enjoyable physical activity has the greatest impact on wellbeing.</p> <p>Analyse performance</p>	<p>Cricket</p> <p>1. Accurately replicate fielding techniques in match. Slip position, reaction time</p> <p>2: Pace &amp; spin in bowling, maintaining accuracy. Effect on bounce.</p> <p>3: Straight drive. L'ship skills as pair. Coach each other, suggest ways to improve.</p> <p>4: Movement &amp; timing for effective batting. Pull shot. Umpire signals, bowling infringements</p> <p>5: Accurately replicate techniques in a match. Fielding positions, correct terminology.</p> <p>6: Identify weaknesses in peers' technique. Offer feedback</p>	<p>Softball / Rounders</p> <p>1: Accurately replicate fielding skills in game. Develop communication &amp; teamwork through games. Ball placement</p> <p>2: Ball placement when batting. Analyse technique. Batting &amp; bowling rules &amp; umpire calls.</p> <p>3: Accurately replicate &amp; analyse legal bowl. Recognise opposition S&amp;W.</p> <p>4: Knowledge of roles for fielders. Use field positioning to outwit. Refine tactics to improve performance.</p> <p>5: Develop &amp; replicate skills in games. Evaluate S&amp;W in performance.</p> <p>6: Accurately replicate techniques in match. Develop knowledge of fielding positions &amp; correct terminology. Umpire &amp; score a game.</p>



Academic  
Excellence

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



Ambition

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



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	Netball / Football	Badminton / Rugby	Trampolining / Basketball	Fitness	Cricket	Softball / Rounders
Year 11	<p>Netball 1: Attacking principles 2: Shooting / attacking principles 3: Defending principles 4: Defending principles 5: Tactics / team strategies 6: Role of umpire / coaching</p> <p>Football 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>	<p>Netball 1: Recap range of shots Serves 2: Tactics and analysis of strengths 3: Doubles and singles tactics 4: Organising a Small Sided Tournament 5: Organising a Small Sided Tournament</p> <p>Rugby 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>	<p>Trampolining Trampolining lessons are level 1 and 2. Students pick up from where they are at.)</p> <p>Basketball 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</p>	<p>1: Continuous training - recording distance achieved. Relationship between HR recovery &amp; fitness level. 2: Activity specific circuit, how to adapt to suit individual needs. Work cooperatively with partner to ensure improvement in skill &amp; football related fitness. 3: Activity specific circuit, how to adapt for individual needs. Work cooperatively with partner to ensure improvement in skill &amp; 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 &amp; social wellbeing. Analyse S &amp; W</p>	<p>1. Accurately replicate fielding techniques in a match. Slip positioning, role &amp; importance of reaction time 2: Pace &amp; spin in bowling, maintaining control &amp; accuracy. How spin is created &amp; effect on bounce. 3: Straight bat drive. Leadership skills as batting pair. Begin to coach each other &amp; suggest ways to improve. 4: Movement &amp; timing to produce effective batting. Pull shot. Umpire signals &amp; bowling infringements 5: Accurately replicate techniques in response to situations arising in a match. Fielding positions &amp; correct terminology. 6: identify faults / weaknesses in peers' technique. Offer feedback</p>	<p>1: Accurately replicate fielding skills &amp; use effectively in a game. Develop communication skills, teamwork through games. Placement of ball. 2: Strategic ball placement. Analyse batting technique &amp; use of power &amp; placement. Batting &amp; bowling rules &amp; umpire calls. 3: Accurately replicate &amp; analyse a legal bowl. Recognise opposition S&amp;W. 4: Knowledge of roles for different fielding positions. Use field positioning to outwit. Refine tactics &amp; to improve performance. 5: Develop &amp; replicate skills within games. Reflective learning &amp; provide evaluations of S&amp;W in performances. 6: Accurately replicate techniques in competitive match. Develop knowledge of fielding positions &amp; the correct terminology. Correctly umpire &amp; score a game.</p>