





## St. Cuthbert's Curriculum Map: Core PE






**Curriculum Vision:** The curriculum at St Cuthbert's provides ambitious educational opportunities for all members of our community. The curriculum equips our students with the knowledge, skills and personal characteristics they need to flourish as literate, articulate, global citizens, who fulfil our Catholic Mission to bring about the Common Good.

**Specialisms Vision:** The Specialisms at St Cuthbert's offer an enriching experience where individual passions are discovered and nurtured within a culture of excellence.

**Physical Education Vision:** St Cuthbert's Physical Education department's vision, is to create a learning environment where students are encouraged to promote the 5P's consistently within lessons, whilst also encouraging our students to develop their skills and techniques within a range of sports identified in the National Curriculum. Our PE department has created an exciting curriculum which suits the needs of our students, to help them to grow in confidence and stature. Throughout the years, students will have many different sporting opportunities such as playing, officiating and leadership to build character and resilience whilst embedding values such as respect and fairness. Our intention, is that every student develops a love for sport and a desire to live healthy and active lifestyles.

Physical Education Key:



	<b>Sports Leadership</b>		<b>Officiating</b>
	<b>Practical Sports</b>		<b>First Aid</b>

Skills for life/Careers	Enrichment Opportunities
	
Cultural Capital	PSHE
	
Preparing for life in modern Britain	
	











		AUTUMN	SPRING	SUMMER
Year 7	<p><b>Theme:</b></p> <p><b>'Team work'.</b></p> <p>The combined action of a group, especially when effective and efficient.</p>	<p>When students arrive in Year 7, they undertake 6 weeks of practical sports, to show case their skills and techniques in a broad range of sports. Following the 6-week induction period, students will work on a carousel basis, learning in one of sports below in the Autumn term. Sports taught are:</p> <ul style="list-style-type: none"> <li>Football</li> <li>Netball</li> <li>Badminton</li> <li>Rugby/Tag Rugby</li> <li>Trampolining</li> <li>Gymnastics</li> <li>Handball</li> <li>Dance</li> <li>Fitness</li> <li>Basketball</li> <li>Multi Skills</li> </ul>	<p>During the Spring Term, students will move through the pathways and participate in a different sport, so to maximise their opportunities in meeting the Ofsted framework for KS3 PE. Once again, students work on a carousel basis and will complete:</p> <ul style="list-style-type: none"> <li>Football</li> <li>Netball</li> <li>Badminton</li> <li>Rugby/Tag Rugby</li> <li>Trampolining</li> <li>Gymnastics</li> <li>Handball</li> <li>Dance</li> <li>Fitness</li> <li>Basketball</li> <li>Multi Skills</li> </ul>	<p>During the summer term in Physical Education, students will recall common skills that are taught in many of the sports during the Autumn and Spring terms, which allow students the opportunity to recall transferrable skills and complete these activities.</p> <ul style="list-style-type: none"> <li>Athletics</li> <li>Cricket</li> <li>Rounder's</li> <li>Softball.</li> </ul>




















	<p><b>Skills &amp; Techniques:</b></p> <p>Passing Dribbling Shooting Catching</p> <p><b>Badminton:</b> Grip Basic rally Overhead clear</p> <p><b>Dance:</b> Counting beats Copy/follow Counting movement Unison/levels</p> <p><b>Gymnastics:</b> Shapes Rolls Travels Balances Routines</p>	<p><b>Links to previous learning:</b></p> <p>As part of the National Curriculum within Physical Education at KS3, students will build on and embed the physical development and skills learned in key stages 1 and 2, to become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p><b>Links to future learning:</b></p> <p>Performing in a broad range of sports, will allow students to embed the foundation skills and then build upon these throughout KS3 to access the higher skills and techniques, allowing students to achieve the PE standards. Participating in these sports throughout key stage 3 will provide students in their future learning to recall and revisit previous skills taught in the previous year.</p> <p><b>Why:</b></p> <p>Students will experience a breadth of learning in a variety of sports, which allow students to secure transferrable skills as well as learn a range of tactics and strategies to overcome opponents in practise and direct competition through team and individual games.</p> <p>We teach a variety of sports at these particular times in the year (Spring-Autumn), to provide students with a secure foundation in which they can acquire the basic building blocks of skills and techniques first, before progressing to more complex skills later in KS3. Linking previous learning throughout KS3 will also help deepen their knowledge and understanding as students can recall, apply and practise their skills over time.</p>	    <p><b>Why:</b></p> <p>These sports provide students with a foundation where students can acquire the basic building blocks of each sport and further their knowledge and understanding throughout KS3 to build on these attributes.</p>
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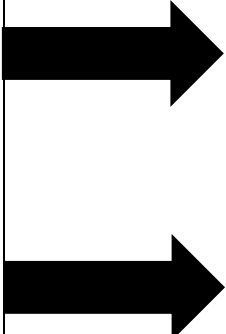


		AUTUMN	SPRING	SUMMER
Year 8	<p><b>Theme:</b></p> <p><b>'Leadership'.</b></p> <p>The action of leading a group of people or a team.</p> 	<p>During the Autumn term in Year 8, students will start the year participating in one of the sports highlighted below. Students will build upon previous knowledge of skills and techniques taught within the previous year or participate in a new sport within the KS3 curriculum.</p> <p>During Year 8, we teach leadership within lessons, which allow students the opportunity to take small parts of lessons, such as warm ups or small activities.</p> <p>Football Netball Badminton Rugby/Tag Rugby Trampolineing Gymnastics Handball Dance Fitness Basketball Multi Skills</p>   	<p>During the Spring Term, students will move through the pathways and participate in a different sport, so to maximise their opportunities in meeting the Ofsted framework for KS3 PE. Once again, students work on a carousel basis and will complete:</p> <p>Football Netball Badminton Rugby/Tag Rugby Trampolineing Gymnastics Handball Dance Fitness Basketball Multi Skills</p>   	<p>During the summer term in Physical Education, students will recall common skills that are taught in many of the sports during the Autumn and Spring terms, which allow students the opportunity to recall transferrable skills and complete these activities.</p> <p>Athletics Cricket Rounder's Softball.</p>   












	<p><b>Skills &amp; Techniques:</b></p> <p>Passing Dribbling Shooting Catching</p> <p><b>Badminton:</b> Serve Overhead rally Scoring Consistent rallying</p> <p><b>Dance:</b> Timing Regular beats Perform Unison, levels, canon, formations</p> <p><b>Gymnastics:</b> Shapes Rolls Travels Balances Routines</p>	<p><b>Links to previous learning:</b></p> <p>Students will experience a breadth of learning in a variety of sports, which allow students to secure transferrable skills as well as learn a range of tactics and strategies to overcome opponents in practise and direct competition through team and individual games. In Year 7, students will have already learnt the basic building blocks for skills and techniques, therefore in Year 8 students will begin to learn more complex skills across all sports. Continued linking to previous learning throughout KS3 will also help deepen their knowledge and understanding and improve their overall performance.</p>  <p><b>Links to future learning:</b></p> <p>Performing in a broad range of sports, will allow students to embed the foundation skills and then build upon these throughout KS3 to access the higher skills and techniques, allowing students to achieve the PE standards. Participating in these sports throughout key stage 3 will provide students in their future learning to recall and revisit previous skills taught in the previous year.</p>   <p><b>Why:</b></p> <p>The rationale behind teaching Sports Leadership at Year 8 is that students will have had at least a year of preparation in understanding what good sports leadership looks like. This provides students links to future learning at KS4 qualifications. For students who do not wish to choose PE as a qualification subject, sports leadership is a vital life skill that can enable students to work on developing aspects such as communication, confidence and pride over a two year period before KS4, all of which are transferable skills to any job role or career path.</p>	  <p><b>Why:</b></p> <p>These sports provide students with a foundation where students can acquire the basic building blocks of each sport and deepen their knowledge and understanding throughout KS3 to build on these attributes.</p>
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Year 9	<p><b>Theme:</b></p> <p><b>'Respect'.</b></p> <p>Due regard for the feelings, wishes, or rights of others.</p> 	<p>During the Autumn term in Year 9, students will start the year participating in one of the sports highlighted below. Students will build upon previous knowledge of skills and techniques taught within the previous two years/participate in a new sport within the KS3 curriculum.</p> <p>During Year 9, we teach officiating within the curriculum, which allows students the opportunities to take charge of small-sided matches/games to improve their knowledge of this area of sport.</p> <p>Football Netball Badminton Rugby/Tag Rugby Trampolining Gymnastics Handball Dance Fitness Basketball Multi Skills</p>   	<p>During the Spring Term, students will move through the pathways and participate in a different sport, so to maximise their opportunities in meeting the Ofsted framework for KS3 PE. Once again, students work on a carousel basis and will complete:</p> <p>Football Netball Badminton Rugby/Tag Rugby Trampolining Gymnastics Handball Dance Fitness Basketball Multi Skills</p>   	<p>During the summer term in Physical Education, students will recall common skills that are taught in many of the sports during the Autumn and Spring terms, which allow students the opportunity to recall transferrable skills and complete these activities.</p> <p>Athletics Cricket Rounder's Softball.</p>   

	<p><b>Skills &amp; Techniques:</b></p> <p>Passing Dribbling Shooting Catching</p> <p><b>Badminton:</b> Grip Backhand, underarm serve Drop shot Rules</p> <p><b>Dance:</b> Choreograph Fluency Control movement Unison/levels</p> <p><b>Gymnastics:</b> Shapes Rolls Travels Balances Routines</p>	<p><b>Links to previous learning:</b></p> <p>Students will have had two years of practise to ensure the foundation skills taught at Year 7/8 are now embedded. By Year 9, students should be able to recall the skills and techniques taught in Years 7/8 and use these as building blocks to work towards the more advanced skills and techniques within Year 9.</p> <p><b>Links to future learning:</b></p> <p>With the introduction of sports officiating in Year 9 and previous learning such as sports leadership in Year 8, this creates further links to future learning at KS4, should students take the qualification pathway with GCSE PE or Cambridge National Award in Sport Studies.</p> <p><b>Why:</b></p> <p>The sports and activities taught throughout the different terms, teach students a range of tactics and strategies to overcome opponents in direct competition through team and individual games. We teach the sports shown above at these particular times in the year (Spring-Autumn), to provide students with a foundation in which they can acquire the basic building blocks in their skills and techniques and then further their knowledge and understanding throughout KS3. This provides progression and allows more complex skills to be taught ensuring the level of challenge is increased as students move through KS3.</p> <p>The rationale behind incorporating officiating into our curriculum at the end of KS3, is that students will have taken part in two previous years of sports and will have a greater understanding of the rules and regulations within sport at Year 9, thus making officiating a much easier transition because of their prior knowledge. Students will have also developed greater confidence in Year 9, because of previous learning through playing and participating in sports leadership.</p>	 <p><b>Why:</b></p> <p>These sports provide students with a foundation where students can acquire the basic building blocks of each sport and deepen their knowledge and understanding throughout KS3 to build on these attributes in KS4.</p>
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Year 10	<p><b>Theme:</b></p> <p><b>'Discipline'.</b></p> <p>The ability to exert self-control and behave in a manner that is compliant with the rules and fairness.</p> <p><b>'Resilience'.</b></p> <p>The capacity to recover quickly from difficulties and toughness.</p>	<p>During the Autumn term in Year 10, students will start the year participating in one of the sports highlighted below. Students will build upon previous knowledge of skills and techniques taught within the previous years. In accordance with the National Curriculum at KS4, pupils should tackle complex and demanding physical activities. They will experience a range of activities that develop personal fitness and promote an active, healthy lifestyle.</p> <p>Football Netball Badminton Rugby/Tag Rugby Trampolineing Gymnastics Handball Dance Fitness Basketball Multi Skills</p>    	<p>During the Spring Term, students will move through the pathways and participate in a different sport, so to maximise their opportunities in meeting the Ofsted framework for KS4 PE. Once again, students work on a carousel basis and will complete one of the following sports below:</p> <p>Football Netball Badminton Rugby/Tag Rugby Trampolineing Gymnastics Handball Dance Fitness Basketball Multi Skills</p>    	<p>During the summer term in Physical Education, students will recall common skills that are taught in many of the sports during the Autumn and Spring in Year 10, which allow students the opportunity to use the transferrable skills to complete these activities.</p> <p>Athletics Cricket Rounder's Softball.</p>   



<p><b>Knowledge/ skills:</b></p> <p>Passing Dribbling Shooting Catching</p> <p><b>Badminton:</b> Smash shot Backhand Drop shot Rules Technical shots</p> <p><b>Dance:</b> Counting Copy/follow Counting movement Unison/levels</p> <p><b>Fitness:</b> Health Fitness Measure COF Running Testing</p>	<p><b>Links to previous learning:</b></p> <p>Students will have had three years of Physical Education at this point in which students will have practised the foundation skills and built upon these incorporating more advanced skills and techniques within their performances.</p> <p><b>Links to future learning:</b></p> <p>Students will continue to have learning opportunities in PE throughout Year 10, not just through participating in a broad sporting curriculum with high quality teaching, but also through the introduction of sports officiating, sports leadership and also first aid in Year 10. This can lead to certificates and qualifications to help students learning in KS4 and beyond into their adult lives.</p> <p><b>Why:</b></p> <p>The sports and activities taught throughout the different terms, teach students a range of tactics and strategies to overcome opponents in direct competition through team and individual games. We teach the sports shown above at these particular times in the year (spring-autumn), to provide students with opportunities to demonstrate more advanced/complex skills, having learned the foundation skills in KS3 and then further their knowledge and understanding throughout KS4.</p> <p>The rationale behind adding in First Aid is to provide students with an important life skill which students in Year 11 can achieve a certificate. This provides students with an alternative opportunity other than playing practical sport, which broadens the curriculum for them and provides further opportunities for them to learn and achieve.</p>	  <p><b>Why:</b></p> <p>These sports provide students with a foundation in which they can acquire the basic building blocks in their skills and techniques, then further their knowledge and understanding throughout KS4 to build on these.</p>
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<b>Year 11</b>	<p><b>'Resilience'.</b></p> <p>The capacity to recover quickly from difficulties and toughness.</p>	<p>In Year 11 core, students are given termly options of what sports they would like to participate in. Allowing students to be in mixed ability and gender groups has promoted and improved confidence, self-esteem and participation levels among our students in Year 11. Providing students with an option of 5 sports each lesson, makes it bespoke and more personalised to their needs. This has seen a surge in participation rates among our core lessons, by ensuring students have opportunities to play sport and socialise with their peers.</p> <p>Sports Include: Football Dance Fitness Basketball Dodgeball Volleyball Trampolining</p> <p>*Students undertaking qualifications within PE such as the Cambridge National Certificate and GCSE PE will follow a different curriculum map to those students who solely undertake core PE lessons. These can be found in their own schemes of learning document, which is on the curriculum map.</p>		
		<p><b>Why:</b></p> <p>The rationale and intent behind giving Year 11 students a choice of sports to be involved in, is that it engages them within core PE lessons. We are offering students 'alternative' sports to promote a love of sport and give these students the choice of what best suits their needs and interests.</p>		