

KS3-4 Curriculum Map: PE

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 7	<u>Football/Basketball</u> <u>Rugby/Creative</u> Core Ideas: Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Rugby/Creative</u> <u>Netball/Table Tennis</u> Core Ideas: Develop an appreciation of the aesthetics of other people's performance. Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Table Tennis/Handball/Hockey</u> <u>Football/Fitness</u> Core Ideas: Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Fitness/Rugby/Hockey</u> <u>Handball/Basketball</u> Core Ideas: Gaining basic knowledge of how the body responds to exercise and the importance of staying active. Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.	<u>Athletics/Striking and Fielding</u> Core Ideas: Developing an understanding of each track and field event, understanding the importance of safety, being aware of the strengths of weaknesses in your own abilities.	<u>Athletics/Striking and Fielding</u> Core Ideas: Understanding the rules, acquiring the basic concepts of the sport, to be able to play a simple game.
Core Skills: Passing, receiving, moving with the ball, shooting, individual defence.						
Year 8	<u>Football/Basketball</u> <u>Rugby/Creative</u> Core Ideas: Learning how to defend as a team and the individual skills required to be an effective defender Core Skills: Using the dribble to beat opponents, winning the ball back, developing shot technique.	<u>Rugby/Creative</u> <u>Netball/Table Tennis</u> Core Ideas: Winning the ball back, securing possession. Developing aggression in the contact area. working with others to produce work of a good aesthetic quality. Core Skills: Tackling, rucking, pair sequences, counter balances.	<u>Table Tennis/Handball or Hockey Football/Fitness</u> Core Ideas: To develop attacking play to win more points. Core Skills: Spin added to all the basic shots from Year 7. Serves with spin and direction. Variety of different types of pass.	<u>Fitness/Football or Rugby Hockey or Handball/Basketball</u> Core Ideas: To develop game play. To understand how the body reacts differently to different types of training Core Skills: Ball presentation, counter-rucking, different ways to beat a defender.	<u>Athletics/Striking & Fielding</u> Core Ideas: To develop the skills learned in year 7 and transfer skills from one sport to another. students should be capable of leading a small group in an effective warm-up. Core Skills: Running, throwing, sprint starts, jumping. catching, striking defensive and attacking shots, accurate bowling action. The Pull shot and the Drive, bowling with pace.	<u>Athletics/Striking & Fielding</u> Core Ideas: To develop the skills learned in year 7 and transfer skills from one sport to another. students should be capable of leading a small group in an effective warm-up. Core Skills: Running, throwing, sprint starts, jumping. catching, striking defensive and attacking shots, accurate bowling action.
Year 9	<u>Football/Basketball</u> <u>Rugby/Creative</u> Core Ideas: Strategies to defend and attack to breakdown a defence. Crossing, set plays and set pie	<u>Rugby/Gymnastics</u> <u>Netball/Basketball</u> Core Ideas: The Pod system in rugby (1331). Flight and vaulting in gymnastics. Core Skills: Rucking, counter-rucks, the maul, kicking with purpose. Using a spring board, different types of vault.	<u>Table tennis/Theory tasters</u> <u>Methods of Training (fitness)/ Theory tasters</u> Core Ideas: Using attacking shots to be an effective player. Gaining an understanding of what is involved with the BTEC & GCSE courses. Core Skills: The loop, the chop and the smash. Attacking serves, the drive and shots played with a variety of spin.	<u>Methods of training/Handball or Hockey Football/Table Tennis</u> Core Ideas: Different types of fitness tests and training to improve those areas. Core Skills: Warming up and exercising with safety.	<u>Athletics/Striking & Fielding</u> Core Ideas: Developing different batting and bowling techniques, eg the use of spin. Core Skills: Wicket keeping, spin bowling, technical shots including the late cut or sweep shot.	<u>Athletics/Striking & Fielding</u> Core Ideas: Understanding personal strengths and weaknesses. Core Skills: Pacing a middle distance race, flight technique in jumps, sprint starts.

Year 10 GCSE PE	<u>Applied anatomy and physiology</u> Core Ideas: The structure and functions of the musculoskeletal system, The structure and functions of the cardio-respiratory system, The short and long term effects of exercise, Use of data.	<u>Movement analysis</u> Core Ideas: Lever systems, examples of their use in activity and the mechanical advantage they provide in movement, Planes and axes of movement, Use of data.	<u>Physical training</u> Core Ideas: The relationship between health and fitness and the role that exercise plays in both, The components of fitness, benefits for sport and how fitness is measured and improved, NEA Analysis Q1 & Q2, Use of data.	<u>Physical training</u> Core Ideas: The principles of training and their application to personal exercise/training programmes, How to optimise training and prevent injury, Effective use of warm up and cool down, Use of data.	<u>Physical training</u> Core Ideas: Recapping taught work in Year 10, NEA Analysis Q3 & Q4.	<u>NEA</u> Core Ideas: Practical Badminton, NEA Evaluation Q1, Q2, Q3.
	Core Skills: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.					
Year 11 GCSE PE	<u>Sports Psychology</u> Core Ideas: Classification of skills (basic/complex, open/closed), The use of goal setting and SMART targets to improve and/or optimise performance, Basic information processing, Guidance and feedback on performance, Mental preparation for performance, Use of data.	<u>Sports Psychology</u> Core Ideas: NEA Evaluation Q4 & Q5, Yr 11 Mock Exams, Use of data.	<u>Socio-cultural influences</u> Core Ideas: Engagement patterns of different social groups in physical activity and sport, Commercialisation of physical activity and sport, Ethical and socio-cultural issues in physical activity and sport, Use of data.	<u>Health, fitness and wellbeing</u> Core Ideas: Physical, emotional and social health, fitness and wellbeing, The consequences of a sedentary lifestyle, Energy use, diet, nutrition and hydration, Use of data.	<u>Revision</u> Core Ideas: Revision for Paper 1 and Paper 2.	<u>Revision</u> Core Ideas: Revision for Paper 2.
	Core Skills: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.					