

YEAR 7

CURRICULUM MAP: PE

Lessons taught on a carousel following a programme of Study

Aims: Pupils,

- develop competence to excel in a broad range of physical activities.
- are physically active for sustained periods of time.
- engage in competitive sports and activities
- lead healthy active lives.

EOY Assessment Point

Assessments take place after each individual activity and recorded

Key areas of National curriculum

Invasion games
Net/Court games:
Badminton, table tennis

O.A.A
Striking / fielding games:

Performing at maximum levels:

Athletics
Gymnastics
Fitness

Key Concepts
Activity

Warm up/cool down.
Muscles and bones.
Cardiovascular system/
respiratory system
Components of fitness.
Sportsmanship and
etiquette.

HT 6

Athletics:
Health and safety
aspects / Laws of the
events.
Develop technique and
performance in;
Track events (running)
and field events
(throwing and jumping)
- focus on technique /
identifying good
technique and areas to
develop.
- Use of English
Schools athletics
records to establish
bronze, silver and
gold awards in
events.

Cricket:
Develop knowledge of
laws of the game.
Develop technique and
performance

- Batting (attacking and defensive)
- Bowling technique
- Fielding skills (throwing, catching short and long barrier)
- Show some accuracy in technique

HT 5

Rounders:
Develop knowledge of
laws of the game.
Develop technique and
performance

- Batting
- Bowling technique
- Fielding skills (throwing, catching short and long barrier)
- Explore how tactics can be used to outwit opponents.

Handball:
Develop technique and
improve performance

- Passing
- Dribbling
- Shooting
- Small sided games, using tactics/strategies to outwit opponents, showing some consistency and accuracy.
- Understand the basic laws of the game.

Extra Curricular Focus/ Intra school competition HT5 – HT6
Cricket, rounders, athletics.

Assessment Point

Assessments take place after each individual activity and recorded

Key Concepts
Activity

Components of fitness.
Sportsmanship and
etiquette

- Fitness:**
- Develop knowledge and understanding of fitness and the different components of fitness
 - Conduct fitness tests and record results
 - Evaluate and know how to improve fitness.
 - Fitness incorporated throughout all topics.

HT 4

Badminton:
Develop understanding of the basic Laws of the game.
Develop technique and performance

- Short Service
- High Service
- Overhead Clear
- Drop Shot
- Selection of appropriate shots to outwit opponents.

Gymnastics:
Develop technique in gymnastics to create a routine.

- Travel, how can we move in gymnastics?
- Balance, use of tension and extension to create aesthetically pleasing performance
- Develop analysis of performance.

HT 3

Table Tennis:
Develop understanding of the basic laws of the game.
Develop technique and performance

- Service
- Forehand push
- Backhand push
- Drive
- Selection of appropriate shots when playing in conditioned games to outwit opponents.

Orienteering:
Introduction of problem solving and teamwork skills: basic map reading skills, orientating the map, using a map key and identifying landmarks.
Extension work - thumbing the map, use of hand rails and attack points.
Completion of fixed red and blue course.

Assessment Point

Assessments take place after each individual activity and recorded

Key Concepts
Activity

Warm up/cool down –
How a warm up is done
effectively and the
reasons why.

Muscles and bones –
Location of muscles
and bones in the body.

Cardiovascular system/
respiratory system –
How do we feel during
exercise and why?

HT 2

Football:
Develop technique and
improve performance

- Passing
- Dribbling
- Control
- Shooting
- Games: Small sided games. Use tactics/ strategies to outwit opponents using the skills above, showing some accuracy and consistency.
- Understand basic laws of the game.

Extra Curricular Focus / Intra school competition HT1 – HT4
Football , netball, badminton, table tennis, handball.

HT 1

Baseline Assessment:
Students will be assessed on motor skills to give a starting point in physical education

Netball:
Develop technique and
improve performance

- Passing
- Footwork
- Shooting
- Games: Small sided games. Use tactics / strategies to outwit opponents using the skills above, showing some accuracy and consistency.
- Understand basic laws of the game.

- Youth Sports Trust active healthy minds, to support life skills (ongoing throughout the year)

KS3 Key

- Invasion games
- Net games
- O.A.A
- Strike/field games
- Performance (athletics)
- Gymnastics (aesthetic activity)
- Fitness
- E.C / inter tutor focus
- Youth Sport Trust 'Active Healthy Minds' to support life skills.
- *Year 9 - Theory unit - Yellow

KS4 Key

- GCSE
- CNAT
- Core PE
- E.C
- Assessment/deadlines/exams
- *Core PE comments link directly to practical performance in GCSE PE and CNAT Sports Studies.