



2021-2022 Curriculum Map
PHYSICAL EDUCATION

Year	Context	Key Knowledge and Concepts
7	Rugby Gymnastics Netball Cross Country (14)	<p>Learners will know:</p> <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives. ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility. ✓ Progress happens in the struggle zone. ✓ In the struggle zone, I find things tricky but not impossible. ✓ Overcoming difficulties makes people feel good – a sense of achievement improves mental health. ✓ Recognising success improves self-worth. ✓ For some, the desire to win, supersedes the desire to play fairly – this can result in extreme behaviours in the highest competitive fields <p>Rugby: RECAP– passing and receiving Learners will know:</p> <ul style="list-style-type: none"> ✓ Two handed carrying of the ball ✓ Tackle - Knee and walking tackling ✓ Rucking - 1v1 rules and body position ✓ Scrum - 1v1 body position and instructions from ref ✓ Maul - 4 v 4, set, 2 seal off and one collects and drives. ✓ Lineouts -2 man lineouts, use of calls to inform player who will receive. ✓ Game play – 4 v 4 <p>Netball:</p> <ul style="list-style-type: none"> ✓ Positions and boundaries - All positions – WA, WD ✓ Decision making - Appropriateness of passes, correct landing technique to catch and turn. ✓ Defending/attacking principles ✓ Signalling for the ball ✓ Marking both on and off the ball <p>Cross Country:</p> <ul style="list-style-type: none"> ✓ Pace management – pace setting ✓ Stride patterns across terrains



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		<p>Gymnastics:</p> <ul style="list-style-type: none"> ✓ Balance/ group/ individual ✓ Co-ordination ✓ Tension/ extension ✓ Technique and quality ✓ Sequences – timing/fluence ✓ Application of strength ✓ Understanding the relation of our bodies compared with others for effective balances
	<p>Health Related Exercise - CHS second half term. (6)</p> <p>Hockey – CHS first half term. (6)</p> <p>Handball</p> <p>OAA</p> <p>Table Tennis</p> <p><i>Each Class</i></p> <p><i>Rotation @ BMS 4 weeks per activity.</i></p> <p>(12)</p>	<p>Learners will know:</p> <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives. ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility ✓ Pleasure in sport is about personal gains rather than external comparison <p>Health Related Exercise:</p> <ul style="list-style-type: none"> ✓ How to measure your heart rate and what it indicates ✓ To gain knowledge on specific exercises that will aid development in sport ✓ To support development in fitness over the term – judged by the fitness tests – 12 min cooper run, bleep test, SAQ tests etc. ✓ Develop knowledge of muscle groups and select an exercise which would develop that group <p>Hockey:</p> <ul style="list-style-type: none"> ✓ Controlling a moving ball on the reverse side of the stick ✓ Beating a defender using open and reverse side of the stick - Quick movement of the ball ✓ Deciding between a jab tackle and a block tackle in a match situation <p>Table Tennis:</p> <ul style="list-style-type: none"> ✓ Control of power – hitting the table. ✓ Accurate grip – shake hand grip – link to tennis. ✓ Forehand and backhand drive ✓ Serves ✓ Understanding of the rules of the game and scoring of points - scoring system, changes of serve <p>OAA:</p> <ul style="list-style-type: none"> ✓ To identify different features on a map such as woodland or buildings



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		<ul style="list-style-type: none"> ✓ Use the map to identify control points on the orienteering course ✓ Use numerical or literacy skills to work out the correct answer from the information provided Handball: <ul style="list-style-type: none"> ✓ Basic rules of the game – double dribble, GK only in area, no pass back to GK ✓ Tactics as part of a team - particular focus on counter-attacking ✓ Passing – link to netball, but passing on the move ✓ Dribbling – 3 step rule/3 second rule ✓ Tackling - interception ✓ Shooting
	Athletics (5)	Learners will know: <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives. ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility. ✓ All types of physical activity can improve my overall personal performance ✓ Engaging in a variety of activities is important and brings different levels of personal challenge ✓ Pleasure in sport is about personal gains rather than external comparison Athletics: <ul style="list-style-type: none"> ✓ Sprint distance up to 200m ✓ Javelin – side on, throwing arm stretched out behind body. Transfer of weight from back to front of body, trying to throw up and out to get correct trajectory ✓ Middle distance 1500m – stride length and continuation of pacing ✓ Triple jump – hop/step/jump ✓ Development of the take and landing ensuring control and distance
	Tennis Rounders Cricket <u>Each class rotation</u> <u>4/5 lessons per activity.</u>	Learners will know: <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility ✓ Managing distractions in a game is necessary to ensure the ability to perform skills is not impeded ✓ Everyone contributes to the strategic play in a game ✓ Tactics are formulated by individual players to contribute to the overall success of the team



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	(7)	<p>Tennis:</p> <ul style="list-style-type: none"> ✓ Develop control and power in forehand and backhand shots. ✓ Basic serves – over head or underarm serve. ✓ Outwitting opponents - back spin/top spin – slice shot ✓ Backhand/forehand volley <p>Rounders:</p> <ul style="list-style-type: none"> ✓ Recap batting and bowling techniques ✓ Game application ✓ Implementation of the rules – scoring: when ball is hit, half a rounder is scored at 2nd or 3rd base and a whole rounder if you get all the way round to 4th base without stopping, no ball: 2 no balls = half a rounder, ball hit backwards: stop at 1st base until the ball has crossed the front line ✓ Tactical decisions when fielding and batting <p>Cricket:</p> <ul style="list-style-type: none"> ✓ Bowling at different lengths to make the ball arrive at the batter at different heights ✓ Tactical decision making – choice of batting shot depending on pitch of ball ✓ Positions ✓ Game application ✓ Implementation of the rules – LBW, wide, no ball
8	Volleyball Basketball Football Dance (14)	<p>Learners will know:</p> <ul style="list-style-type: none"> ✓ Specific activity strengthens specific muscle groups – quads, hamstring, gastrocnemius, biceps, triceps, pectorals, abdominals, groin ✓ Cardiovascular fitness improves the strength of the heart to increase blood flow to working muscles to delay muscle fatigue. ✓ Regular sustained physical activity reduces risk of heart disease and type 2 diabetes into later life ✓ Applying the correct rules and tactics to a competitive scenario will lead to greater success in the sport ✓ Greater stamina will result in sustained quality of performance. ✓ Culture, traditions and context play a part in participation and enjoyment of physical activity <p>Volleyball:</p> <ul style="list-style-type: none"> ✓ Rules of the game



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		<ul style="list-style-type: none"> ✓ Volley shot – look through diamond above head, spring with contact of ball, push up and flick fingers out – used to set for another player or for accuracy. ✓ Spike shot – both hand clasped, thumbs pointing away from body, moving body together in upward motion to meet the ball, contact with hands. Used to set for a team mate – or in positions where you need to get your hands quickly to the ball. ✓ Tactics for playing in a game ✓ Scoring <p>Basketball:</p> <ul style="list-style-type: none"> ✓ Dribbling technique – pushing ball to the ground just in front of body to keep moving forward, controlling bounce to keep control of the ball. Use of hands/body when changing direction ✓ Tactics when playing in a team - main focus on quick movement of the ball. ✓ Triple threat position ✓ Positions on court – Working on turning defence into attack and vice versa. ✓ Recap of the rules <p>Football:</p> <ul style="list-style-type: none"> ✓ Passing - Chipped/Lofted ✓ Receiving - Chest ✓ Shooting - placed shots with laces ✓ Heading - attacking low and to the side ✓ Defending - interceptions ✓ Application - students can use the skills in an overload situation (4v2/3v2/ 4v4 + 1) ✓ In the 4 v 4 (+1) game students are able to identify a formation 1/2/1 or 2/1/1 and take up at least two positions and EXPLAIN their role ✓ Can apply some rules to 4v4 game with teacher support <p>Dance:</p> <ul style="list-style-type: none"> ✓ Understand what a beat is ✓ Be able to perform a number of movements in time with music (a motif) ✓ Perform set motif in a small group and include own movements to make it longer ✓ Add in levels, mirror, matching, unison and cannon to increase the difficulty and make the performance more exciting for the viewer



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	Cross Country Leadership(6)	<p>Learners will know:</p> <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility <ul style="list-style-type: none"> ✓ Players must take ownership for their role within a team. Players and leaders take responsibility to adapt tactics, using the match state of play to justify decisions <ul style="list-style-type: none"> ✓ Progress happens in the struggle zone ✓ In the struggle zone, I find things tricky but not impossible ✓ Overcoming difficulties makes people feel good – a sense of achievement improves mental health ✓ Recognising where I have been successful improves self-worth <p>Cross Country:</p> <ul style="list-style-type: none"> ✓ Improved times through independent pace management ✓ Being aware of how your muscles and cardiovascular system are feeling to adapt your performance to help you get the best time possible <p>Leadership:</p> <ul style="list-style-type: none"> ✓ Different aspects of teamwork: Communication, encouragement, confidence – through teambuilding activities and planning different activities ✓ Confidence in speaking to people when giving instructions and demonstrations ✓ Being imaginative when coming up with an idea for a sport
	Handball OAA (6)	<p>Learners will know:</p> <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility <ul style="list-style-type: none"> ✓ Motivation is the desire to achieve something. Extrinsic motivation when the drive to achieve for an external reward ✓ Intrinsic motivation is a drive from within to achieve because it is naturally satisfying <p>OAA:</p> <ul style="list-style-type: none"> ✓ To identify different features on a map such as woodland or buildings ✓ Use the map to identify control points on the orienteering course ✓ Use numerical or literacy skills to work out the correct answer from the information provided <p>Handball:</p>



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		RECAP <ul style="list-style-type: none"> ✓ Basic rules of the game – double dribble, GK only in area, no pass back to GK ✓ Tactics as part of a team - particular focus on counter-attacking ✓ Passing – link to netball, but passing on the move ✓ Dribbling – 3 step rule/3 second rule ✓ Tackling - interception ✓ Shooting
	Athletics (5)	Learners will know: <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility Athletics: <ul style="list-style-type: none"> ✓ Sprint distance up to 200m ✓ Javelin – side on, throwing arm stretched out behind body. Transfer of weight from back to front of body, trying to throw up and out to get correct trajectory ✓ Middle distance 1500m – stride length and continuation of pacing ✓ Triple jump – hop/step/jump ✓ Development of the take and landing ensuring control and distance
	Tennis Softball (7)	Learners will know: <ul style="list-style-type: none"> ✓ People make choices to be active into their later lives. ✓ There are different types of fitness – cardiovascular, muscular endurance and strength, joint flexibility. ✓ For some, the desire to win, supersedes the desire to play fairly – this can result in extreme behaviours in the highest competitive fields Tennis Key Knowledge: <ul style="list-style-type: none"> ✓ Overhead serve - contact with ball at high point, upon contact downward trajectory ✓ Correct scoring system - 15,30,40, love, deuce, advantage ✓ 1 hand and 2 handed backhand shot ✓ Tactical awareness when playing a match - e.g. moving opponent around the court by shot choice ✓ Gameplay – singles and doubles Softball Key Knowledge: <ul style="list-style-type: none"> ✓ The correct technique for bowling ✓ To develop as a fielding unit by using a relay throw to get the ball to the correct base



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		✓ To use the correct batting stance and technique to support with making the best connection with the ball