

Curriculum maps with Christian and school ethos links

Subject: Physical Education

Topics and links	Autumn Term		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<p>Safety in PE; why we do PE and how to warm up</p> <p>Foundation skills Rugby/Hockey</p> <p>Welcome to PE; Baseline assessment to determine fitness levels and basic skills in games. Girls Hockey and Boys Rugby. Swap after half term. For both sports pupils will learn the basics of possession, attacking techniques and defending. Key words such as tackling, ruck, backward pass and mauls and 'tower of power'. In hockey pupils will focus on the push pass, stop, dribble and hit. They will focus on 7 a side game play within competitive play. By the end of the unit all students will be able to play a small sided game and link key skills together. They will be able to apply basic rules into game play. Students will be pushed into attending extra-curricular clubs.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>		<p>Girl's netball; possession, passing and moving. Applying the 'footwork' rule and understanding how to utilise space by driving forward to receive a pass. Positions on the court will form a major part of the knowledge of this sport. Small sided games of attack and defence leading up to a full sided game.</p> <p>In football students will work on basic skills and applying them to small sided games leading up to 9 a side. Passing, dribbling and shooting to keep possession. To gain possession students will focus on tackling and man to man marking.</p> <p>After February half term Girls will study Dance for 3 weeks. They will focus on rhythm and timing and looking at choreographic devices and how to develop a set motif. The boys will study swimming; they will look at the three basic strokes; front crawl, breaststroke and backstroke. Students are aiming to be water safe by the time they reach Year 9. For the remaining 3 weeks of term students will study Cross Country and learn about pace, terrain and resilience.</p> <p>They will be performing at maximum levels over the junior XC course in the two week lead up to Easter</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>		<p>Both groups will study striking and fielding through Cricket and Rounders.</p> <p>Students will look at the skills for each game and how to apply them into a competitive situation. This will start in small sided games and then progress to larger game play. Students will understand how to catch and throw the ball and fielding techniques to get players out.</p> <p>They will then study Athletics through track and field. Pupils will perform at maximum levels and learn how technique affects performance. Students will have opportunities to coach one another and to compete in local competitions.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	
Year 8	<p>Mixed sex groups and set based on last year's assessments; students will study Rugby and Hockey in Term 1. They will build on existing knowledge and apply skills into game play. Students will be practicing more advanced skills and levels of fitness; they will learn how to sue the reverse stick appropriately in game play for Hockey and how to utilise the</p>		<p>Netball and Football; students will extend their knowledge of the game from Year 7 and build on existing skills. They will practice more advanced skills and how these can be applied in competitive games. In netball some students may start to</p>		<p>Athletics and striking and fielding; students will build on their tactical knowledge and techniques from Year 7. They will look at more advanced techniques within throwing-they may throw heavier shots/javelins and be able to apply more advanced techniques for jumping. In striking and</p>	

	<p>wings in defence. In Rugby they will apply more tactical knowledge to their game play and have a better understanding of positions and their roles within the game.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	<p>specialise in a particular position. In football students will progress to 11 a side.</p> <p>After half term students will work on Fitness and Cross Country. The focus will be on performing at maximum levels and ensuring they apply pace and running technique. In fitness, they will learn about the components of fitness-this links to the GCSE specification.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	<p>fielding students will work towards playing full sided game play and tactics and strategies to outwit their opponents.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>
Year 9	<p>Mixed sex set lessons. Hockey and Rugby split. Students will build to play full sided games in both sports. This will be a gradual introduction. Students will learn about positions on the pitches and self-umpiring/refereeing. Students will be encouraged to apply more advanced skills into game play, even if they may not be successful.</p> <p>Students will be expected to understand how to self-correct and how to give constructive feedback through coaching and officiating tasks.</p> <p>They will start to look at the GCSE specification for practical performance.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	<p>Netball/badminton and Badminton/football to half term. Building on existing knowledge in netball and football and specialist tactics for specific positions. In Badminton students will look at shot selection and doubles game play. Students are encouraged to move their opponent around the court as much as possible. After half term students will study fitness and Cross Country. This will allow them to prepare for the race and apply their knowledge about target zones and monitoring HR over time.</p> <p>We will focus on Fartlet training to ensure students are fit enough to cover the new distance.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	<p>Athletics and striking and fielding. Students will apply advanced tactics for s&f and full sided games. They will be challenged through competitive play and advanced strategies and techniques. In Swimming, students will study personal survival techniques; this will be scenario based for open water, pool and sea safety.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>
KS4	<p>Students follow two pathways; competitive and recreations. Groups are taught in single sex classes.</p> <p>Hockey and Rugby for competitive pathways; full sided games and advanced skills are taught in isolation, conditioned games and competitive situations. GCSE PE students will be assessed in these lessons and expected to reach criteria that will challenge them</p> <p>Recreational sports include badminton and ultimate Frisbee. These sports focus on the basic skills involved in playing and incorporating team work, communication and resilience</p> <p>Competitive sports Netball and Football; advanced skills in full sided games play. Fitness for the sport and incorporating tactics and strategies. GCSE PE students will be assessed in</p>	<p>This is an 'option term' for the first three weeks groups will select a sport or activity to study as a group.</p> <p>Cross Country; as a year group pupils will compete in cross country practice and racing. They will have to think about their pace over different terrain, how they need pace themselves and how their running style will change with the course. Top performers in GCSE PE can be assessed for their final grade.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	<p>Year 10; Rounders, Cricket and Athletics; students will all have an opportunity to take part in all of these sports. They are encouraged to perform at maximum levels in athletics and to represent the school in competitions and get ready for Sports Day.</p> <p>Within the games aspects students are building on their existing knowledge and tactics and applying more advanced skills into competitive games. Students are encouraged to enjoy sport for a release and to continue to join extra-curricular activities.</p> <p>Year 11; exam season. The focus is on well-being and allowing students off time from the exams. Staff will give student options of sports and</p>

	<p>these lessons and expected to reach criteria that will challenge them.</p> <p>Rec groups are studying basketball and team building and fitness. Students in basketball and learning new physical skills and adapting skills previously taught in other sports. They are also working on teamwork and adapting to new rules. Team building and fitness incorporates self-motivation, collaboration and integrity when sticking to the rules of challenges. Groups are challenged to persevere with their challenges which will be both physical and mental.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>		<p>activities such as rounders, softball, cricket and athletics</p> <p>Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>
GCSE PE	<p>Year 10 GCSE PE; introduction to the course. Pupil profiles. Paper one; Anatomy (bones and muscles, cardiovascular system, respiratory system, movement analysis</p> <p>Year 11 Coursework hand in. Paper 2 spec started. Sports Psychology.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	<p>Paper 1; Physical training and performance. Components of fitness, physical training. Training types. Data and altitude training.</p> <p>Drugs in Sport. Sociological aspects to participation. Data. Moderation at the end of spring term or start of summer (must be before the exams start). All practical performance marks to be in and video evidence submitted</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>	<p>Paper 1 complete at May half term; MOCK of 2019 paper. Start coursework after May half term for pupils to work on over the summer. Ready for moderation in Year 11</p> <p>Revision of Paper 1 and Paper 2. Full mocks in both papers.</p> <p>Courage, Forgiveness, Honesty, Kindness, Respect, Empathy, Resilience</p>
Links with Values and Christian ethos	<p>1. Courage: Becoming confident in a new practical environment and trying new skills and activities that challenge and evoke thinking skills. Performing in front of peers and possibly competing against other schools and teams. In GCSE PE students will have courage in accepting new challenges and being able to study new aspects of the PE curriculum BTEC; students show courage in trying new topic areas and completing challenging tasks-dissections for anatomy and taking physical fitness tests</p> <p>2. Forgiveness: Working in teams and accepting mistakes of team members. Forgiving oneself for mistakes and moving forward.</p> <p>3. Honesty: Reporting accidents, being confident to ask for help, keeping score and playing to the rules. Evaluating their own and other students work honestly and with integrity. GCSE PE; peer assessment and marking. Pupils will critically evaluate each other's written work and offer points of progress to help each other. BTEC; handing in work that is your own and understanding plagiarism and the consequences that follow</p> <p>4. Kindness: Working with peers, helping them when they struggle. Helping with equipment and ensuring that everything is put away properly</p>		

GCSE PE; working with partners and small groups to explore theories and practices and in doing so being kind and considerate to other pupils thoughts and views

5. Respect:

Learning how to behave appropriately in different practical spaces, respecting others ideas and the equipment that we are using. Respecting officials and their decisions.

GCSE PE; showing respect of the work of others and through sharing ideas and practices

6. Empathy:

Understanding that pupils have different areas of strength and weakness in different sports and activities. Showing empathy though movement in Dance; understanding a story/theme of movement

7. Resilience:

Completing practical tasks even though they might seem hard in terms of skill or push your fitness levels. Performing in front of others-mistakes may be made but you have to keep going!!

GCSE PE; working towards target grade and beyond, being resilient after tests and assessments or when answering questions in class-not giving up because you got it wrong the first time

BTEC; keep on going! Using the second submission to make your grades better, listen to feedback and apply. Improve topic tests and external examination grades if they are not what you were hoping for