Curriculum Map PE

Year 7

Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2
Knowledge acquired					
Base line assessment Gymnastics - use of basic equipment. Understanding safety. Basic techniques in jumping, traveling on and around equipment	Ball games – Introduction to different ball games. Basic rules and understanding of game layout	Health and fitness – Thinking about areas of the body and the basic components of fitness and how they apply to different activities.	Team building Working as a group of people and how to communicate with others around you. Thinking about confidence in group situation and roles	Athletics The basic technique for long jump and high jump. How to throw different athletic equipment and basic technique. Team races.	Striking and fielding Basic techniques for fielding batting and bowling roles for cricket, rounders etc.

Skills acquired

Core physical skills
- Fundamental movement
- Coordination and agility
- Basic techniques

Sports specific skills
- Passing, shooting and dribbling
- Fielding, bowling and battening
- Gymnastics rolls, balancing, vaulting and sequencing movements
- Athletics sprint starts relay baton changes, basic throwing and jumping techniques

Personal and social skills
- Team work and communication
- Following rules and understanding fair play
- Developing resilience, confidence and leadership through group tasks

Knowledge and understanding
- Warm up and cool down routines
- Awareness of fitness components
- Basic tactics and decision making in games

Digital Literacy
- Using tablets to record simple skills. Use this to analyse performance.
- The use of step counters and heart rate monitor
- Timing through use of stop watches, including split times

Oracy Development
- Communicating during active situations
- Clear instructions to others around them tactically in between play
- Using terminology correctly
- Analysis of performance
- Communicating responsibly with others

Key Assessments taking place

Assessment will take place through performance tests, fitness tests peer and self-assessment. Summative and formative assessments by staff throughout the topics

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Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2

	Knowledge acquired					
	Gymnastics – Refining techniques on a variety of equipment. Including jumps, vaults, rolls and stands.	Ballgames Developing game-based skills, improving accuracy and technique. Basic ball games to learn rules and teamwork	Health and fitness Finding more about components of fitness and how these apply to everyday life and sports.	Team building – Continue to improve team work and communication. Focus on problem solving and how a team can work together to overcome barriers.	Athletics – Developing movement to add power to throwing and jumping techniques. Learning how to control speed while running to support distance targets	Striking and fielding Looking at a variety of different positions while fielding and how you can impact. Different batting and bowling techniques depending on the game
	Skills acquired					
	Refinement of fundamental skills Running, jumping, throwing, catching, striking, kicking, dodging, balance **Sports-specific techniques** Dribbling, passing, shooing, batting, bowling and fielding **Fitness development** Stamina, strength, flexibility, speed and reaction time **Improved coordination and agility** Appling movements with more speed and accuracy **Reflective skills** Being able to reflect on their own work and create targets			**Digital Literacy** • Using tablets to record simple skills. Use this to analyse performance. • The use of step counters and heart rate monitor • Timing through use of stop watches, including split times **Oracy Development** • Communicating during active situations • Clear instructions to others around them tactically in between play • Using terminology correctly • Analysis of performance • Communicating responsibly with others		
	Key Assessments taking place					
	Assessment will take place through performance tests, fitness tests peer and self-assessment. Summative and formative assessments by staff throughout the topics					
Year 9	**Autumn Half Term 1**	**Autumn Half Term 2**	**Spring Half Term 1**	**Spring Half Term 2**	**Summer Half Term 1**	**Summer Half Term 2**
	Knowledge acquired					
	Gymnastics Thinking on how performance can contribute to how we begin, move and finish in our skills.	Ballgames Different roles within a game and responsibilities on a team while playing. Increase pace and accuracy	Health and fitness Applying targets to components of fitness. Identifying weakness and strengths in their own fitness and planning on developing this	Team building Being a leader. What skill set is needed when leading a group. How do you communicate with to others to bring the best out in them?	Athletics Linking full techniques together to improve distance of throws and jumps. Running with targets in mind and working on how to improve speed.	Striking and fielding Understanding more of the rules and tactics in different games.

	on different technical skills.				

Skills acquired

Sports Specific skills

- More advanced passing, dribbling skills, shooting, tackling and intercepting
- Team work and communication in both attacking and defending situations
- Understanding and applying tactics, formations and strategies
- Awareness of rules positions and officiating.

Fitness development

- Knowledge of different training methods
- Understanding the components of fitness
- Ability to take responsibility for their health
- Applying target setting to components of fitness

Personal and social development

- Develop communication skill, using their voice to improve outcomes from others
- Leading or captaining a team
- Resilience and perseverance
- Respect and sportsmanship

Cognitive and tactical skills

- Understanding rules and regulations in greater depth
- Decision making under pressure
- Problem solving in game situations
- Awareness of positions and roles in team sports

Digital Literacy

- Using tablets to record simple skills. Use this to analyse performance.
- The use of step counters and heart rate monitor
- Timing through use of stop watches, including split times

Oracy Development

- Communicating during active situations
- Clear instructions to others around them tactically in between play
- Using terminology correctly
- Analysis of performance
- Communicating responsibly with others

Key Assessments taking place

Assessment will take place through performance tests, fitness tests peer and self-assessment. Summative and formative assessments by staff throughout the topics

KS4/5

Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2
Knowledge acquired					
Games/ Fitness Games - different team games using different skills, rules and team work principles.	Ball games/fitness Improving and learning different ball games,	Team building/fitness Working on skills for the bigger wider world in working with others	Goalball/fitness Competitive games of goalball, officiating opportunities.	Athletics/fitness Athletics – competition-based learning Fitness – sports specific training	Striking and fielding/athletics Competition based learning Fitness – whats next?

Fitness base line assessment	techniques and rules Fitness – identifying their needs in fitness and setting targets	Fitness – alternative training options	Fitness – setting their own training opportunities		

Skills acquired

Practical performance skills

- Refined techniques in a range of sports and physical activities
- Application of tactics and strategies in competitive and non-competitive contexts
- Effective decision-making during gameplay
- Adapting skills to different roles
- Team work and communication to achieve common goals
- Leadership skills when organising activities

Physical and fitness skills

- Improved fitness components
- Effective warm up and cool down techniques for safe participation
- Understanding and applying training methods
- Monitoring and improving personal fitness levels
- Developing resilience, perseverance and mental toughness through sport

Digital Literacy –

- Using tablets to record simple skills. Use this to analyse performance.
- The use of step counters and heart rate monitor
- Timing through use of stop watches, including split times
- Look at how social media can be used positively and the problems that it can cause

Oracy Development

- Communicating during active situations
- Clear instructions to others around them tactically in between play
- Using terminology correctly
- Analysis of performance
- Communicating responsibly with others

Key Assessments taking place

Assessment will take place through performance tests, fitness tests peer and self-assessment. Summative and formative assessments by staff throughout the topics