Curriculum Map

Subject:  **Physical Education** Year: 7-9

**Please note the curriculum map and assessment system follows the same pathway from Yr7-9. The objective is to gain greater mastery of the skills and content during each year whilst developing understanding of each activity. Whether this be a greater understanding of the rules, knowledge, or application of skill into a game-based scenario or tactical elements of those curriculum areas.**

|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| --- | --- | --- | --- | --- | --- | --- |
| **Content** | Basketball, Health Related Education and Indoor Athletics | Basketball, Health Related Education and Indoor Athletics | Badminton, Gymnastics and Table Tennis | Badminton, Gymnastics and Table Tennis | Athletics and CricketTennis, Volleyball, Dodgeball | Athletics and CricketTennis, Volleyball, Dodgeball |
| **Skills** | **Rugby – ‘Hands’**Passing, tackling, moving, breakdown skills**Rugby – ‘Head’**Application of skills into game. Knowledge of rules. Understanding of tactics and techniques**Rugby ‘Heart’**Leadership. Work ethic. Self analysis and goal setting | **Basketball/HRE/Indoor athletics – ‘Hands’**BB - Movement, passing, running, shootingHRE/Indoor Ath – A variety of disciplines in indoor Track and field. Fitness programme put in place to develop physical ability in gym setting.  **Basketball/HRE/Indoor athletics – ‘Head’**BB – Application of skills into game. Knowledge of rules. Understanding of tactics and techniques. Specifically screening and ‘plays’ in attack and defense. HRE/Ind Ath – Applying techniques into understanding of tactics etc. Developing a knowledge of the body and how to develop their fitness using a training plan. **Basketball/HRE/Indoor athletics – ‘Heart’**Leadership. Work ethic. Self analysis and goal setting  | **Hockey – ‘Hands’**Passing, tackling, moving, 2v1 skills, hitting, slapping and elimination skills**Hockey – ‘Head’**Application of skills into game. Knowledge of rules. Understanding of tactics and techniques**Hockey ‘Heart’**Leadership. Work ethic. Self analysis and goal setting | **Badminton/Gymnastics/****Table tennis – ‘Hands’**Bad – range of skills required: serving, backhand, forehand, clear, drop shot and smash. Table tennis – Forehand and backhand. Serve. Different types of spin and technique required for eachGymnastics - Core shapes, movement, balance, group work. Leading into more complex balances, leading to a sequence.Flight work and vaulting. **Badminton/Gymnastics/****Table tennis – ‘Head’**Bad/TT – Application of skills into game. How to move your opponent around. Understand how to highlight your strengths and opponents weakness. Scoring system and core techniques. **Badminton/Gymnastics/****Table tennis – ‘Heart’**Leadership. Work ethic. Self analysis and goal setting  | **Athletics and Cricket ‘Hands’**Athletics – Full range of track and field events. Focus on transferable skills in throws.Learn the difference between pacing and sprinting. Develop sprint skills and starting technique. Hurdles technique developed. Cricket – Different shots and technique. Defense, drive, sweep, hook. Bowling skillsFielding skills**Athletics and Cricket ‘Head’**Athletics – tactical understanding of events. Applying into competitionKnowledge of body and how to develop this for competitionCricket – develop knowledge of fielding skills and tactics. Bowling awareness of different types, spin or seam. Offside and onside. Knowledge of the different types of cricket and tactics needed for each. **Athletics and Cricket ‘Heart’**Leadership. Work ethic. Self analysis and goal setting  | **Tennis/Volleyball/****Dodgeball – ‘Hands’**Tennis - range of skills required: serving, backhand, forehand, clear, drop shot and smash.Volleyball – dig, set, smash and how to combine these shots togetherDodgeball – throwing, dodge technique, catching and combining these skills. **Tennis/Volleyball/****Dodgeball – ‘Head’**Tennis/Volleyball/Dodgeball - Application of skills into game. How to move your opponent around. Understand how to highlight your strengths and opponents’ weakness. Scoring system and core techniques.**Tennis/Volleyball/****Dodgeball – ‘Heart’**Leadership. Work ethic. Self analysis and goal setting |
| **Assessment** | Students will complete Assessment for Learning booklet which enables them to evaluate their progress, strengths and weaknesses and set goals for the following term/year.Students will also get a mark out of 25 for each activity  | Students will complete Assessment for Learning booklet which enables them to evaluate their progress, strengths and weaknesses and set goals for the following term/year.Students will also get a mark out of 25 for each activity. | Students will complete Assessment for Learning booklet which enables them to evaluate their progress, strengths and weaknesses and set goals for the following term/year.Students will also get a mark out of 25 for each activity | Students will complete Assessment for Learning booklet which enables them to evaluate their progress, strengths and weaknesses and set goals for the following term/year.Students will also get a mark out of 25 for each activity. | Students will complete Assessment for Learning booklet which enables them to evaluate their progress, strengths and weaknesses and set goals for the following term/year.Students will also get a mark out of 25 for each activity. | Students will complete Assessment for Learning booklet which enables them to evaluate their progress, strengths and weaknesses and set goals for the following term/year.Students will also get a mark out of 25 for each activity. |