

## Physical Education Curriculum Map

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Bronze (Intro)	<p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>Intro range of passing.</li> <li>dribbling, control &amp; turning.</li> <li>passing and movement.</li> <li>shooting styles.</li> <li>attack/outwitting an opponent.</li> <li>Intro defend/tackling techniques.</li> </ul> <p><b><u>Netball</u></b></p> <p>Intro to</p> <ul style="list-style-type: none"> <li>range of passing.</li> <li>basic rule and pivoting.</li> <li>shooting.</li> <li>creating space.</li> <li>outwitting opponent</li> <li>defending and positional awareness.</li> </ul> <p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>Intro Ball familiarisation</li> <li>passing and movement.</li> <li>Outwitting an opponent</li> <li>Dribbling and pivoting (triple threat).</li> <li>Intro Shooting.</li> </ul>	<p><b><u>Rugby</u></b></p> <ul style="list-style-type: none"> <li>Intro ball familiarization.</li> <li>Intro passing &amp; receiving.</li> <li>use of width.</li> <li>basic tackling technique. To include uncontested scrums, rucking and mauling.</li> <li>basic principles of attack and defence.</li> </ul> <p><b><u>Volleyball</u></b></p> <ul style="list-style-type: none"> <li>Intro set technique.</li> <li>Intro dig technique.</li> <li>Basic underarm serve.</li> <li>Intro to 3 touch.</li> <li>Tactical development.</li> <li>Outwitting opposition.</li> </ul> <p><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>Intro the grip and ready position.</li> <li>Intro serve.</li> <li>Intro the clear.</li> <li>Intro the drop shot.</li> <li>Doubles/singles game play and rules.</li> </ul> <p><b><u>Cross Country</u></b></p> <p>(See Health &amp; Fitness/Athletics)</p>	<p><b><u>Health and Fitness</u></b></p> <ul style="list-style-type: none"> <li>Intro importance of healthy lifestyle.</li> <li>Intro heart rate/fitness levels.</li> </ul> <p>To include:</p> <ul style="list-style-type: none"> <li>Circuits</li> <li>Boxercise</li> <li>Exercise to music</li> <li>Fitness Suite</li> </ul> <p><b><u>Outdoor Adventure</u></b></p> <ul style="list-style-type: none"> <li>Intro to team building</li> <li>Intro to map reading</li> <li>Team building exercises.</li> <li>Star orienteering.</li> </ul>	<p><b><u>Hockey</u></b></p> <ul style="list-style-type: none"> <li>Intro grip and stance.</li> <li>Intro range of passing.</li> <li>Intro shooting.</li> <li>Intro defensive and attacking strategies/techniques.</li> </ul> <p><b><u>Gymnastics/Dance</u></b></p> <ul style="list-style-type: none"> <li>Intro locomotion.</li> <li>Intro points and patches.</li> <li>Intro transference of weight.</li> <li>Intro balance work - individual, partner and group.</li> <li>Intro effective sequencing/motifs. To include good relationships and dynamics, with appropriate music.</li> </ul> <p><b><u>Sports Leaders</u></b></p> <ul style="list-style-type: none"> <li>Intro principles of Coach Education.</li> <li>Intro key responsibilities/roles within sport.</li> <li>Intro student led activities.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>Intro running styles.</li> <li>Intro pacing.</li> <li>Intro start positions.</li> <li>Intro relays.</li> <li>Intro field events: Shot Putt Javelin Discus</li> <li>Intro basic jumps.</li> </ul> <p><b><u>Alternative Games</u></b></p> <p>New rules and formats for various alternative games:</p> <ul style="list-style-type: none"> <li>Rocket ball</li> <li>Lacrosse</li> <li>Dodgeball</li> <li>Mat rounders</li> <li>King ball</li> <li>Capture the flag</li> <li>Fox and hounds</li> <li>Danish long ball</li> </ul>	<p><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>Intro ball familiarisation.</li> <li>Intro catching.</li> <li>Intro fielding.</li> <li>Intro bowling.</li> <li>Intro batting.</li> <li>Intro game understanding and basic tactics/strategies.</li> </ul> <p><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>Intro ball familiarisation.</li> <li>Intro catching.</li> <li>Intro fielding.</li> <li>Intro bowling.</li> <li>Intro batting.</li> <li>Intro game understanding and basic tactics/strategies.</li> </ul> <p><b><u>Softball</u></b></p> <p>Intro to</p> <ul style="list-style-type: none"> <li>ball familiarisation.</li> <li>catching.</li> <li>fielding.</li> <li>bowling.</li> <li>batting.</li> <li>game understanding</li> <li>basic tactics /strategies.</li> </ul>

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Silver (Devel op)	<p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>Develop passing tech.</li> <li>Dribbling, turns and outwitting a defender. <ul style="list-style-type: none"> <li>Develop attack.</li> <li>Develop shooting.</li> <li>Develop defensive strategies/tactics.</li> </ul> </li> </ul> <p><b><u>Netball</u></b></p> <ul style="list-style-type: none"> <li>Develop timing of pass and support play.</li> <li>Develop footwork.</li> <li>Develop attacking play/outwitting opponents.</li> <li>Develop shooting.</li> <li>Develop marking and defending.</li> </ul> <p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>Develop passing, pivoting &amp; dribbling. <ul style="list-style-type: none"> <li>Develop triple threat.</li> </ul> </li> <li>Develop attacking and outwitting an opponent.</li> <li>Develop defending Skills.</li> <li>Develop lay-up and rebound principles.</li> </ul>	<p><b><u>Rugby</u></b></p> <ul style="list-style-type: none"> <li>Develop passing &amp; ball handling skills.</li> <li>Develop tackling technique. To include scrums, rucking and mauling.</li> <li>Develop Kicking.</li> <li>Develop tactical play and outwitting opponents.</li> </ul> <p><b><u>Volleyball</u></b></p> <ul style="list-style-type: none"> <li>Develop volley/Set.</li> <li>Develop dig.</li> <li>Develop both under and overarm serve.</li> <li>Develop Spike and block.</li> <li>Develop attacking and defensive strategies.</li> </ul> <p><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>Develop positional awareness.</li> <li>Develop forehand and backhand serve.</li> <li>Develop clear.</li> <li>Develop drop shot.</li> <li>Disguised shots.</li> <li>Doubles/singles game play and rules.</li> </ul> <p><b><u>Cross Country</u></b> (See Health &amp; Fitness/Athletics)</p>	<p><b><u>Health and Fitness</u></b></p> <ul style="list-style-type: none"> <li>Develop components of fitness and effects of exercise.</li> <li>Develop knowledge of the body in action.</li> </ul> <p>To include:</p> <ul style="list-style-type: none"> <li>Circuits</li> <li>Boxercise</li> <li>Exercise to music</li> <li>Fitness suite</li> </ul> <p><b><u>Outdoor Adventure</u></b></p> <ul style="list-style-type: none"> <li>Develop leadership</li> <li>Develop resilience</li> <li>Line orienteering</li> <li>Team orienteering</li> </ul>	<p><b><u>Hockey</u></b></p> <ul style="list-style-type: none"> <li>Develop dribbling &amp; movement with the ball.</li> <li>Develop passing &amp; reverse stop.</li> <li>Develop attacking and defensive strategies/techniques.</li> </ul> <p><b><u>Gymnastics/Dance</u></b></p> <ul style="list-style-type: none"> <li>Develop rotations &amp; jumps.</li> <li>Develop balance work with effective tension/extension.</li> <li>Develop transfer of weight/weight on hands.</li> <li>Develop vaulting activities with appropriate support.</li> <li>Develop effective sequence/motif work to appropriate music.</li> </ul> <p><b><u>Sports Leaders</u></b></p> <ul style="list-style-type: none"> <li>Develop use of the STEP principle: Space Task Equipment People</li> <li>Develop student led activities and self-reflection.</li> <li>Develop leadership skills.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>Develop sprinting technique and sprint starts.</li> <li>Develop middle distance running.</li> <li>Develop jumping techniques.</li> <li>Develop throwing techniques.</li> <li>Develop relays.</li> </ul> <p><b><u>Alternative Games</u></b></p> <ul style="list-style-type: none"> <li>Develop strategies to outwit opponents using various alternative games:  Rocket ball Lacrosse Dodgeball Mat rounders King ball Capture the flag Fox and hounds Danish long ball</li> </ul>	<p><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>Develop fielding practice.</li> <li>Develop batting-drive shot and pull shot.</li> <li>Develop bowling-approach, coil, and release.</li> <li>Develop batting calls/basic field placement.</li> <li>Develop tactics to outwit opponents.</li> </ul> <p><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>Develop fielding skills.</li> <li>Bowling development.</li> <li>Batting development.</li> <li>Positional roles.</li> <li>Develop successful tactics/strategies to outwit opponents.</li> </ul> <p><b><u>Softball</u></b></p> <ul style="list-style-type: none"> <li>Develop fielding skills.</li> <li>Bowling development.</li> <li>Batting development.</li> <li>Positional roles.</li> <li>Develop successful tactics/strategies to outwit opponents.</li> </ul>

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Gold (Secure)	<p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>Secure passing with both feet.</li> <li>Attacking at pace and outwitting a defender</li> <li>Secure a range of shooting styles.</li> <li>Deploy a range of effective tactics and set Plays.</li> </ul> <p><b><u>Netball</u></b></p> <ul style="list-style-type: none"> <li>Secure a range of passing.</li> <li>Effectively deploy a range of attacking and defending principles.</li> <li>Deploy a range of effective tactics and set Plays.</li> </ul> <p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>Secure lay-up either side.</li> <li>Secure rebound tech.</li> <li>Effectively deploy a range of attacking and defending principles.</li> <li>Deploy a range of effective tactics and set Plays.</li> </ul>	<p><b><u>Rugby</u></b></p> <ul style="list-style-type: none"> <li>Secure Passing.</li> <li>Secure tackling technique. To include scrums, rucking and mauling.</li> <li>Effectively deploy a range of attacking and defending principles.</li> <li>Deploy a range of effective tactics and set Plays.</li> </ul> <p><b><u>Volleyball</u></b></p> <ul style="list-style-type: none"> <li>Secure accurate set.</li> <li>Secure effective dig.</li> <li>Secure accurate serving technique.</li> <li>Secure spike and block.</li> <li>deploy a range of attacking and defending principles.</li> <li>effective tactics/set Plays.</li> </ul> <p><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>Secure game understanding</li> <li>shots and decision making.</li> <li>outwit opponent(s)</li> <li>Doubles and singles tactics and competition play.</li> </ul> <p><b><u>Cross Country</u></b></p>	<p><b><u>Health and Fitness</u></b></p> <ul style="list-style-type: none"> <li>Secure understanding of the positive effects of exercise and the importance of maintaining a healthy lifestyle.</li> </ul> <p>To include:</p> <ul style="list-style-type: none"> <li>Circuits</li> <li>Boxercise</li> <li>Exercise to music</li> <li>Fitness suite</li> </ul> <p><b><u>Outdoor Adventure</u></b></p> <ul style="list-style-type: none"> <li>Explore and secure a range of leadership styles</li> <li>Creating personal challenges</li> </ul>	<p><b><u>Hockey</u></b></p> <ul style="list-style-type: none"> <li>Secure dribbling at pace.</li> <li>Secure all ranges of passing and control.</li> <li>Secure effective shooting methods.</li> <li>Effectively deploy a range of attacking and defending principles.</li> <li>Deploy a range of effective tactics and set Plays.</li> </ul> <p><b><u>Gymnastics/Dance</u></b></p> <ul style="list-style-type: none"> <li>Secure a fluid range a movements that link well with a set piece of music.</li> <li>execute full bodily control with good visual aesthetics for an audience.</li> </ul> <p><b><u>Sports Leaders</u></b></p> <ul style="list-style-type: none"> <li>Secure key leadership qualities/styles.</li> <li>leading others in a variety of settings.</li> <li>Self reflection activities to bring about improvements in the delivery of session and the progress of others taking part.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>Secure good technique and outcomes in all track and field disciplines.</li> </ul> <p><b><u>Alternative Games</u></b></p> <ul style="list-style-type: none"> <li>Secure good success using appropriate tactics within various alternative games:</li> </ul> <p>Rocket ball Lacrosse Dodgeball Mat rounders King ball Capture the flag Fox and hounds Danish long ball</p>	<p><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>Secure effective fielding tactics and techniques.</li> <li>Secure a range of batting styles and apply the appropriate shots.</li> <li>Secure a range of bowling styles and assess for batting weaknesses.</li> </ul> <p><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>Secure all aspects of batting and fielding.</li> <li>Effectively apply and evaluate tactical strategies to best outwit opponents.</li> </ul> <p><b><u>Softball</u></b></p> <ul style="list-style-type: none"> <li>Secure all aspects of batting and fielding.</li> <li>Effectively apply and evaluate tactical strategies to best outwit opponents.</li> </ul>