

## Practical Physical Education Curriculum Map

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
SPORTS	<p style="text-align: center;"><b><u>Football</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>range of passing.</li> <li>dribbling, control &amp; turning.</li> <li>passing and movement.</li> <li>basic shooting.</li> <li>basic attack/outwitting an opponent.</li> <li>basic defend/tackling techniques.</li> </ul> <p style="text-align: center;"><b><u>Netball</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>range of passing.</li> <li>pivoting.</li> <li>basic shooting.</li> <li>creating space.</li> <li>outwitting opponents</li> <li>basic defending</li> <li>positional awareness.</li> </ul> <p style="text-align: center;"><b><u>Basketball</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>basic ball familiarisation</li> <li>basic dribbling and pivoting.</li> <li>basic shooting.</li> <li>passing and movement.</li> <li>outwitting an opponent.</li> </ul>	<p style="text-align: center;"><b><u>Rugby</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>basic ball familiarisation.</li> <li>basic passing &amp; receiving.</li> <li>use of width/support play.</li> <li>basic tackling technique.</li> <li>basic principles of attack and defence.</li> </ul> <p style="text-align: center;"><b><u>Volleyball</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>basic set technique.</li> <li>basic dig technique.</li> <li>basic underarm serve.</li> <li>tactical development.</li> <li>outwitting opposition.</li> </ul> <p style="text-align: center;"><b><u>Racket Sports</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>grip and ready position.</li> <li>serve.</li> <li>clear.</li> <li>drop shot.</li> <li>doubles/singles game play and rules.</li> </ul>	<p style="text-align: center;"><b><u>Health and Fitness</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>healthy lifestyles.</li> <li>resting heart rate</li> <li>effects of exercise</li> <li>fitness levels.</li> </ul> <p>To include:</p> <ul style="list-style-type: none"> <li>Circuits</li> <li>Boxercise</li> <li>Just Dance</li> <li>Fitness Suite</li> <li>I'm a Celeb</li> <li>X Country</li> <li>Ninja Warrior</li> <li>Body Attack</li> <li>Body Combat</li> <li>Yoga</li> </ul> <p style="text-align: center;"><b><u>OAA</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>basic map reading</li> <li>basic team building challenges</li> <li>basic star orienteering</li> <li>basic line orienteering</li> <li>team building</li> </ul>	<p style="text-align: center;"><b><u>Hockey</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>grip and stance.</li> <li>basic range of passing.</li> <li>basic dribbling.</li> <li>basic shooting.</li> <li>basic defensive and attacking strategies/techniques.</li> </ul> <p style="text-align: center;"><b><u>Gymnastics/Dance</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>locomotion/travel</li> <li>points and patches.</li> <li>transfer of weight.</li> <li>balance work - individual, partner and group.</li> <li>effective sequencing/motifs. To include good relationships and changes in dynamics, with appropriate music.</li> </ul> <p style="text-align: center;"><b><u>Alternative Games</u></b></p> <p>Intro to...</p> <p>rules and formats for various alternative games:</p> <ul style="list-style-type: none"> <li>Bench Ball</li> <li>Uni Hoc</li> <li>Dodgeball</li> <li>Mat Rounders</li> <li>King Ball</li> <li>Capture the Flag</li> <li>Ultimate Frisbee</li> <li>Danish Long Ball</li> <li>KinBall</li> </ul>	<p style="text-align: center;"><b><u>Sports Leaders</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>basic principles of Coach Education.</li> <li>key responsibilities/roles within sport.</li> <li>pupil led activities with small groups.</li> </ul> <p style="text-align: center;"><b><u>Athletics</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>basic running styles and disciplines</li> <li>pacing.</li> <li>start positions.</li> <li>relays.</li> <li>basics of: Shot Putt Javelin Discus</li> <li>basic jumps.</li> </ul>	<p style="text-align: center;"><b><u>Cricket</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>ball familiarisation.</li> <li>basic fielding.</li> <li>underarm bowling.</li> <li>basic batting</li> <li>basic wicket keeping</li> <li>game understanding and basic tactics/strategies.</li> </ul> <p style="text-align: center;"><b><u>Rounders</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>ball familiarisation.</li> <li>basic fielding.</li> <li>basic bowling.</li> <li>basic batting</li> <li>role of a back stop.</li> <li>game understanding and basic tactics/strategies.</li> </ul> <p style="text-align: center;"><b><u>Softball</u></b></p> <p>Intro to...</p> <ul style="list-style-type: none"> <li>ball familiarisation.</li> <li>basic fielding.</li> <li>basic pitching.</li> <li>basic batting.</li> <li>role of a Catcher</li> <li>game understanding and basic tactics /strategies.</li> </ul>

# CURSES

	<p style="text-align: center;"><b><u>Football</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>passing technique. Long and short.</li> <li>dribbling, turns and outwitting a defender.</li> <li>Shooting styles.</li> <li>positional awareness</li> <li>attack and defensive strategies/tactics.</li> </ul> <p style="text-align: center;"><b><u>Netball</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>effective passing and support play.</li> <li>footwork.</li> <li>shooting styles</li> <li>attacking play/outwitting opponents.</li> <li>marking and defending.</li> <li>positional awareness.</li> </ul> <p style="text-align: center;"><b><u>Basketball</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>ball familiarisation</li> <li>passing, pivoting &amp; dribbling.</li> <li>attacking and outwitting an opponent.</li> <li>defence strategies.</li> <li>basic lay-up and rebound principles.</li> <li>positional awareness</li> </ul>	<p style="text-align: center;"><b><u>Rugby</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>effective passing &amp; ball handling skills.</li> <li>tackling technique. To include uncontested scrums, rucking and mauling.</li> <li>kicking.</li> <li>tactical play and outwitting opponents.</li> <li>positional awareness</li> </ul> <p style="text-align: center;"><b><u>Volleyball</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>correct shot selection</li> <li>effective volley/Set.</li> <li>effective dig.</li> <li>under and overarm serve.</li> <li>spike and block.</li> <li>attacking and defensive strategies.</li> <li>game understanding and rotations.</li> <li>basic 3 touch volleyball.</li> </ul> <p style="text-align: center;"><b><u>Racket Sports</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>positional awareness.</li> <li>forehand and backhand serve.</li> <li>clear.</li> <li>drop shot.</li> <li>disguised shots.</li> <li>doubles/singles game play and rules.</li> <li>exploiting weaknesses/outwitting opponent(s).</li> </ul>	<p style="text-align: center;"><b><u>Health and Fitness</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>components of fitness and effects of exercise.</li> <li>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>Just Dance</li> <li>Fitness Suite</li> <li>I'm a Celeb</li> <li>X Country</li> <li>Ninja Warrior</li> <li>Body Attack</li> <li>Body Combat</li> <li>Yoga</li> </ul> <p style="text-align: center;"><b><u>OAA</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>effective leadership skills</li> <li>effective team building skills</li> <li>advanced line orienteering</li> <li>advanced team orienteering</li> <li>advanced star orienteering</li> </ul>	<p style="text-align: center;"><b><u>Hockey</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>dribbling &amp; movement with the ball.</li> <li>passing &amp; reverse stick.</li> <li>effective shooting.</li> <li>attacking and defensive strategies/techniques.</li> <li>positional awareness.</li> </ul> <p style="text-align: center;"><b><u>Gymnastics/Dance</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>rotations &amp; jumps.</li> <li>balance work with effective tension/extension.</li> <li>transfer of weight/weight on hands.</li> <li>vaulting activities with appropriate support.</li> <li>effective sequencing and motifs to appropriate music.</li> </ul> <p style="text-align: center;"><b><u>Alternative Games</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>a lead role and strategies to outwit opponents within various alternative games:</li> <li>Bench Ball</li> <li>Uni Hoc</li> <li>Dodgeball</li> <li>Mat Rounders</li> <li>King Ball</li> <li>Capture the Flag</li> <li>Ultimate Frisbee</li> <li>Danish Long Ball</li> <li>KinBall</li> </ul>	<p style="text-align: center;"><b><u>Sports Leaders</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>use of the STEP principle:</li> </ul> <p>Space Task Equip People</p> <ul style="list-style-type: none"> <li>pupil led activities and self- reflection.</li> <li>leadership skills.</li> <li>basic first aid.</li> </ul> <p style="text-align: center;"><b><u>Athletics</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>sprinting technique and sprint starts.</li> <li>middle distance running.</li> <li>jumping techniques.</li> <li>throwing techniques.</li> <li>relays.</li> <li>positive outcomes linked to Schools Athletics Award</li> </ul>	<p style="text-align: center;"><b><u>Cricket</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>effective fielding – long barrier.</li> <li>effective batting – forward drive and pull shot.</li> <li>effective bowling - approach, coil, and release.</li> <li>positional awareness.</li> <li>tactics to outwit opponents.</li> </ul> <p style="text-align: center;"><b><u>Rounders</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>effective fielding skills.</li> <li>effective bowling.</li> <li>batting placement.</li> <li>positional awareness.</li> <li>effective use of Back Stop</li> <li>successful tactics/strategies to outwit opponents.</li> </ul> <p style="text-align: center;"><b><u>Softball</u></b></p> <p>Develop...</p> <ul style="list-style-type: none"> <li>effective fielding skills.</li> <li>effective pitching.</li> <li>effective use of a Catcher.</li> <li>batting placement.</li> <li>positional awareness.</li> <li>successful tactics/strategies to outwit opponents.</li> </ul>
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GREATER DEPTH

<p style="text-align: center;"><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>advanced passing ranges with both feet.</li> <li>attacking at pace and outwitting a defender</li> <li>effective range of shooting styles with correct decision making.</li> <li>advanced defending techniques/strategies</li> <li>a range of effective tactics and set plays.</li> <li>effective game management skills and positional understanding.</li> </ul> <p style="text-align: center;"><b><u>Netball</u></b></p> <ul style="list-style-type: none"> <li>a range of advanced passing and movement.</li> <li>a range of effective attacking and defending principles.</li> <li>a range of effective tactics and set plays.</li> <li>effective game management skills and positional understanding.</li> </ul> <p style="text-align: center;"><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>lay-up at pace off either side.</li> <li>effective rebound tech.</li> <li>a range of attacking and defending principles.</li> <li>effective tactics and set plays.</li> <li>effective game management skills positional understanding</li> </ul>	<p style="text-align: center;"><b><u>Rugby</u></b></p> <ul style="list-style-type: none"> <li>advanced ball handling and kicking.</li> <li>effective tackling technique. To include contested scrums, rucking and mauling.</li> <li>a range of attacking and defending principles.</li> <li>advanced tactics.</li> <li>effective game management skills and positional understanding.</li> </ul> <p style="text-align: center;"><b><u>Volleyball</u></b></p> <ul style="list-style-type: none"> <li>advanced setting tech.</li> <li>advanced dig tech.</li> <li>accurate and effective serving techniques.</li> <li>effective spike and block.</li> <li>a range of attacking and defending principles.</li> <li>effective tactics/set plays.</li> <li>effective 3 touch volleyball</li> <li>effective game management skills and positional understanding.</li> </ul> <p style="text-align: center;"><b><u>Racket Sports</u></b></p> <ul style="list-style-type: none"> <li>advanced game understanding</li> <li>effective shot selection/decision making.</li> <li>effective game management.</li> </ul>	<p style="text-align: center;"><b><u>Health and Fitness</u></b></p> <ul style="list-style-type: none"> <li>an advanced understanding of the positive effects of exercise and the importance of maintaining a healthy lifestyle.</li> </ul> <p style="text-align: center;">To include:</p> <ul style="list-style-type: none"> <li>Circuits</li> <li>Boxercise</li> <li>Just Dance</li> <li>Fitness Suite</li> <li>I'm a Celeb</li> <li>X Country</li> <li>Ninja Warrior</li> <li>Body Attack</li> <li>Body Combat</li> <li>Yoga</li> </ul> <p style="text-align: center;"><b><u>OAA</u></b></p> <ul style="list-style-type: none"> <li>a range of effective leadership styles</li> <li>effective methods and strategies to overcome complex challenges</li> <li>resilience to failure and set backs</li> <li>determination to succeed</li> </ul>	<p style="text-align: center;"><b><u>Hockey</u></b></p> <ul style="list-style-type: none"> <li>dribbling at pace.</li> <li>all ranges of passing and control.</li> <li>effective shooting methods.</li> <li>a range of attacking and defending principles.</li> <li>a range of effective tactics and set Plays.</li> <li>effective game management skills and positional understanding.</li> </ul> <p style="text-align: center;"><b><u>Gymnastics/Dance</u></b></p> <ul style="list-style-type: none"> <li>an advanced, fluid range a movements that link well with a set piece of music.</li> <li>full body control with good visual aesthetics for an audience.</li> </ul> <p style="text-align: center;"><b><u>Alternative Games</u></b></p> <p style="text-align: center;">Strong outcomes in:</p> <ul style="list-style-type: none"> <li>Bench Ball</li> <li>Uni Hoc</li> <li>Dodgeball</li> <li>Mat Rounders</li> <li>King Ball</li> <li>Ultimate Frisbee</li> <li>Danish Long Ball</li> <li>KinBall</li> </ul>	<p style="text-align: center;"><b><u>Sports Leaders</u></b></p> <ul style="list-style-type: none"> <li>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 sessions and the progress of others taking part.</li> </ul> <p style="text-align: center;"><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>excellent techniques and outcomes in all track and field disciplines.</li> <li>strong outcomes against the Schools Athletics Award.</li> </ul>	<p style="text-align: center;"><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>effective fielding tactics and techniques with positive outcomes.</li> <li>a range of batting styles and appropriate shot selection.</li> <li>a range of bowling styles and assess for batting weaknesses.</li> <li>effective game management and decision making.</li> </ul> <p style="text-align: center;"><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>all aspects of effective batting and fielding.</li> <li>effective tactical strategies to best outwit opponents.</li> <li>effective game management and decision making</li> </ul> <p style="text-align: center;"><b><u>Softball</u></b></p> <ul style="list-style-type: none"> <li>all aspects of effective batting and fielding.</li> <li>effective tactical strategies to best outwit opponents.</li> <li>effective game management and decision making</li> </ul>
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