

Physical Education Curriculum Mapping

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		Winter								Summer															
		All sports are covered on a carousel throughout the first two terms												All sports are covered on a carousel throughout the final term											
		Netball	Badminton	Football	Hockey	Rugby	Fitness	Gymnastics	X Country	Tennis	Athletics	Rounders	Cricket												
7	Theme	Netball	Badminton	Football	Hockey	Rugby	Fitness	Gymnastics	X Country	Tennis	Athletics	Rounders	Cricket												
	Concept	Skills, Application of skills, Decision Making, Working with others, Fitness, Understanding your body																							
	Skills Knowledge	Positions and basic rules around footwork and contact. Copy and repeat a range of passes, footwork, shooting and dodging. Which pass is best?	How do we use the equipment? Introduce basic rules. Copy and repeat basic shots and serves. Can you keep score?	Copy and repeat basic skills such as dribbling and passing. Link together key skills. Compete in small sided games. What are the rules?	Copy and repeat basic skills – passing, dribbling and tackling. Introduce basic rules. How do you beat your opponent?	Copy and repeat basic skills – pocket pass, channel running, tackling. Compete in small sided games. What are the rules?	How to be safe in the gym. Components of fitness definitions. Which component is being used when?	How do we warm up? Copy and repeat basic rolls, jumps, balances and sequencing.	Why is pacing important? Link to fitness components. Introduction to orienteering – basic map reading	What are the court markings? Copy and repeat basic shots and serve. How do we win points? Play a modified game	Copy and repeat basic techniques associated with throwing, jumping and running. Understand the technique	What are the basic rules and responsibilities of each position? Copy and repeat basic skills such as catching, throwing, fielding, batting.	Copy and repeat basic techniques such as batting, throwing and catching. Play a modified game to score runs												
	Wider Curriculum	- Summer and winter LUDUS programmes - Sports Day																							
8	Theme	Netball	Badminton	Football	Hockey	Rugby	Fitness	Gymnastics	X Country	Tennis	Athletics	Rounders	Cricket												
	Concept	Skills, Application of skills, Decision Making, Working with others, Fitness, Understanding your body																							
	Skills Knowledge	Teaching points of key skills. How are the rules enforced? Tactics. Linking together skills such as jump stops	Teaching points of key skills. Introduce singles and doubles rules. Link skills to choose the correct shot from a return.	Teaching points of key skills. Understand tactical play. Linking together skills and tactics	Teaching points of key skills. How are the rules enforced? What tactics can be used e.g. using the width. Link together skills such as passing on the move.	Teaching points of key skills. How are the rules enforced? What tactics can be used e.g. looping around. Link together skills such as running onto the ball.	How do we perform key fitness tests? What is normative data? How do the tests link to the components?	How should an effective sequence be performed? What is aesthetic appreciation? Link skills such as handstand into forward roll. Complete skills on apparatus	Key differences between running on/off road. Ways to control breathing. Link pacing and footwork. Orienteering – planning routes	Teaching points of key skills. Introduce rules for singles and doubles play. Choosing the correct shot	What constitutes a foul? Can different techniques be used? Where do tactics come in? link skills such as run up, take off, flight and land.	Teaching points of key skills. How are the rules enforced? Link skills such as picking up the ball and throwing in one movement. Play by rules.	Teaching points of key skills. What tactics can be employed in the field and when batting? Responsibilities of each position.												
	Wider Curriculum	- Summer and winter LUDUS programmes - Outdoor Ed week - Sports Day																							

	Theme	Netball	Badminton	Football	Hockey	Rugby	Fitness	Gymnastics	X Country	Tennis	Athletics	Rounders	Cricket
9	Concept	Skills, Application of skills, Decision Making, Working with others, Fitness, Understanding your body											
	Skills Knowledge	How can a rule be used to your advantage? Combining advanced skills such as split jumps and space holding.	Introduce tactics – use a shot to your advantage and move your opponent. Combine advanced skills	Combine advanced skills e.g. control, dribble, pass. Explore tactics such as pressing the ball.	Which rules can be used to your advantage? Develop advanced skills such as slap and sweep	How can a rule be used to your advantage? Combine advanced skills e.g. drawing an opponent. Tactical awareness	Describe and take part in each method of training. What are the advantages and disadvantages? Plan a session / activity.	How can fitness improve performance? Combine advanced skills to perform tumbling and vaulting sequences Introduction to Climbing	Pacing strategies for a variety of routes. Tactical running Orienteering courses – in school (+Roberts Park)	Combine advanced skills such as winning volleys, smash. How can you use the rules to your advantage and move your opposition?	Combine advanced skills – perform at speed. Use the rules to your advantage. How can fitness be utilised to improve performance?	Combine advanced skills such as bowling variety. Use the rules to your advantage e.g. get multiple players out. Officiate.	Combine advanced skills such as spin bowling. How do you use the rules to your advantage.
	Wider Curriculum	<ul style="list-style-type: none"> - Summer and winter LUDUS programmes - Duke of Edinburgh Bronze Award - Sports Day - Ardeche water sports trip / Austria Ski trip 											
10 BTEC SPORT (Tech Award)	Theme	(Sept-March) Component 1 - Preparing Participants to Take Part in Sport and Physical Activity						(March to July) Component 2 - Taking Part and Improving Other Participants Sporting Performance					
	Concept	Explore provision of sport, different participants, barriers to participation, ways to overcome them. Research equipment and technological advances and how to prepare our bodies for a chosen physical activity.						Investigate components of fitness and their effect on performance. Take part in a practical sport, explore roles of official and apply methods and drills to improve.					
	Skills Knowledge	<ul style="list-style-type: none"> • Explore types and provision of sport and physical activity for different types of Participant • Examine equipment and technology required for participants to use when taking part in sport and physical activity • Be able to prepare participants to take part in sport and physical activity. Assessment (Spring Term) Task 1, 2 & 3 (5 supervised hours)						<ul style="list-style-type: none"> • Understand how different components of fitness are used in different physical activities. • Be able to participate in sport and understand the roles and responsibilities of officials. • Demonstrate ways to improve participants sporting techniques. Begin filming Assessment Task 2 & 4					
	Wider Curriculum	<ul style="list-style-type: none"> - Summer and winter LUDUS programmes - Ardeche water sports trip / Austria Ski trip 											
11 BTEC SPORT (Tech Award)	Theme	(Sept to Oct) Component 2 continued – Taking Part and Improving Other Participants Sporting Performance						(Oct – May) Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity					
	Concept	Investigate components of fitness and their effect on performance. Take part in a practical sport, explore roles of official and apply methods and drills to improve.						Develop an understanding of the importance of fitness for performance, different types of fitness for performance, the body and fitness testing					
	Skills Knowledge	<ul style="list-style-type: none"> • Understand how different components of fitness are used in different physical activities. • Be able to participate in sport and understand the roles and responsibilities of officials. • Demonstrate ways to improve participants sporting techniques. Assessment (December) Task 1 & 3 and complete task 2 & 4 (4 supervised hours)						<ul style="list-style-type: none"> • Explore the importance of fitness for sports performance. • Investigate fitness testing to determine fitness levels. • Investigate different fitness training methods. • Investigate fitness programming to improve fitness and sports performance. Assessment (May/June) Externally set exam – 60 marks 90 minutes.					
	Wider Curriculum	<ul style="list-style-type: none"> - Summer and winter LUDUS programmes 											

		Term1		Term2		Term3	
		Paper 1 – Human Body	Paper 2 – Socio cultural	Paper 1 – Human Body	Paper 2 – Socio cultural	Paper 1 – Human Body	Paper 2 – Socio cultural
10 GCSE PE	Theme	Anatomy and Physiology – Muscles and Bones	Sports Psychology	Anatomy and Physiology – Heart and lungs	Sports Psychology	Physical Training	Socio-cultural influences
	Concept						
	Skills Knowledge	<ul style="list-style-type: none"> -Bones and function of the skeleton -Structure of the skeletal system -Muscles of the body -Structure of a synovial joint -Types of freely movable joints -- Joint movements -How do muscles work antagonistically on major joints -Pathway of air and gaseous exchange -Blood vessels 	<ul style="list-style-type: none"> -Skill and ability -Types of goals -SMART targets -Information processing -Feedback and guidance 	<ul style="list-style-type: none"> -Structure of heart and pathway of blood -Cardiac output and stroke volume -Mechanics of breathing and interpreting a spirometry trace -Aerobic and anaerobic exercise -Recovery and EPOC -Short and long term effects of exercise 	<ul style="list-style-type: none"> -Arousal and the Inverted U theory -Application of optimal arousal -Aggression and personality -Intrinsic and extrinsic motivation -Engagement patterns 	<ul style="list-style-type: none"> -Health and fitness -Components of fitness -Fitness testing -Principles of training -Use of data NEA 	<ul style="list-style-type: none"> -Commercialism, sponsorship and the media -Impacts of technology -Energy use -Balanced diet and the role of nutrients -The role of carbs, proteins, fats, vitamins and minerals
	Wider Curriculum	- Summer and winter LUDUS programmes					
GCSE PE							
		Term1		Term2		Term3	
		Paper 1 – Human Body	Paper 2 – Socio cultural	Paper 1 – Human Body	Paper 2 – Socio cultural	Paper 1 – Human Body	Paper 2 – Socio cultural
11 GCSE PE	Theme	Physical Training + Movement Analysis	Socio-cultural Influences	Physical training	Health, fitness and wellbeing	Revision and exam technique	
	Concept						
	Skills Knowledge	<ul style="list-style-type: none"> -Types of training -Calculating intensity NEA -Levers -Mechanical Advantage -Analyse basic movements -Planes and axis 	<ul style="list-style-type: none"> -Water balance NEA -Conduct of performers - Performance Enhancing Drugs PEDs 	<ul style="list-style-type: none"> -Injury prevention -Altitude training and seasonal aspects -Warm ups and cool downs -The use of data 	<ul style="list-style-type: none"> -Spectator behaviour and hooliganism -Meaning of health and Fitness -Obesity and its effects -Somatotypes 		
	Wider Curriculum	- Summer and winter LUDUS programmes					