

Curriculum Map - PE 2022-2023

Year 7	<p>Psychomotor – Develop skills</p> <ul style="list-style-type: none"> Develop precision, control and fluency of their skills in various sports and activities: Invasion games – passing, scoring, shooting, moving with the ball. Net and wall games – how to start a game, maintaining a rally. Striking and fielding games – fielding (inc bowling), striking Gymnastics – body control, different balances, using equipment Athletics - Develop running technique and ability to jump and throw using correct technique. Dance - compose and perform dance in a style of dance 		<p>Psychomotor – Developing techniques</p> <p>Refine and adapt skills into techniques:</p> <ul style="list-style-type: none"> Types of pass Aiming when shooting Forehand and backhand To choose and combine skills in a routine (Gymnastics) Athletics Develop techniques in running, jumping and throwing events (inc shot putt, javelin, standing long jump, high jump, sprints, sprints, middle distance and relays) Make improvements based on their own analysis. 		<p>Cognitive – introducing strategies</p> <ul style="list-style-type: none"> Principles of play within sports and activities: Identify differences and similarities between attack and defence Select and use strategies in different learning environments (Decision making) Refine and adapt ideas and plans in response to changing circumstances Strategies to suit their strengths in individual activities - athletics (pacing) Dance- analyse and interpret dance performance 		<p>Cognitive – knowledge and understanding</p> <ul style="list-style-type: none"> Preparing for physical activity (leading warm-up activities) Rules of sports/activities Introduced to components of fitness – Health Related Exercise (HRE) Muscles in the body Problem solving – Outdoor Activities including orienteering/map skills and team problem solving tasks. Benefits of regular Physical Activity (HRE) Analyse their own performance in athletics and aim to make improvements on performance. Health and safety implications involved in athletics - Javelin, Shot Putt. 		<p>Affective – understanding benefits to health, fitness and well-being.</p> <ul style="list-style-type: none"> Bikeability (lifelong participation) Benefits of regular Physical Activity – (HRE) Offer vast range of opportunities to attend lunchtime and after school clubs Participation – leads to enjoyment Taking part in competitive sports and activities both in and out of school. Dance- Develop emotion and understanding of feelings through dance 	
	<p>KS4 -</p> <ul style="list-style-type: none"> R185-TA1/TA2- Developin g individual and team skills Competitive ME Challenge ME 	<p>KS5</p> <ul style="list-style-type: none"> Unit 2- Sports Coaching and Activity Leadership Unit 18 - Practical Skills in 	<p>KS4</p> <ul style="list-style-type: none"> R185- LO1/LO2- Developin g individual and team techniques Competitive ME 	<p>KS5</p> <ul style="list-style-type: none"> Unit 2- Sports Coaching and Activity Leadership Unit 18 - Practical Skills in 	<p>KS4</p> <ul style="list-style-type: none"> R185 – LO1/LO2- Developin g use of team and individual strategies. Competitive ME 	<p>KS5</p> <ul style="list-style-type: none"> Unit 2- Sports Coaching and Activity Leadership Unit 18 - Practical Skills in 	<p>KS4</p> <ul style="list-style-type: none"> JSLA R185- TA3/4- Planning and delivering a session R187- LO1- Types of outdoor activities Leadership ME 	<p>KS5</p> <ul style="list-style-type: none"> Unit 2- Sports Coaching and Activity Leadership CSLA Unit 1 – Body systems 	<p>KS4</p> <ul style="list-style-type: none"> R184 – TA1 – issues affecting sporting participation R184 – TA2 Promoting 	<p>KS5</p> <ul style="list-style-type: none"> Unit 21- The business of sport Unit 13- Health and Fitness Testing for Sport)

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		Sport and Physical Activities	<ul style="list-style-type: none"> Challenge ME 	Sport and Physical Activities		Sport and Physical Activities	<ul style="list-style-type: none"> Healthy ME Competitive ME Challenge ME 	and the effects of Physical Activity <ul style="list-style-type: none"> Unit 13- Health and Fitness Testing for Sport Unit 17 - Sports Injuries and Rehabilitation Unit 18 - Practical Skills in Sport and Physical Activities 	sporting values <ul style="list-style-type: none"> Healthy ME Competitive ME 	<ul style="list-style-type: none"> Unit 18 - Practical Skills in Sport and Physical Activities
NC	NC2 NC3 NC 1		NC 5 NC 2		NC 1 NC3		NC 4 NC 5 NC 4		NC6 & NC 3 NC 4 NC 2	
Year 8	<u>Psychomotor – Developing and applying skills</u> <ul style="list-style-type: none"> Invasion games- applying skills into games to successfully outwit opponents (see specific sport SOL for skills) Net and wall games- Attacking and defending Gymnastics – refining body control with new balances and movements, using equipment as part of a group 	<u>Psychomotor – Refining techniques</u> <ul style="list-style-type: none"> Develop expert technique to improve performance Invasion games- small sided games, beating an opponent, introduce new technique e.g. step over in football Athletics - Develop technique and ability to jump and throw using progressive techniques (glide - shot putt, run up - javelin) 	<u>Cognitive-develop strategies and introducing tactics (Decision making)</u> <ul style="list-style-type: none"> Strategies: Maintaining possession, Pressing defences, Wide play (invasion games) Tactics to outwit opponents- playing to weaker side, moving opponent around, net play, controlling the rally (net and wall) Placing defenders under pressure by higher intensity attacking.(Counter attacking) 	<u>Cognitive – Analyse and evaluate</u> <ul style="list-style-type: none"> Analyse and improve performance compared to previous ones Identify strengths and weaknesses of a routine (gymnastics) Peer coaching/reciprocal teaching Health and safety implications involved in PE - Use of facilities in safe manner (fitness suite) Self-analysis of strengths to inform positions. 	<u>Affective -</u> <ul style="list-style-type: none"> Developing competence in activities to develop confidence to participate Offer vast range of opportunities to attend lunchtime and after school clubs Participation in new sports/activities – enjoyment Working in team environments Dance- develop emotion and understanding of feelings 					

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	<ul style="list-style-type: none"> Striking and fielding – fielding to apply pressure, different shots, types of bowling Dance- compose and perform dance in various styles and techniques. 	<ul style="list-style-type: none"> Use of technology to refine technique and help achieve their personal best. 	<ul style="list-style-type: none"> Playing to your strengths. Opportunities to transfer strategies across activities Dance- Analyse and interpret different dance performances using key dance terminology 	<ul style="list-style-type: none"> Methods of training & how the body responds to exercise. Opportunities to officiate in sports Understanding how components of fitness can be improved in Sports/Activities. Leadership - learning effective leadership skills throughout all lessons. 	through different dance themes and styles					
L i n k s	KS4 <ul style="list-style-type: none"> R185- TA1/2- Developing individual and team skills Competitive ME Challenge ME 	KS5 <ul style="list-style-type: none"> Unit 2- Sports Coaching and Activity Leadership Unit 18 - Practical Skills in Sport and Physical Activities 	KS4 <ul style="list-style-type: none"> R185- TA1/2- Developing individual and team techniques R185 - TA2 - Improving sporting performance. Competitive ME Challenge ME 	KS5 <ul style="list-style-type: none"> Unit 2- Sports Coaching and Activity Leadership Unit 18 - Practical Skills in Sport and Physical Activities 	KS4 <ul style="list-style-type: none"> R185 – TA1- Developing use of team and individual strategies. Competitive ME 	KS5 <ul style="list-style-type: none"> Unit 2- Sports Coaching and Activity Leadership Unit 18 - Practical Skills in Sport and Physical Activities 	KS4 <ul style="list-style-type: none"> JSLA R185- TA2- Evaluate performance R185- TA3/4/4Plan, deliver and evaluate a session Leadership Healthy ME Challenge ME Competitive ME 	KS5 <ul style="list-style-type: none"> Unit 1- Body systems Unit 2- Sports Coaching and Activity Leadership CSLA Unit 5- Performance Analysis in Sport and Exercise Unit 18 - Practical Skills in Sport and Physical Activities 	KS4 <ul style="list-style-type: none"> R184 – TA1 – issues affecting sporting participation R184 – TA2 Promoting sporting values Healthy ME Challenge ME Competitive ME 	KS5 <ul style="list-style-type: none"> Lifelong participation Unit 21- The business of sport Unit 19 - Sports and Exercise Psychology Unit 18 - Practical Skills in Sport and Physical Activities

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								<ul style="list-style-type: none"> Unit 13- Health and Fitness Testing for Sport Unit 7- Improving Fitness for Sport and Physical Activity 		
Year 9	Psychomotor – Developing and applying skills <ul style="list-style-type: none"> Invasion games- applying skills into games to successfully outwit opponents (see specific sport SOL for skills) Net and wall games- develop more progressive techniques and shots including spin. Introducing deceit into gameplay. Striking and fielding – fielding to apply pressure, different shots, types of bowling Dance- compose and perform dance in various different styles using more complex choreographic devices. 		Psychomotor Refine and adapt skills into techniques: <ul style="list-style-type: none"> Types of pass/Types of skill Aiming when shooting Attacking shots in net and wall games. 	Cognitive - Apply tactics and strategies to competitive environments in a range of sports/activities <ul style="list-style-type: none"> Transfer tactics across a range of sports Know and understand what makes an effective leader Self-analysis of own leadership style/skills Methods of training Benefits of Physical Activity Dance- analyse and interpret peer and professional dance performances using key dance terminology JSLA - Leadership skills and ability to plan and evaluate a sport session. 		Cognitive <ul style="list-style-type: none"> Athletics - Analyse performance in order to improve personal best in track and field. Peer coaching/reciprocal teaching. Sports Leadership (JSLA) 		Affective <ul style="list-style-type: none"> Develop determination/perseverance of self Develop social responsibility/team equality / equity / solidarity Enjoyment and motivation to engage in PA Vast range of opportunities to attend lunch time and after school clubs Dance- develop emotion and understanding of feelings to a higher level through own choreography Being a sporting role model in sport (JSLA). Developing leadership skills and other sporting values through leadership opportunities. 		
Links	KS4 <ul style="list-style-type: none"> TA1 - Developing and applying skills 	KS5 <ul style="list-style-type: none"> Unit 2 - Sports Coaching and Activity 	KS5 <ul style="list-style-type: none"> Unit 18 - Practical Skills in Sport and Physical Activity 	KS4 <ul style="list-style-type: none"> R185 TA1/2 - Strategies and tactics 	KS5 <ul style="list-style-type: none"> Unit 5- Performance in 	KS4 <ul style="list-style-type: none"> R185- TA2- Evaluate performance 	KS5 <ul style="list-style-type: none"> Unit 5- Performance in 	KS4 <ul style="list-style-type: none"> Understanding the benefits of PA 	KS5 <ul style="list-style-type: none"> Unit 19- Sports and Exercise 	

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	<ul style="list-style-type: none"> TA1/2 - Refining techniques 	<p>Leadership</p> <ul style="list-style-type: none"> Unit 8 - Organisation of Sports Events Unit 7- Improving Fitness for Sport and Physical Activity 	<ul style="list-style-type: none"> Unit 5- Performance in Sport and Exercise Unit 2 - Sports Coaching and Activity Leadership 	<ul style="list-style-type: none"> TA3/4 - Planning and delivering a session TA2 - Analysis of performance 	<p>Sport and Exercise</p> <ul style="list-style-type: none"> Unit 2 - Sports Coaching and Activity Leadership Unit 7- Improving Fitness for Sport and Physical Activity Unit 18 - LO3 - Officiating 	<ul style="list-style-type: none"> R185- TA3/4/4Plan, deliver and evaluate a session Leadership Healthy ME Challenge ME Competitive ME 	<p>Sport and Exercise</p> <ul style="list-style-type: none"> Unit 2 - Sports Coaching and Activity Leadership 	<ul style="list-style-type: none"> Competence leads to confidence to participate Promoting values Benefits of engaging in Physical Activity Outdoor activities/ problem solving Opportunities to enjoy participating in school sport 	<p>Psychology</p> <ul style="list-style-type: none"> Unit 2 - Sports Coaching and Activity Leadership
Year 10	<p>Psychomotor - Pathways</p> <ul style="list-style-type: none"> Apply a wide range of skills/techniques to changing competitive environments (competitive ME) Develop new skills and build on pre-learned skills (Challenge ME) Develop habitual movers (Healthy ME) Apply Leadership skills to deliver and lead activities (Leadership ME) 	<p>Psychomotor</p> <p>R185 Developing Sports Skills and leadership</p> <ul style="list-style-type: none"> TA1- Use skills, techniques as an individual performer in a sporting activity TA1- Use skills, techniques as a team performer. TA2 - Develop skills as a performer. TA3- Plan an effective sports activity session TA4 - Deliver sports activity plans 	<p>Cognitive - Pathways</p> <ul style="list-style-type: none"> Apply a wide range of tactics and strategies across a range of sports/activities (Competitive ME) Learn new rules of sports/activities (Challenge ME) Develop informed movers (Healthy ME) Know and understand what makes an effective leader (Leadership ME) 	<p>Cognitive</p> <p>R187- Developing knowledge and skills in outdoor activities</p> <ul style="list-style-type: none"> TA1/2 –Different types of outdoor activities and their provisions (research task). TA2 - Clothing, equipment and terrain needed for activity. TA3 – Planning an outdoor activity. Health and safety during outdoor activities. Emergency procedures 	<p>Affective - Pathways</p> <ul style="list-style-type: none"> Develop determination/ resilience of self (Competitive ME/Challenge ME) Enjoyment and motivation to engage in PA (All pathways) Develop motivated movers (Healthy ME) Vast range of opportunities to attend lunch time and after school clubs Confidence when leading (Leadership ME) 	<p>Affective</p> <p>R185: Developing Sports Skills</p> <ul style="list-style-type: none"> TA1 - Confidence when performing as an individual TA1 -Confidence when performing as part of a team TA2 - Opportunity to be self-reflective TA3 - Knowing what makes a sports activity session engaging. TA4 - Confidence when leading a group 			

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			<p><u>R187- Developing knowledge and skills in Outdoor Activities</u></p> <ul style="list-style-type: none"> TA1- Developing skills in outdoor activities (offsite practical) including use of new equipment TA3- Demonstrate skills during outdoor activities. 		<ul style="list-style-type: none"> Self-analysis of own leadership style/skills (Leadership ME) 	<ul style="list-style-type: none"> TA3 – Demonstrate knowledge during outdoor activities. TA4 - Evaluation of performance and identifying benefits of OAA. <p><u>R185 Developing Sports Skills and leadership</u></p> <ul style="list-style-type: none"> TA1- Using tactics and strategies as an individual. TA2- Evaluation of own performance in a sports activity session. TA3- Plan an effective sports activity session TA4/5 - Evaluate own performance in delivering a sports activity session 		<ul style="list-style-type: none"> TA5 - Opportunity to be self-reflective <p><u>R187- Developing knowledge and skills in outdoor activities</u></p> <ul style="list-style-type: none"> TA3 - Confidence when working as a team/problem solving TA4 - Value of participating in outdoor activities and the benefits TA4 - Ability to self-reflect 				
EP	<p><u>Competitive ME</u> <u>Leadership ME</u> <u>Healthy ME</u></p>		<p><u>Leadership roles and responsibilities</u> <u>Planning a Sports Activity session</u> <u>Delivering a sports activity session</u></p>		<p><u>Leadership ME</u> <u>Competitive ME</u> <u>Healthy ME</u> <u>Theory ME</u></p>	<p><u>Leadership roles and responsibilities</u> <u>Planning a Sports Activity session</u> <u>Evaluating a sports activity session</u></p>	<p><u>Leadership ME</u> <u>Competitive ME</u> <u>Healthy ME</u></p>	<p><u>Delivering a sports activity session</u></p>				
Li n k s	<p>KS3</p> <ul style="list-style-type: none"> Developing and applying skills Refining techniques 	<p>KS5</p> <ul style="list-style-type: none"> Unit 18 - Practical Skills in Sport and Physical Activity Unit 2- Sports 	<p>KS3</p> <ul style="list-style-type: none"> Sports Leadership Pathway <p>R185:</p> <ul style="list-style-type: none"> Unit 2 - Sports Coaching 	<p>KS5</p> <ul style="list-style-type: none"> Unit 2 - Sports Coaching and Activity Leadership 	<p>KS3</p> <ul style="list-style-type: none"> Strategies and tactics Preparing for activity Rules of sports/activities 	<p>KS5</p> <ul style="list-style-type: none"> Unit 5- Performance Analysis in Sport and Exercise Unit 2 - Sports 	<p>KS3</p> <ul style="list-style-type: none"> Outdoor activities/orienteering and problem solving Self-assessment in coaching roles 	<p>KS5</p> <ul style="list-style-type: none"> Unit 4- Working Safely in Sport, Exercise, Health and Leisure Unit 14- Working in Active Leisure Facilities Unit 3- Sports Organisation 	<p>KS3</p> <ul style="list-style-type: none"> Understanding the benefits of PA Competence leads to confidence 	<p>KS5</p> <ul style="list-style-type: none"> Unit 19- Sports and Exercise Psychology Unit 2 - Sports 	<p>KS3</p> <ul style="list-style-type: none"> Benefits of engaging in Physical Activity Outdoor activities/problem solving 	<p>KS5</p> <ul style="list-style-type: none"> Unit 4- Working Safely in Sport, Exercise, Health and Leisure Unit 14- Working in Active Leisure Facilities Unit 3- Sports Organisation

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	<ul style="list-style-type: none"> Range of sports/activities 	Coaching and Activity Leadership	and Activity Leadership		<ul style="list-style-type: none"> Analysis of performance Knowledge and understanding Opportunities to officiate 	Coaching and Activity Leadership	<ul style="list-style-type: none"> Knowledge and understanding of sporting values when given opportunities to play school sport 	and Development Unit 21- The Business of Sport	<ul style="list-style-type: none"> participate Promoting sporting and cooperative values 	<ul style="list-style-type: none"> Coaching and Activity Leadership Unit 20- Sports and Exercise Sociology Unit 7 - Improving Fitness for Sport and Physical Activity Unit 6 - Exercise to music 	<ul style="list-style-type: none"> Opportunities to enjoy participating in school sport 	and Development
Year 11	<p>Psychomotor – Core Pathways</p> <ul style="list-style-type: none"> Apply a wide range of skills/techniques to changing competitive environments (competitive ME) Develop new skills and build on pre-learned skills (Challenge ME) Develop habitual movers (Healthy ME) 	<p>Psychomotor</p> <ul style="list-style-type: none"> 	<p>Cognitive - Core Pathways</p> <ul style="list-style-type: none"> Apply a wide range of tactics and strategies across a number of sports/activities (Competitive ME) Learn new rules of sports/activities (Challenge ME) Develop informed movers (Healthy ME) 	<p>Cognitive</p> <p>R184- Contemporary issues in sport</p> <ul style="list-style-type: none"> TA1-Issues that affect participation in sport TA1- Solutions to barriers which affect participation TA1- Popularity of sport in UK TA2- Olympic and Paralympic movement Sporting initiatives which promote values through sport TA2- Etiquette and sporting behaviour 	<p>Affective - Core Pathways</p> <ul style="list-style-type: none"> Develop determination/ resilience of self (Competitive ME/Challenge ME) Enjoyment and motivation to engage in PA (All pathways) Develop motivated movers (Healthy ME) Vast range of opportunities to attend lunch time and after school clubs 	<p>Affective-</p> <p>R184- Contemporary issues in sport</p> <ul style="list-style-type: none"> TA2- Sporting values 						

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							<ul style="list-style-type: none"> • Performance enhancing drugs/WADA and consequences • TA3- Hosting major sporting events • TA4- Role of National Governing Bodies • TA5 - Technology in sport 					
EP	<u>Competitive ME</u> <u>Challenge ME</u> <u>Healthy ME</u>			<u>Competitive ME</u> <u>Healthy ME</u> <u>Challenge ME</u>				<u>Competitive ME</u> <u>Healthy ME</u> <u>Challenge ME</u>				
L i n k s	KS3 <ul style="list-style-type: none"> • Developing and applying skills • Refining techniques • Range of sports/activities 	KS5 <ul style="list-style-type: none"> • Unit 18 - Practical Skills in Sport and Physical Activity 	KS3 <p>Refine and adapt skills into techniques:</p> <ul style="list-style-type: none"> • Types of pass/Types of skill • Aiming when shooting • Attacking shots in net and wall games • Outdoor activities • Problem solving 	R185: <ul style="list-style-type: none"> • Unit 18 - Practical Skills in Sport and Physical Activity • Unit 5- Performance in Sport and Exercise 	KS3 <ul style="list-style-type: none"> • Strategies and tactics • Preparing for activity • Rules of sports/activities • Analysis of performance • Knowledge and understanding • Opportunities to officiate 	KS5 <ul style="list-style-type: none"> • Unit 5- Performance Analysis in Sport and Exercise 	KS3 <ul style="list-style-type: none"> • Leading warm-ups • Opportunities to officiate • Peer/reciprocal coaching • Different models in use (Sport education/Cooperative Learning) 	KS5 R185: <ul style="list-style-type: none"> • Unit 5- Performance in Sport and Exercise 	KS3 <ul style="list-style-type: none"> • Understanding the benefits of PA • Competence leads to confidence to participate • Promoting values 	KS5 <ul style="list-style-type: none"> • Unit 19- Sports and Exercise Psychology • Unit 20- Sports and Exercise Sociology • Unit 7 - Improving Fitness for Sport and Physical Activity • Unit 6 - Exercise to music 	KS3 <ul style="list-style-type: none"> • Understanding the benefits of PA • Competence leads to confidence to participate • Promoting values 	KS5 <ul style="list-style-type: none"> • Unit 20 - Sports and Exercise Sociology • Unit 19 - Sports and Exercise Psychology

