

PE Curriculum Map

Curriculum Intent	
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To create a Physical Education curriculum that:

- Instils a passion for participation in PE and representing the school in extra-curricular sport (Community).
- Drives students to perform skills to the best of their ability, to strive for physical and/or academic excellence showing resilience and determination and to be a good role model (Aspiration).
- Emphasises the importance of etiquette and sportsmanship (Respect).
- Encourages students to be the best versions of themselves, persist in the face of failure, show commitment and dedication to overcoming problems (Endeavour).
- Ensures everyone positively contributes to enable all to work in a positive and safe environment and strive for excellence (Safety).

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Can I demonstrate some basic skills and techniques such as passing, throwing and catching?	How do I perform the basic skills needed in football, netball, rugby, hockey and badminton?	What are the basic strokes in swimming and what is personal survival?	How do I perform a basic 3 part warm up, identify some muscles and reasons why I need to warm up?	What are the basic bowling, catching, throwing and fielding techniques?	How do I perform basic techniques in a range of running, jumping and throwing activities?
Year 8	How do I use different passing techniques in football / rugby / netball?	What are the different rules and ways to serve in badminton? How do I keep a rally going?	How do I develop leg and arm action in the 3 different strokes?	What are Components of Fitness? What are the Methods of Training?	How do develop footwork in netball and bowling accuracy in cricket?	How do I change my running, throwing and jumping techniques in different track and field events?
Year 9	How do I attack and defend in football / rugby / netball / badminton?	Can I keep score in both singles and doubles badminton?	What are the variety of skills needed in personal survival?	What are the Principles of Training?	How do I officiate and umpire in netball, cricket & tennis?	How do I combine techniques for different athletic events such as 100m, 800m, javelin or high jump?
Year 10	How do I apply different tactics and strategies in match situations?	How do I apply complex strategies in badminton using a variety of different shots?	How do I perform a tumble-turn and a dive and modify strokes when swimming for speed or distance?	Can I design and perform my own training programme?	What are the range of tactics and strategies in cricket, netball & tennis	What are my strengths and weaknesses in different track & field events?
Year 11	Personal choice Football / Badminton / Basketball / Dodgeball / Netball / Volleyball / Table Tennis / Fitness	Personal choice Football / Badminton / Basketball / Dodgeball / Netball / Volleyball / Table Tennis / Fitness	Personal choice Football / Badminton / Basketball / Dodgeball / Netball / Volleyball / Table Tennis / Fitness	Personal choice Football / Badminton / Basketball / Dodgeball / Netball / Volleyball / Table Tennis / Fitness	Personal choice Football / Badminton / Basketball / Dodgeball / Netball / Volleyball / Table Tennis / Fitness	Personal choice Football / Badminton / Basketball / Dodgeball / Netball / Table Tennis / Fitness