

## PE Curriculum Map

	<p><i>“Realising potential through Participation, Performance and Success”</i></p> <p>The Physical Education department aims to provide all children with key knowledge of rules, regulations and expectations within competitive sport and other physically demanding activities. We aim to encourage a lifelong passion and interest in sport, healthy choices and physical activity. The thematic approach to the subject ensures that each and every pupil has the opportunity to build physical confidence and develop socially and morally within the programmes of study. By embedding disciplinary skills of respect, commitment, fair play, being a good communicator and effective listener, pupils build character and develop into dignified young people who can explore their different sporting talents in order to prosper and shine in the years to come.</p>								
KS2	Year 7	Year 8	Year 9	KS4 Core	Time	Year 10	Year 11	KS5	Careers
<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>• Develop flexibility, strength, technique, control and balance</p> <p>• Perform dances using a range of movement patterns</p> <p>• Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>• Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p>	<p><u>Learning to Love PE</u></p> <p><b>Baselining</b></p> <p><b>Basic motor skills</b></p> <p><b>Expectations</b></p> <p><b>Standards</b></p> <p><b>Isolated skill practice</b></p> <p><u>Health Related Fitness - Benefits of Physical Activity</u></p> <p>Short term Effects of Exercise</p> <p>Anatomy Vocabulary</p> <p>Balance, Speed, Strength, Cardiovascular Fitness</p> <p><u>Strategies to overcome opponents in competitive sport</u></p> <p>Isolated technique/skills</p> <p>Teamwork</p> <p>Rules &amp; regulations</p> <p>Fundamentals of Movement</p> <p><u>Develop techniques and improve performance in other competitive sport. (Individual)</u></p> <p>Athletics – Hitch kick</p> <p>Gymnastics</p> <p><b>Dance</b></p> <p>Knowledge of techniques, styles and forms.</p> <p><u>Outdoor &amp; Adventurous Activities</u></p> <p>Team building</p> <p>Problem solving</p> <p>Oracy &amp; Communication Skills</p> <p><u>Wider Curriculum</u></p> <p><u>Competitive Sports &amp; Activities</u></p> <p>Extra-Curricular</p> <p>Inter-form</p> <p>Sports Day</p> <p>Community Links</p> <p>Boys: Fitness Dance Hockey Football Basketball Athletics Cricket Handball Rugby, Table Tennis</p> <p>Girls: Netball Hockey Football Gymnastics Dance Fitness Rounders Athletics Cricket</p>	<p><u>Developing and embedding Skills</u></p> <p><b>Baselining</b></p> <p><b>Expectations</b></p> <p><b>Standards</b></p> <p><b>Isolated skill refinement.</b></p> <p><u>Health Related Fitness - Benefits of Physical Activity</u></p> <p>Methods of Training</p> <p>Components of Fitness</p> <p>Anatomy Vocabulary</p> <p>Power, Agility &amp; Muscular Endurance</p> <p><u>Strategies to overcome opponents in competitive sport</u></p> <p>Teamwork</p> <p>Rules &amp; regulations</p> <p>Sport specific skills whilst moving</p> <p><u>Develop techniques and improve performance in other competitive sport. (Individual)</u></p> <p>Athletics: Fosbury Flop</p> <p>Gymnastics: Vaulting</p> <p>Trampolining: Basic Agilities</p> <p><b>Dance</b></p> <p>Knowledge of techniques, styles and forms.</p> <p>Pupil led choreography</p> <p><u>Outdoor &amp; Adventurous Activities</u></p> <p>Team building</p> <p>Problem solving</p> <p>Oracy &amp; Communication Skills</p> <p>Intellectual challenge</p> <p><u>Wider Curriculum</u></p> <p><u>Competitive Sports &amp; Activities</u></p> <p>Extra-Curricular</p> <p>Inter-form</p> <p>Sports Day</p> <p>Community Links</p> <p>Boys: Fitness Table Tennis Badminton Hockey Football Basketball Athletics Cricket Handball</p> <p>Girls: Netball Hockey Trampoline Gymnastics Dance Fitness Rounders Athletics Badminton Football</p>	<p><u>Enhancing skills and applying strategies</u></p> <p>Expectations/Standards</p> <p>Skill/technique recap.</p> <p><u>Health Related Fitness - Benefits of Physical Activity</u></p> <p>Fitness testing</p> <p>Planning a training programme</p> <p>Principles of Training</p> <p>Anatomy Vocabulary</p> <p><u>Strategies to overcome opponents in competitive sport</u></p> <p>Teamwork</p> <p>Rules &amp; regulations</p> <p>Sport specific skills whilst moving</p> <p>Tactics to overcome opponents</p> <p>Application of technique</p> <p><u>Develop techniques and improve performance in other competitive sports. (Individual)</u></p> <p>Athletics: Race strategies (Pace)</p> <p>Trampolining: Basic Combinations</p> <p><u>Outdoor &amp; Adventurous Activities</u></p> <p>Team building</p> <p>Problem solving</p> <p>Oracy &amp; Communication Skills</p> <p>Intellectual challenge</p> <p>Physical Challenge</p> <p><u>Wider Curriculum</u></p> <p><u>Competitive Sports &amp; Activities</u></p> <p>Extra-Curricular</p> <p>Inter-form, Sports Day</p> <p>Community Links</p> <p>School Trips</p> <p>Boys: Fitness Football Basketball Badminton Athletics Cricket</p> <p>Girls: Netball Hockey Trampoline Fitness Rounders, Athletics, Badminton Football Cricket</p>	<p>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games, develop their technique and improve their performance.</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best and continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p> <p>Understand the mental, physical and social benefits of exercise</p>	<p>Autumn 1</p> <p>GCSE PE</p> <p>Applied anatomy and physiology (muscular &amp; skeletal system) 1.1</p> <p>Autumn 2</p> <p>GCSE PE</p> <p>Applied anatomy and physiology (cardio-respiratory system) 1.2</p> <p>Anaerobic &amp; aerobic exercise 1.3</p> <p>The short- and long-term effects of exercise. 1.4</p> <p>Spring 1</p> <p>GCSE PE</p> <p>Movement analysis 2.1 2.2</p> <p>Physical Training 3.1</p> <p>Spring 2</p> <p>GCSE PE</p> <p>Physical Training 3.2, 3.3, 3.4</p> <p>Summer 1</p> <p>GCSE PE</p> <p>Physical Training 3.5, 3.6</p> <p>Use of data 4.1</p> <p>Summer 2</p> <p>GCSE PE</p> <p>Health, Fitness &amp; Well-being 1.1, 1.2, 1.3</p>	<p>GCSE PE</p> <p>Sports psychology 2.1, 2.2, 2.3, 2.4</p> <p>Level 2 BTEC Sport</p> <p>Unit 3: Applying the principles of personal training</p> <p>GCSE PE</p> <p>Socio-cultural influences 3.1, 3.2, 3.3</p> <p>Use of Data 4.1</p> <p>Level 2 BTEC Sport</p> <p>Unit 3: Applying the principles of personal training</p> <p>GCSE PE</p> <p>Coursework</p> <p>Level 2 BTEC Sport</p> <p>Unit 3: Applying the principles of personal training &amp;</p> <p>Level 2 BTEC Sport</p> <p>Unit 4 Mind and sports performance</p> <p>GCSE PE</p> <p>Practical Performance</p> <p>Level 2 BTEC Sport</p> <p>Unit 4 Mind and sports performance</p> <p>GCSE PE</p> <p>GCSE revision</p> <p>Level 2 BTEC Sport</p> <p>Unit 4 Mind and sports performance</p>	<p><u>Holy Cross College</u></p> <p>Physical Education</p> <p><u>Bury College</u></p> <p>L1 Introduction to sport</p> <p>L2 Sport</p> <p>L3 Sport</p> <p><u>Loreto College</u></p> <p>BTEC PE</p>	<ul style="list-style-type: none"><li>• Exercise physiologist</li><li>• Fitness centre manager</li><li>• Personal trainer</li><li>• Secondary school teacher</li><li>• Sports administrator</li><li>• Sports coach</li><li>• Sports development officer</li><li>• Sports therapist</li><li>• Choreographer</li><li>• Clinical scientist, cardias sciences</li><li>•Event manager</li><li>• Health promotion specialist</li><li>• Higher education lecturer</li><li>• Nutritionist</li><li>• Outdoor activities/education manager</li><li>• Sport and exercise psychologist</li></ul>	