

Year 7 Curriculum Map - PE
(Students will cover at least 1 activity from each group below)

Leadership Unit	Outwitting Opponents	Performing at Maximal levels	Accurate Replication of Skills	Exploring and communicating ideas	Identifying and solving problems	Exercising safely and Effectively
<p>Students complete lessons on the key characteristics of leadership:</p> <ol style="list-style-type: none"> 1. Safety 2. Organisation 3. Communication 4. Responsibility 5. Knowledge 6. Co-operation <p>Students then have to lead others in a mini sports session in order to demonstrate their skills as leaders.</p> <p>Certificates are awarded to those who prove that they have developed their leadership skill during the unit.</p>	<ol style="list-style-type: none"> 1. Football 2. Rugby 3. Netball 4. Hockey 5. Rounders 6. Dodgeball 7. Basketball 8. Badminton <p>Students link a combination of skills and use them with control in most of their play.</p> <p>Have some understanding of principles and tactics in the sports they are playing.</p>	<p>1. Athletics</p> <p>Link basic techniques in running, jumping and throwing activities;</p> <p>set themselves goals, which they achieve;</p> <p>warm up and cool down safely with guidance;</p> <p>recognise effective performance and identify some of the factors which make it effective.</p>	<ol style="list-style-type: none"> 1. Gymnastics 2. Swimming <p>Students show control in a range of actions and balances.</p> <p>Link actions and balances together so that they flow.</p> <p>Adapt actions so that they can be used in small group work</p> <p>Comment on the quality of compositions</p>	<p>1. Dance</p> <p>Repeat, link and adapt basic motifs and ideas with help</p> <p>Describe the basic structure and intention of their movement</p> <p>Recognise the types of fitness most needed</p>	<ol style="list-style-type: none"> 1. Orienteering 2. Rock Climbing 3. Personal Survival 4. Lifesaving <p>Work cooperatively with others making some contribution to plans</p> <p>Perform with success in familiar environments</p> <p>Plan and lead simple practices</p>	<ol style="list-style-type: none"> 1. Health related fitness 2. Circuit training <p>To be able to plan and lead effective warm ups, stretching exercises and cool downs.</p> <p>To be able to plan and participate in effective training programs aimed to improve each.</p>

Year 8 Curriculum Map - PE

(Students will cover at least 1 activity from each group below,)

Outwitting Opponents <i>X2 during the year</i>	Performing at Maximal levels	Accurate Replication of Skills	Identifying and solving problems	Exploring and communicating ideas	Exercising safely and Effectively
<p>1. Football 2. Rugby 3. Netball 4. Hockey 5. Rounders 6. Dodgeball 7. Basketball 8. Badminton 9. Cricket</p> <p>Use a range of skills with consistent fluency and precision.</p> <p>Devise and carry out a range of tactics and strategies.</p>	<p>1. Athletics 2. Swimming</p> <p>Select and combine a range of running, throwing and jumping techniques.</p> <p>Apply appropriate basic principles to events.</p> <p>Pace their efforts to meet the targets they have set themselves.</p> <p>Explain how the body reacts in a range of running, throwing and jumping activities.</p>	<p>1. Gymnastics 2. Swimming</p> <p>Show precision in a wide range of complex actions and balances.</p> <p>Modify actions in response to changing situations.</p> <p>Analyse and comment on the quality of actions and balances.</p> <p>Plan, organise and lead small groups in compositional activities.</p>	<p>1. Orienteering 2. Rock Climbing 3. Personal Survival 4. Lifesaving</p> <p>Plan and organise activity safely.</p> <p>Analyse and comment on how to improve performance.</p> <p>Link techniques and skills with precision and control in familiar environments.</p>	<p>1. Dance</p> <p>Develop ideas and motifs using text as a starting point.</p> <p>Modify and refine their ideas to make longer movement using basic compositional principles.</p> <p>Prepare and recover from their dances using safe and appropriate exercises.</p>	<p>1. Health related fitness 2. Circuit training</p> <p>Understand how different activities require different fitness components.</p> <p>Understand how to measure and record accurately.</p> <p>To link the term target zone to CV endurance and understand how to use individual target zones to improve it.</p>

Year 9 Curriculum Map - PE

(Students will cover at least 1 activity from each group below over the year)

Outwitting Opponents <i>X2 during the year</i>	Performing at Maximal levels	Accurate Replication of Skills	Identifying and solving problems	Exploring and communicating ideas	Exercising safely and Effectively
<p>1. Football 2. Rugby 3. Netball 4. Hockey 5. Rounders 6. Dodgeball 7. Basketball 8. Badminton 9. Cricket</p> <p>Take on a range of roles and always have a strong impact on the lesson.</p> <p>Use skills with speed accuracy and control.</p> <p>Respond quickly to new and changing situations and contexts.</p>	<p>1. Athletics 2. Swimming</p> <p>Select and combine a range of refined running, throwing and jumping techniques.</p> <p>Focus their efforts on specific aspects of their technique.</p> <p>Explain how warming up and cooling down affect performance.</p>	<p>1. Gymnastics</p> <p>Select and apply actions both on the floor and using apparatus.</p> <p>Demonstrate control of the body when performing these actions.</p> <p>Identify and work on the strength and suppleness required to perform actions.</p> <p>Choose and make use of criteria to judge own and others performance.</p>	<p>1. Orienteering 2. Life saving 3. Personal Survival 4. Rock Climbing</p> <p>Modify and refine specific techniques and strategies successfully.</p> <p>Plan and organise themselves quickly and communicate their plans to others.</p> <p>Recognise alternative approaches and respond quickly to challenges.</p>	<p>1. Dance</p> <p>Select and combine skills with expression, fluency and accuracy.</p> <p>Design and develop motifs with a clear idea of what they want to communicate.</p> <p>Take the initiative to design and develop their own movement.</p>	<p>1. Health related fitness 2. Circuit training</p> <p>Pupils should understand the need for an active, healthy, lifestyle.</p> <p>Know how to prepare for and recover from exercise.</p> <p>To clearly understand and know the different types of training methods.</p>