CURRICULUM MAP – Physical Education YARROW HEIGHTS SCHOOL SUMMER 2 SUMMER 1 GCSE - commercialisation GCSE – Socio cultural influences KEY STAGE 5 Commercialisation; sponsorship; sport and the media; Participation, participation by women, eth effects of commercialisation on spectators, sponsors, barriers to participation performers; technology in sport SPRING 2 SUMMER 1 SUMMER 2 AUTUMN 1 AUTUMN 2 GCSE PE – Physical training GCSE PE - Physical training GCSE - Applied anatomy GCSE PE – Physical training GCSE - Applied anatomy and physiological Limitations of fitness testing; evaluating what tests are The structure and functions of the musculoskeletal The relationship between Key principles of overload; types of training; specific ¥11 Gaseous exchange; lung volumes; stru appropriate for different sporting performers; system; synovial joints; bones, the respiratory system health and fitness; training technique (high altitude); the three training (cardiac cycle, output); anaerobic and a qualitative and quantitative data; the principles of component of fitness, benefit seasons; effective use of warm-ups and cool downs for sport and how fitness is training and their application to personal exercise and measured and improved; training programmes reasons for carrying out fitness tests SPRING 1 AUTUMN 2 **AUTUMN 1** SUMMER 2 GCSE PE – Sports Psychology GCSE PE – Sports Psychology GCSE PE – Ethical issues Softball Feedback; arousal; aggression; introvert and extrovert Y10 Classification of skills; goal setting; SMART target Player's conduct; prohibited substances; spectators' Batting technique, fielding tactics personality types; motivation behaviour; reasons for hooliganism setting; the use of performance and outcome goals; Athletics (Preparation for spor guidance

SUMMER 1 Tennis Forehand shot; basic serving; rules of the game; outwitting an opponent; two handed backhand Cricket Bating, bowling, fielding		SUMMER 2 Rounders Developing catching, throwing, batting and fielding; understanding the reasoning of set plays Athletics (Preparation for sports day)		AUTUMN 1 Football Passing and support; defending as an induvial and as a team; creating space as a team; patterns of play (set play)	AUTUMN 2 Hockey Passing and dribbling; tackling and defending; shooting and attacking Handball x3 weeks Outwitting an opponent, creating space with movement and dribbling.	SPRING 1 Badminton Long serves and overhead clear; si flick serve; smash and drop shots	
SPRING 2 Para Sports x3 weeks Experimenting with new sports; Boc volleyball, visually impaired football. Hockey Dribbling (Indian); passing and rece (jab and block); use of space		SPRING 1 Basketball Shooting form "BEEF"; passing; dribbling skills; pivoting; rules of the game	Bad Both	UMN 2 minton n forehand and backhand shots; serving (backhand forehand); underarm and overhead clear shots	AUTUMN 1 Football Creating space running with the ball; develop dribbling; passing and moving; creating space dribbling and turning with the ball	Y8	SUMMER 2 Rounders Throwing and c catching fly ball Athletics (Prep

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2
		Tag Rugby	Netball x3 weeks (Basic Skills)	Badminton	Hockey
	77	Passing and receiving; passing and outwitting an opponent; tagging; attacking and outwitting an	Passing and receiving, movement around the court, shooting.	Basic grip and ready position; setting up the badminton net; forehand underarm serving; net	Stick control; pu tackle
	opponent; game play and the rules	Handball x3 weeks (Basic Skills)	shots and overhead clear		
			Passing and receiving, dribbling and shooting		

	SPRING 2					
	GCSE – Sports Psychology					
inicity, disability;	Feedback; arousal; aggression; introvert and extrovert personality types; motivation					
	SPRING 1					
<i></i>	GCSE – Sports Psycholo	VDC				
gy cture of the heard lerobic exercise	Classification of skills; goal setting; SMART target; the use of performance and outcome goals					
	SUMMER 1					
bowling accuracy.	rve; dig and spike shots; three					
s day)	Cricket					
	Bowling accuracy, different batting shots, fielding tactics					
	SPRING 2					
	Basketball					
; singles revision; ts	Defending man-to-ma 3v3 play	an; fast breaks; defending zone;				
		SUMMER 1				
		Football				
d catching; pitching; valls	fielding ground balls;	Ball control, passing over a				
reparation for spor	ts day)	short distance; dribbling.; turning with the ball; passing and moving; shooting technique				
rol; push pass; dribb	ling; games and block					

	KEY	Y STAGE 3 ►	throwings	2 develop their existing running, jumping, an skills as well as learning new skills. They will esults and analyse own/other's performand	appropriate and	ompetitive games, modified where apply basic principles suitable for fending.		sing maps and how to use them II be a large focus on developing	
SPRING 2 SUMMER 1	SUMMER 2		AUTUM	IN 1	AUTUMN 2		SPRING 1		
Outdoor Adventure Activities Games based practice.	Athletics		Fundamentals/Invasion Games		Dance through	Dance through the decades		Gymnastics – Movement	
Pupils will learn about using maps and how to use them in orienteering. There will be a large focus on developing teamwork and communication skills.Pupils will play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. -Kwik cricket, Rounders, Hockey.	Pupils will develop their existing running, jumping, and throwing skills as well as learning new skills. They will measure results and analyse own/other's performances.		Pupils will learn a variety of invasion games to continue to develop core skills including attacking vs defending" and teamwork.		ling" the 2010s. Pup and elements of	the Decades unit covers the 1960s to ils will learn about using characteristics of dance styles to develop their own nilar specific styles.	Pupils will learn different vault and floor movements to choreograph their own routines. We will develop flexibility, strength, and control.		
SPRING 1	AUTUMN 2		AUTUMN 1		SUMMER	2	SUMMER 1		
Gymnastics – Movement Pupils will learn different vault and floor movements to choreograph their own routines. We will develop flexibility, strength, and control.	Dance through the decades Dance Through the Decades unit covers the 1960s to the 2010s. Pupils will learn about using characteristics and elements of dance styles to develop their own dances with similar specific styles.		Fundamentals/Invasion Games Pupils will learn a variety of invasion games to continue to develop core skills including attacking vs defending" and teamwork.		Pupils wil P.E throu Athletics Pupils will	Fundamentals Pupils will be practicing the core skills needed for P.E through Multiskills games and activities. Athletics Pupils will practice running, sprinting and relay race. Also, standing long jump, triple jump and javelin.		Games based practice.	
SUMMER 1 SUMMER 2		AUTUMN 1		AUTUMN 2	SPRING	1	SPRING 2		
Games based practice. Fundamentals		Fundamentals/Invasion @	Fundamentals/Invasion Games		Gymnas	tics – Movement	Outdoor Adventure	Outdoor Adventure Activities	
Pupils will play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.Pupils will be practicing the core for P.E through Multiskills games activitiesKwik cricket -Rounders -HockeyPupils will practice running, sprintin race. Also, standing long jump, tripl iavelin	and Pupils will be practicing t for P.E through Multi-ski games and activities.				nusic to fit movem c. perform			Pupils will learn about using maps and how to use them in orienteering.	
SPRING 2 SPRING 1		AUTUMN 2		AUTUMN 1		SUMMER 2		SUMMER 1	
Outdoor Adventure Activities Gymnastics – Movement	Dance			Fundamentals/Invasion Games		Fundamentals		Games based practice.	
Pupils will learn about using maps and how to use them in orienteering.Pupils will learn different floor movements. They will choreog	Pupils will learn different floor and vault movements. They will choreograph and perform their own routines as individuals and as part of a term		Pupils will learn to dance in unison and in canon and will learn to use dynamics in their music to fit the mood and tempo of a piece of music.		s needed for sion games and	Pupils will be practicing the c P.E through Multiskills game: Athletics Pupils will practice running, spri	s and activities.	Pupils will play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	
						Also, standing long jump, triple		-Kwik cricket	
	JMN 1	AUTUM		SPRING 1					

Pupils will learn to dance in unison and in canon and

will learn to use dynamics in their music to fit the

mood and tempo of a piece of music.

movements. They will choreograph and perform them in orienteering. their own routines as individuals and as part of a

Pupils will learn different floor and vault

group.

Pupils will be practicing the core skills needed for P.E through Multi-skills games, Invasion ¥2 games and activities.

Pupils will learn about using maps and how to use