

<Subject> Curriculum Map

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y7	KS3 spiral thematic topic	Teamwork		Healthy Active Lifestyle		Individual Excellence	
	Topic	<u>Outdoor Invasion Games</u> <i>Skill Acquisition</i> Football Rugby Flag Football	<u>Indoor Invasion Games</u> <i>Skill Acquisition</i> Basketball Handball Futsal	<u>Net Games</u> <i>Skill Acquisition</i> Volleyball Badminton Table Tennis	<u>Health and Fitness</u> <i>Introduction to principles of training</i> Circuit Weight Continuous	<u>Bat-and-ball Games</u> <i>Skill Acquisition</i> Cricket Soft Ball	<u>Athletics</u> <i>Movement Techniques</i> Track Field
	Topic vocabulary	Passing Dribbling Shooting	Passing Dribbling Shooting	Volley Serve Forehand Backhand Spike Dig Drop Shot Rally	Repetitions Sets Heart Rate Pulse Muscle Groups	Bowling Batting Fielding Runs	Personal Best Height Distance Time Throwing Jumping Running
	Disciplinary literacy link	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing how to improve fitness levels.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing how to improve time and distance.
	SMSC/International dimension link to build cultural capital	Invasion games, such as football, rugby, and flag football, significantly contribute to	Invasion games, such as football, rugby, and flag football, significantly contribute to students' social,	Volleyball, badminton, and tennis significantly contribute to students' social, moral, spiritual, and cultural	Integrating the Spiritual, Moral, Social, and Cultural dimensions into the PE curriculum involves mindfulness	Integrating SMSC dimensions into the PE curriculum through softball and cricket involves using mindfulness and	Integrating the SMSC dimensions into the PE curriculum through athletics involves using mindfulness and

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		<p>students' social, moral, spiritual, and cultural development. These games foster essential social skills, instill values of fairness and sportsmanship, and promote personal growth and resilience. Additionally, they expose students to diverse cultures, enhancing their global perspective and appreciation for cultural diversity.</p>	<p>moral, spiritual, and cultural development. These games foster essential social skills, instill values of fairness and sportsmanship, and promote personal growth and resilience. Additionally, they expose students to diverse cultures, enhancing their global perspective and appreciation for cultural diversity.</p>	<p>development. These sports enhance teamwork, communication, and collaboration, while instilling values of fairness, respect, and ethical behavior. They promote personal growth, resilience, and self-discipline, fostering sportsmanship and respect for opponents. Additionally, these activities expose students to diverse cultural practices, broadening their global perspective and appreciation for cultural diversity.</p>	<p>and meditation techniques, highlighting global practices to enhance performance, and emphasizing outdoor training to show cultural engagement with nature. Emphasize ethical behavior, fair play, and anti-doping policies, using diverse role models to promote integrity. Foster teamwork and cooperation through team activities, and encourage community engagement with culturally themed fitness events. Explore global training methods, practicing techniques from various cultures, and teach the historical development of these methods. Discuss training methods linked to cultural festivals like the Scottish Highland</p>	<p>visualization techniques to enhance focus, emphasizing outdoor sessions to connect with nature, and highlighting fair play and sportsmanship with global examples. Introduce role models known for their moral values, foster teamwork and cooperation, and encourage community engagement through local events. Explore global play styles, teach the historical and cultural significance of both sports, and discuss their connection to cultural festivals, enhancing students' cultural capital and understanding.</p>	<p>visualization techniques to enhance focus, emphasizing outdoor training to show cultural engagement with nature, and highlighting fair play and integrity with global examples. Introduce role models with strong moral values, promote teamwork through relay races, and encourage community engagement via local athletic events. Explore global training methods, teach the historical and cultural significance of athletics, and discuss athletic events linked to cultural celebrations like Japanese Ekiden races or Scottish Highland Games.</p>
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					Games and Japanese Sumo wrestling preparation.		
	Horizon Skills (Link to careers)						
Knowledge and skills	<p><u>Technical Skills:</u> Ball Handling: Dribbling, passing, catching, shooting, and receiving. Footwork: Agility, balance, and coordination. Tackling (for contact sports): Safe and effective techniques.</p> <p><u>Physical Skills:</u> Endurance: Stamina to sustain high levels of activity. Strength: Necessary physical power for various movements. Speed: Quickness in executing movements and changing directions. Agility: Ability to move quickly and</p>	<p><u>Technical Skills:</u> Ball Handling: Dribbling, passing, catching, shooting, and receiving. Footwork: Agility, balance, and coordination. Tackling (for contact sports): Safe and effective techniques.</p> <p><u>Physical Skills:</u> Endurance: Stamina to sustain high levels of activity. Strength: Necessary physical power for various movements. Speed: Quickness in executing movements and changing directions. Agility: Ability to move quickly and change direction efficiently.</p>	<p><u>Technical Skills:</u> Serving: Techniques for different types of serves (e.g., underhand, overhand, flick serve in badminton). Forehand and Backhand Strokes: Proper grip, stance, and swing techniques for forehand and backhand shots in tennis and badminton. Volleys and Smashes: Executing volleys and smashes effectively, focusing on timing and power. Digs, Sets, and Spikes (Volleyball): Basic skills for passing, setting, and attacking in</p>	<p><u>Safety and Technique:</u> Warm-Up and Cool-Down: Understanding and performing effective warm-up and cool-down routines.</p> <p>Proper Breathing Techniques: Learning how to breathe correctly during different types of exercises.</p> <p>Injury Management: Basic first aid and understanding how to respond to common injuries.</p> <p>Equipment: Being able to use gym equipment safely with the correct technique.</p>	<p><u>Batting Skills:</u> Grip and Stance: Proper grip on the bat and correct stance for stability and power. Swing Technique: Effective swinging techniques for different types of pitches/deliveries. Timing and Placement: Coordinating timing to hit the ball effectively and placing the ball in strategic areas. <u>Fielding Skills:</u> Catching: Techniques for catching high balls, low balls, and grounders. Throwing: Proper throwing mechanics for accuracy and distance, including overhand and underhand throws.</p>	<p><u>Athletic Skills:</u> Develop fundamental movement techniques in running, jumping, and throwing:</p> <p>Running: Practice pacing and basic sprint start techniques.</p> <p>Jumping: Understand take-off principles and practice the scissors jump technique.</p> <p>Throwing: Learn proper grip, stance, and the push/pull/sling actions involved in throwing.</p>	

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		change direction efficiently.		volleyball.		<p>Positioning: Understanding and implementing proper fielding positions and movements.</p> <p>Bowling/Pitching Skills:</p> <p>Grip and Release: Correct grip and release techniques for bowling/pitching.</p> <p>Accuracy and Variation: Aiming for accuracy and learning different types of deliveries to challenge the batter.</p> <p>Speed and Control: Balancing speed with control to maintain effectiveness.</p>	
	Assessment	RAG rating for mastery statements of technical skills.	RAG rating for mastery statements of technical skills.	RAG rating for mastery statements of technical skills.	Completion of gym induction and being signed off for safe use on all equipment.	RAG rating for mastery statements of technical skills.	RAG rating for mastery statements of technical skills.

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Y8	KS3 spiral thematic topic	Teamwork		Healthy Active Lifestyle		Individual Excellence	
	Topic	<u>Outdoor Invasion Games</u> <i>Game</i> Understanding Football Rugby Flag Football	<u>Indoor Invasion Games</u> <i>Game</i> Understanding Basketball Handball Futsal	<u>Net Games</u> Volleyball Badminton Tennis	<u>Health and Fitness</u> Circuit Weight Continuous	<u>Bat-and-ball Games</u> <i>Game</i> Understanding Cricket Soft Ball	<u>Athletics</u> Track Field
	Topic vocabulary	Passing Dribbling Shooting	Passing Dribbling Shooting	Volley Serve Forehand Backhand Spike Dig Drop Shot Rally	Repetitions Sets Heart Rate Pulse Muscle Groups	Bowling Batting Fielding Runs	Personal Best Height Distance Time Throwing Jumping Running
	Disciplinary literacy link	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.
	SMSC/International dimension link to build cultural capital	Invasion games, such as football, rugby, and flag football, significantly contribute to students' social, moral, spiritual, and cultural	Invasion games, such as football, rugby, and flag football, significantly contribute to students' social, moral, spiritual, and cultural development. These	Volleyball, badminton, and tennis significantly contribute to students' social, moral, spiritual, and cultural development. These sports enhance	Integrating the Spiritual, Moral, Social, and Cultural dimensions into the PE curriculum involves mindfulness and meditation techniques, highlighting global	Integrating SMSC dimensions into the PE curriculum through softball and cricket involves using mindfulness and visualization techniques to enhance focus,	Integrating the SMSC dimensions into the PE curriculum through athletics involves using mindfulness and visualization techniques to enhance focus,

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		<p>development. These games foster essential social skills, instill values of fairness and sportsmanship, and promote personal growth and resilience. Additionally, they expose students to diverse cultures, enhancing their global perspective and appreciation for cultural diversity.</p>	<p>games foster essential social skills, instill values of fairness and sportsmanship, and promote personal growth and resilience. Additionally, they expose students to diverse cultures, enhancing their global perspective and appreciation for cultural diversity.</p>	<p>teamwork, communication, and collaboration, while instilling values of fairness, respect, and ethical behavior. They promote personal growth, resilience, and self-discipline, fostering sportsmanship and respect for opponents. Additionally, these activities expose students to diverse cultural practices, broadening their global perspective and appreciation for cultural diversity.</p>	<p>practices to enhance performance, and emphasizing outdoor training to show cultural engagement with nature. Emphasize ethical behavior, fair play, and anti-doping policies, using diverse role models to promote integrity. Foster teamwork and cooperation through team activities, and encourage community engagement with culturally themed fitness events. Explore global training methods, practicing techniques from various cultures, and teach the historical development of these methods. Discuss training methods linked to cultural festivals like the Scottish Highland Games and Japanese Sumo wrestling preparation.</p>	<p>emphasizing outdoor sessions to connect with nature, and highlighting fair play and sportsmanship with global examples. Introduce role models known for their moral values, foster teamwork and cooperation, and encourage community engagement through local events. Explore global play styles, teach the historical and cultural significance of both sports, and discuss their connection to cultural festivals, enhancing students' cultural capital and understanding.</p>	<p>emphasizing outdoor training to show cultural engagement with nature, and highlighting fair play and integrity with global examples. Introduce role models with strong moral values, promote teamwork through relay races, and encourage community engagement via local athletic events. Explore global training methods, teach the historical and cultural significance of athletics, and discuss athletic events linked to cultural celebrations like Japanese Ekiden races or Scottish Highland Games.</p>
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	<p>Horizon Skills (Link to careers)</p>						
	<p>Knowledge and skills</p>	<p><u>Cognitive Skills:</u> Anticipation: Predicting opponents' moves. Decision Making: Choosing the best action in various situations. Spatial Awareness: Understanding and utilizing the playing space effectively. Teamwork Skills: Communication: Verbal and non-verbal cues to coordinate with teammates. Cooperation: Working effectively with others to achieve a common goal. Leadership: Guiding and motivating teammates.</p>	<p><u>Cognitive Skills:</u> Anticipation: Predicting opponents' moves. Decision Making: Choosing the best action in various situations. Spatial Awareness: Understanding and utilizing the playing space effectively. Teamwork Skills: Communication: Verbal and non-verbal cues to coordinate with teammates. Cooperation: Working effectively with others to achieve a common goal. Leadership: Guiding and motivating teammates.</p>	<p><u>Technical Skills:</u> Serving: Techniques for different types of serves (e.g., underhand, overhand, flick serve in badminton). Forehand and Backhand Strokes: Proper grip, stance, and swing techniques for forehand and backhand shots in tennis and badminton. Volleys and Smashes: Executing volleys and smashes effectively, focusing on timing and power. Digs, Sets, and Spikes (Volleyball): Basic skills for passing, setting, and attacking in volleyball.</p>	<p><u>Monitoring and Assessment:</u> Using Fitness Equipment: Proper use of equipment like heart rate monitors, pedometers, and resistance bands. Recording and Evaluating Performance: Keeping a fitness log or journal to track activities and progress. Self-Assessment: Reflecting on personal fitness levels and areas for improvement.</p>	<p><u>Batting Skills:</u> Grip and Stance: Proper grip on the bat and correct stance for stability and power. Swing Technique: Effective swinging techniques for different types of pitches/deliveries. Timing and Placement: Coordinating timing to hit the ball effectively and placing the ball in strategic areas. Fielding Skills: Catching: Techniques for catching high balls, low balls, and grounders. Throwing: Proper throwing mechanics for accuracy and distance, including overhand and underhand throws. Positioning: Understanding and implementing proper fielding</p>	<p><u>Athletic Skills:</u> Develop fundamental movement techniques in running, jumping, and throwing: Running: Practice pacing and basic sprint start techniques. Jumping: Understand take-off principles and practice the scissors jump technique. Throwing: Learn proper grip, stance, and the push/pull/sling actions involved in throwing.</p>

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						positions and movements. Bowling/Pitching Skills: Grip and Release: Correct grip and release techniques for bowling/pitching. Accuracy and Variation: Aiming for accuracy and learning different types of deliveries to challenge the batter. Speed and Control: Balancing speed with control to maintain effectiveness.	
	Assessment	RAG rating of performance in game scenarios.	RAG rating of performance in game scenarios.	RAG rating for mastery statements of technical skills.	Can students accurately record and measure baseline fitness testing?	RAG rating for mastery statements of technical skills.	RAG rating for mastery statements of technical skills.

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y9	KS3 spiral thematic topic	Teamwork		Healthy Active Lifestyle		Individual Excellence	
	Topic	<u>Outdoor Invasion Games</u>	<u>Indoor Invasion Games</u>	<u>Net Games Volleyball</u>	<u>Health and Fitness Circuit</u>	<u>Bat-and-ball Games</u>	<u>Athletics Track</u>

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		<i>Tactical Understanding Football</i> Rugby Flag Football	<i>Tactical Understanding Basketball</i> Handball Futsal	Badminton Tennis	Weight Continuous	Cricket Soft Ball	Field
	Topic vocabulary	Passing Dribbling Shooting	Passing Dribbling Shooting	Volley Serve Forehand Backhand Spike Dig Drop Shot Rally	Repetitions Sets Heart Rate Pulse Muscle Groups	Bowling Batting Fielding Runs	Personal Best Height Distance Time Throwing Jumping Running
	Disciplinary literacy link	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.	Spoken Language: Discussing and debating criteria to improve skills.
	SMSC/International dimension link to build cultural capital	Invasion games, such as football, rugby, and flag football, significantly contribute to students' social, moral, spiritual, and cultural development. These games foster essential social skills, instill values of fairness and	Invasion games, such as football, rugby, and flag football, significantly contribute to students' social, moral, spiritual, and cultural development. These games foster essential social skills, instill values of fairness and sportsmanship, and promote personal	Volleyball, badminton, and tennis significantly contribute to students' social, moral, spiritual, and cultural development. These sports enhance teamwork, communication, and collaboration, while instilling values of fairness, respect, and	Integrating the Spiritual, Moral, Social, and Cultural dimensions into the PE curriculum involves mindfulness and meditation techniques, highlighting global practices to enhance performance, and emphasizing outdoor training to show cultural engagement	Integrating SMSC dimensions into the PE curriculum through softball and cricket involves using mindfulness and visualization techniques to enhance focus, emphasizing outdoor sessions to connect with nature, and highlighting fair play and	Integrating the SMSC dimensions into the PE curriculum through athletics involves using mindfulness and visualization techniques to enhance focus, emphasizing outdoor training to show cultural engagement with nature, and highlighting fair play

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		<p>sportsmanship, and promote personal growth and resilience. Additionally, they expose students to diverse cultures, enhancing their global perspective and appreciation for cultural diversity.</p>	<p>growth and resilience. Additionally, they expose students to diverse cultures, enhancing their global perspective and appreciation for cultural diversity.</p>	<p>ethical behavior. They promote personal growth, resilience, and self-discipline, fostering sportsmanship and respect for opponents. Additionally, these activities expose students to diverse cultural practices, broadening their global perspective and appreciation for cultural diversity.</p>	<p>with nature. Emphasize ethical behavior, fair play, and anti-doping policies, using diverse role models to promote integrity. Foster teamwork and cooperation through team activities, and encourage community engagement with culturally themed fitness events. Explore global training methods, practicing techniques from various cultures, and teach the historical development of these methods. Discuss training methods linked to cultural festivals like the Scottish Highland Games and Japanese Sumo wrestling preparation.</p>	<p>sportsmanship with global examples. Introduce role models known for their moral values, foster teamwork and cooperation, and encourage community engagement through local events. Explore global play styles, teach the historical and cultural significance of both sports, and discuss their connection to cultural festivals, enhancing students' cultural capital and understanding.</p>	<p>and integrity with global examples. Introduce role models with strong moral values, promote teamwork through relay races, and encourage community engagement via local athletic events. Explore global training methods, teach the historical and cultural significance of athletics, and discuss athletic events linked to cultural celebrations like Japanese Ekiden races or Scottish Highland Games.</p>
	<p>Horizon Skills (Link to careers)</p>						

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	Knowledge and skills	<p><u>Game Strategies:</u> Offensive and defensive strategies. Tactical awareness and decision-making. Understanding of various formations and their advantages.</p> <p><u>Game Play Concepts:</u> Concepts like spacing, timing, and movement without the ball. Roles and responsibilities of different positions. Importance of teamwork and communication.</p>	<p><u>Game Strategies:</u> Offensive and defensive strategies. Tactical awareness and decision-making. Understanding of various formations and their advantages.</p> <p><u>Game Play Concepts:</u> Concepts like spacing, timing, and movement without the ball. Roles and responsibilities of different positions. Importance of teamwork and communication.</p>	<p><u>Rules and Regulations:</u> Basic rules of each game (e.g., scoring, service rules, faults). Understanding of court dimensions and markings. Familiarity with the equipment used (e.g., rackets, shuttlecocks, balls).</p> <p><u>Game Strategy:</u> Basic tactics for singles and doubles play. Understanding the importance of positioning and movement. Awareness of offensive and defensive strategies.</p>	<p><u>Personal Fitness Planning:</u></p> <p>Goal Setting: How to set realistic and achievable fitness goals.</p> <p>Monitoring Progress: Methods to track and evaluate fitness progress.</p> <p>Understanding Fitness Assessments: Interpreting results from fitness tests (e.g., the beep test, sit-and-reach test).</p>	<p><u>Rules and Regulations:</u></p> <p>Basic Rules: Understanding the fundamental rules of each game (e.g., scoring, innings, outs, and runs).</p> <p>Field Layout: Knowledge of the field dimensions and key positions (e.g., bases in softball, wickets in cricket, and posts in rounders).</p> <p>Equipment: Familiarity with the equipment used, including bats, balls, protective gear, and their correct use.</p>	<p><u>Athletics Knowledge:</u></p> <p>Understand the basic rules and procedures for safe participation in athletic events ([called] field events and running tracks).</p> <p>Awareness of how to measure and assess performance in athletics (e.g., measuring distances in jumps and throws).</p>
	Assessment	Ability to analyse the game play of others and suggest meaningful feedback on how performance can be improved.	Ability to analyse the game play of others and suggest meaningful feedback on how performance can be improved.	RAG rating of mastery statements regarding game scenarios in net games.	Ability to monitor and measure progress in a personal fitness plan applying the principles of FIIT and Progressive overload.	Can students apply the rules to accurately and fairly officiate games in Cricket and Softball.	Ability to analyse the game play of others and suggest meaningful feedback on how performance can be improved.

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Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y10 Option routeway GCSE or similar		Team Sports		Health and Fitness		Individual Sports	
	Topic	<u>Outdoor Invasion Games</u> <i>Tactical Understanding</i> Football Rugby Flag Football	<u>Indoor Invasion Games</u> <i>Tactical Understanding</i> Basketball Handball Futsal	<u>Health and Fitness</u> Circuit Weight Continuous	<u>Rock Climbing</u> CPD Required	<u>Net Games</u> Volleyball Badminton Tennis	<u>Athletics</u> Track Field
	Topic vocabulary	Passing Dribbling Shooting	Passing Dribbling Shooting	Repetitions Sets Heart Rate Pulse Muscle Groups		Volley Serve Forehand Backhand Spike Dig Drop Shot Rally	Personal Best Height Distance Time Throwing Jumping Running
	Disciplinary literacy link	Discussing and debating criteria to improve skills.	Discussing and debating criteria to improve skills.	Discussing and debating criteria to improve skills.		Discussing and debating criteria to improve skills.	Discussing and debating criteria to improve skills.
	SMSC/International dimension link to build cultural capital	Football in Year 11 PE promotes teamwork, leadership, communication, inclusivity, and friendship,	Futsal in Year 11 PE promotes teamwork, leadership, communication, inclusivity, and friendship, fostering	Integrating the Spiritual, Moral, Social, and Cultural dimensions into the PE curriculum involves		Volleyball, badminton, and tennis significantly contribute to students' social, moral, spiritual, and cultural development.	Integrating the SMSC dimensions into the PE curriculum through athletics involves using mindfulness and visualization

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		<p>fostering social skills and building social networks. Morally, it emphasizes fair play, integrity, respect, and discipline, teaching students to play by the rules and respect others. Spiritually, football provides a sense of purpose, opportunities for self-reflection, resilience, and joy, enhancing overall well-being. Culturally, it exposes students to diverse playing styles, cultural heritage, and global awareness, encouraging community engagement. Practical implementation includes inter-school competitions, leadership roles, discussions on ethics, cultural projects, and reflection</p>	<p>social skills and building social networks. Morally, it emphasizes fair play, integrity, respect, and discipline, teaching students to play by the rules and respect others. Spiritually, football provides a sense of purpose, opportunities for self-reflection, resilience, and joy, enhancing overall well-being. Culturally, it exposes students to diverse playing styles, cultural heritage, and global awareness, encouraging community engagement. Practical implementation includes inter-school competitions, leadership roles, discussions on ethics, cultural projects, and reflection sessions to reinforce these values.</p>	<p>mindfulness and meditation techniques, highlighting global practices to enhance performance, and emphasizing outdoor training to show cultural engagement with nature. Emphasize ethical behavior, fair play, and anti-doping policies, using diverse role models to promote integrity. Foster teamwork and cooperation through team activities, and encourage community engagement with culturally themed fitness events. Explore global training methods, practicing techniques from various cultures, and teach the historical development of</p>		<p>These sports enhance teamwork, communication, and collaboration, while instilling values of fairness, respect, and ethical behavior. They promote personal growth, resilience, and self-discipline, fostering sportsmanship and respect for opponents. Additionally, these activities expose students to diverse cultural practices, broadening their global perspective and appreciation for cultural diversity.</p>	<p>techniques to enhance focus, emphasizing outdoor training to show cultural engagement with nature, and highlighting fair play and integrity with global examples. Introduce role models with strong moral values, promote teamwork through relay races, and encourage community engagement via local athletic events. Explore global training methods, teach the historical and cultural significance of athletics, and discuss athletic events linked to cultural celebrations like Japanese Ekiden races or Scottish Highland Games.</p>
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	sessions to reinforce these values.		these methods. Discuss training methods linked to cultural festivals like the Scottish Highland Games and Japanese Sumo wrestling preparation.			
Horizon Skills (Link to careers)						
Knowledge and skills	<p><u>Game Strategies:</u> Offensive and defensive strategies. Tactical awareness and decision-making. Understanding of various formations and their advantages.</p> <p><u>Game Play Concepts:</u> Concepts like spacing, timing, and movement without the ball. Roles and responsibilities of different positions. Importance of teamwork and</p>	<p><u>Game Strategies:</u> Offensive and defensive strategies. Tactical awareness and decision-making. Understanding of various formations and their advantages.</p> <p><u>Game Play Concepts:</u> Concepts like spacing, timing, and movement without the ball. Roles and responsibilities of different positions. Importance of teamwork and communication.</p>	<p><u>Personal Fitness Planning:</u></p> <p>Goal Setting: How to set realistic and achievable fitness goals.</p> <p>Monitoring Progress: Methods to track and evaluate fitness progress.</p> <p>Understanding Fitness Assessments: Interpreting results from fitness tests (e.g., the beep test, sit-and-reach test).</p>		<p><u>Rules and Regulations:</u> Basic rules of each game (e.g., scoring, service rules, faults). Understanding of court dimensions and markings. Familiarity with the equipment used (e.g., rackets, shuttlecocks, balls).</p> <p><u>Game Strategy:</u> Basic tactics for singles and doubles play. Understanding the importance of positioning and movement. Awareness of offensive and defensive</p>	<p><u>Athletic Skills:</u></p> <p>Develop fundamental movement techniques in running, jumping, and throwing:</p> <p>Running: Practice pacing and basic sprint start techniques.</p> <p>Jumping: Understand take-off principles and practice the scissors jump technique.</p> <p>Throwing: Learn proper grip, stance, and the push/pull/sling actions involved in throwing.</p>

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		communication.				strategies.	
	Assessment						

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y11 Option routeway GCSE or similar		Team Sporting Excellence		Individual Sporting Excellence		Exam Preparation	
	Topic	<u>Football</u>	<u>Futsal</u>	<u>Weight Training</u>	<u>Rock Climbing</u> Required CPD	<u>Exam Technique</u>	
	Topic vocabulary	Tackling Passing Shooting Dribbling Pressing Heading	Tackling Passing Dribbling Shooting Control	Hypertrophy Atrophy Sets Repetitions Form Range of Motion		Components of Fitness Types of Training Muscular, Respiratory, Cardiovascular and Skeletal System	
	Disciplinary literacy link						
	SMSC/International dimension link to build cultural capital	Football in Year 11 PE promotes teamwork, leadership, communication, inclusivity, and friendship, fostering social skills and building social networks. Morally, it emphasizes fair	Futsal in Year 11 PE promotes teamwork, leadership, communication, inclusivity, and friendship, fostering social skills and building social networks. Morally, it emphasizes fair play, integrity, respect, and	Weight training in Year 11 promotes teamwork and social interaction, fostering a sense of community and building friendships. It teaches discipline, responsibility, and integrity,			

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		<p>play, integrity, respect, and discipline, teaching students to play by the rules and respect others. Spiritually, football provides a sense of purpose, opportunities for self-reflection, resilience, and joy, enhancing overall well-being. Culturally, it exposes students to diverse playing styles, cultural heritage, and global awareness, encouraging community engagement. Practical implementation includes inter-school competitions, leadership roles, discussions on ethics, cultural projects, and reflection sessions to reinforce these values.</p>	<p>discipline, teaching students to play by the rules and respect others. Spiritually, football provides a sense of purpose, opportunities for self-reflection, resilience, and joy, enhancing overall well-being. Culturally, it exposes students to diverse playing styles, cultural heritage, and global awareness, encouraging community engagement. Practical implementation includes inter-school competitions, leadership roles, discussions on ethics, cultural projects, and reflection sessions to reinforce these values.</p>	<p>encouraging students to follow safety protocols and set realistic goals. Spiritually, it provides a sense of purpose and achievement, enhancing well-being through self-reflection and personal growth. Culturally, it exposes students to diverse fitness philosophies, promoting cultural awareness and appreciation while fostering a sense of belonging through community engagement.</p>			
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	Horizon Skills (Link to careers)						
	Knowledge and skills	<p>Knowledge</p> <p>Rules and Regulations: Understanding the official rules of football, including the roles and responsibilities of players, the offside rule, fouls, and penalties.</p> <p>Tactics and Strategies: Knowledge of various formations (e.g., 4-4-2, 3-5-2), offensive and defensive strategies, and how to adapt tactics based on the opponent and game situation.</p> <p>Health and Fitness: Understanding the importance of cardiovascular fitness, strength, flexibility, and nutrition in football</p>					

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		<p>performance.</p> <p>Injury Prevention and Management: Awareness of common football injuries and how to prevent and manage them, including warm-up and cool-down routines.</p> <p>Roles and Responsibilities: Understanding the different positions (e.g., goalkeeper, defender, midfielder, forward) and the specific roles and responsibilities associated with each.</p> <p>Sportsmanship and Ethics: Knowledge of fair play principles, respect for opponents and officials, and the importance of ethical behavior both on and off the field.</p> <p>Skills</p> <p>Technical Skills:</p> <p>Ball Control:</p>					
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		<p>Dribbling, receiving, and retaining possession under pressure.</p> <p>Passing and Receiving: Accurate short and long passing, controlling the ball, and effective communication with teammates.</p> <p>Shooting: Various shooting techniques (e.g., volleys, headers) and finishing skills.</p> <p>Tackling: Effective and safe tackling techniques.</p> <p>Heading: Correct heading technique for both defensive and offensive situations.</p> <p>Goalkeeping: For those playing as goalkeepers, skills such as shot-stopping, positioning, and distribution.</p> <p>Physical Skills:</p> <p>Speed and Agility: Quick changes of</p>					
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		<p>direction and speed to evade opponents or cover ground.</p> <p>Strength and Conditioning: Building overall body strength to improve physical performance and reduce injury risk.</p> <p>Endurance: Maintaining high levels of performance throughout the match.</p> <p>Tactical Skills:</p> <p>Positioning: Understanding where to be on the pitch in various phases of play.</p> <p>Anticipation and Decision Making: Reading the game to make effective decisions quickly.</p> <p>Team Play: Coordinating with teammates, including support play, creating space, and strategic movement off the ball.</p>					
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<Subject> Curriculum Map

	Assessment						