



Curriculum Map

Subject: PE

Year group: 7-9

	Invasion Games	Striking and Fielding Games	Net Games	Aesthetic Performance	Swimming	Athletics
<p>Content</p> <p><i>Declarative Knowledge – 'Know What'</i></p>	<p>Girls - Netball, Hockey, Football, Rugby, Handball, Basketball</p> <p>Boys - Football, Basketball, Rugby, Handball</p> <p>The development of knowledge of skills, the principles of attack and defence, decision making, rules and tactics.</p>	<p>Boys - Cricket, Softball</p> <p>Girls - Rounders</p> <p>Developing sport specific technical skills, and knowledge of rules, tactics and outwitting opponents.</p>	<p>Badminton, Table Tennis and Tennis.</p> <p>Development of skills and knowledge of rules, tactics and decision making when performing/ coaching and officiating.</p>	<p>Trampolining and gymnastics</p> <p>Development of skills required to explore a range of body movements and execute prepared routines. Understanding of how to plan, refine and perform a routine with sound knowledge of performance rules.</p>	<p>Year 7 - swimming strokes, diving</p> <p>Year 8 - personal survival. Swimming strokes - starts and turns</p> <p>Year 9 - life saving. Swimming strokes development, swim fitness</p>	<p>Javelin</p> <p>Discus</p> <p>Shot Put</p> <p>Long Jump</p> <p>High Jump</p> <p>Triple Jump</p> <p>Hurdles</p> <p>100m</p> <p>200m</p> <p>800m</p> <p>1500m</p> <p>Relay</p>
<p>Skills</p> <p><i>Procedural Knowledge – 'Know How'</i></p>	<p>Be able to perform a range of skills in both noncompetitive and competitive situations. Be able to apply the principles of attack and defence to game situations. Apply knowledge of rules and tactics to game situations.</p>	<p>Accurate bowling</p> <p>Throwing</p> <p>Catching</p> <p>Batting</p> <p>Fielding</p>	<p>Serving</p> <p>forehand</p> <p>backhand</p> <p>use of spin</p> <p>lob</p> <p>smash</p> <p>drive</p> <p>volley</p> <p>Looking at developing skills in isolation before adding competition to outwit opponents in singles and doubles formats</p>	<p>Be able to explore a range of different balances, body tension, transitions, key gymnastics movements & routine composition.</p>	<p>Front crawl, back crawl, breast stroke.</p> <p>Relevant starts & turns</p> <p>Personal survival - entering the water, treading water, surface dives, HELP and Huddle position,</p> <p>Life Saving getting help, rescuing casualties from the side, throwing rope to rescue, reach rescue,</p>	<p>How to perform the above events</p> <p>Knowledge of how to improve yourself / others performance</p> <p>How to measure throws and jumps</p> <p>How to time runs</p> <p>How to start races</p> <p>Tactics relating to competitive situations</p>



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<p>Key Questions</p>	<p>Why would you perform 'X' skill in a given situation? What should a skill look like? Can you demonstrate control in a competitive situation? How can you be effective in a competitive situation?</p>	<p>What fielding tactics could you use to outwit the other team? Where could we place our fielders?</p>	<p>How can you use x to outwit your opponent? What tactics can you use in singles/doubles to gain success?</p>	<p>How can you incorporate a theme into a routine (with specific music)? What would an aesthetically pleasing routine look like? How could you refine your routine to incorporate more challenging aspects? How could you improve the quality of your movement?</p>	<p>How do you make your body more streamlined? How does the arm / hand enter / leave the water? Which start or turn is appropriate for each stroke? How would you respond to save a casualty in X situation?</p>	<p>How can you improve yourself / others? What are your strengths? What components of fitness would be useful for a given event? Can you explain the technique required for a particular event?</p>
<p>Assessment</p>	<p>See Online Sandringham PE Assessment Grid</p>	<p>See Online Sandringham PE Assessment Grid</p>	<p>See Online Sandringham PE Assessment Grid</p>	<p>See Online Sandringham PE Assessment Grid</p>	<p>See Online Sandringham PE Assessment Grid</p>	<p>See Online Sandringham PE Assessment Grid</p>
<p>Literacy/Numeracy/SMSC/Character</p>	<p>Literacy - Oracy when communicating with others. Match reports, Completing worksheets. Numeracy - Scoring and running of tournaments. Teamwork: overcoming conflict, communication, working with others Problem Solving - critical thinking. Resilience when learning / performing a new skill / event / match Creativity, Leadership Confidence</p>	<p>Literacy - Improving your own / others performance Numeracy - Scoring games Teamwork: overcoming conflict, communication, working with others Problem Solving - critical thinking. Resilience when learning / performing a new skill / event / match Creativity Leadership Confidence</p>	<p>Literacy - Improving your own / others performance Numeracy - Scoring games Teamwork: overcoming conflict, communication, working with others Problem Solving - critical thinking. Resilience when learning / performing a new skill / event / match Confidence</p>	<p>Literacy - articulating opinions and reflecting on advice from others. Numeracy - calculating routine scores. Teamwork: overcoming conflict, communication, working with others Problem Solving - critical thinking. Resilience when learning / performing a new skill / event / match Creativity Leadership</p>	<p>Literacy - applying correct terminology when describing reciprocal teaching of strokes. Numeracy - scoring in swimming gala, counting lengths in team fitness challenge / warm ups Confidence in the water. Resilience when learning / performing a new skill / event. Communication, working with others Problem Solving - in life saving, critical thinking.</p>	<p>Literacy - improving others / own performance Numeracy - recording of times / distances Adding points for a competition Teamwork: overcoming conflict, communication, working with others Problem Solving - critical thinking. Resilience when learning / performing a new skill / event / match Leadership Confidence</p>