

# Curriculum Map: PHYSICAL EDUCATION

Nothing Short of Remarkable  
We are Ambitious • We are Committed • We are Proud



	Year 7	Year 8	Year 9	Year 10	Year 11
Term 1	<p><b>TOPIC/KNOWLEDGE</b> Baseline Testing Handball Netball Table Tennis Basketball</p> <p><b>SKILLS</b> Baseline Testing – Students will be assessed in a range of fitness methods and team sports, allowing the PE department to gain an understanding of student's ability at the beginning of Year 7.</p> <p>Other sports – Ball mastery/technique work, outwitting an opponent and learning the official rules. Promoting a love for healthy and active lifestyles through various methods.</p>	<p><b>TOPIC/KNOWLEDGE</b> Handball Netball Basketball Football Table Tennis Tag Rugby</p> <p><b>SKILLS</b> Further improvement of ball mastery and skill technique. Gaining an understanding of how the learnt skills can assist in outwitting an opponent and start to explore tactical advantages of team sports. Leading warm ups and skill-based activities to promote leadership qualities and confidence amongst peers.</p> <p>Racket sports – To learn and understand the rules of table tennis, further develop the basic techniques and learn about the different types of shots.</p>	<p><b>TOPIC/KNOWLEDGE</b> Handball Football Basketball Rugby Table Tennis</p> <p><b>SKILLS</b> Further improvement of ball mastery and skill technique. Outwitting an opponent and start to explore tactical advantages of team sports. Preparing students for KS4 examination PE. Leading warm ups and skill-based activities to promote leadership qualities and confidence amongst peers.</p> <p>Racket sports – To learn and understand the rules of table tennis, further develop the basic techniques and gain a tactical awareness of the sport through shot selection to outwit an opponent.</p>	<p><b>TOPIC/KNOWLEDGE</b> <b>Core PE:</b> Netball Ultimate Frisbee Handball Rugby HRF Basketball.</p> <p><b>GCSE PE</b> Applied Anatomy and Physiology. Bones, muscles and joint movement. The respiratory system and passage of blood through the heart. Aerobic and anaerobic exercise</p> <p><b>BTEC Tech Award</b> Component 1 - Preparing Participants to Take Part in Sport and Physical Activity</p> <p><b>SKILLS</b> <b>Core PE:</b> Promoting healthy lifestyles and games. The focus in KS4 PE is ensuring all pupils are exposed to a variety of sports and enjoy recreational participation in physical activity.</p> <p><b>GCSE PE</b> Pupils will start to make connections between practical performance and theory content to</p>	<p><b>TOPIC/KNOWLEDGE</b> <b>CORE PE</b> Ultimate Frisbee Tchoukball Handball Football Basketball</p> <p><b>GCSE PE</b> Sports Psychology Health Fitness and Wellbeing</p> <p><b>BTEC Tech Award</b> Pupils will complete component 2 Assignments (Coursework) - Taking part and improving other participants sporting performance.</p> <p><b>SKILLS</b> <b>CORE PE</b> Promoting healthy lifestyles and games. The focus in KS4 PE is ensuring all pupils are exposed to a variety of sports and enjoy recreational participation in physical activity.</p> <p><b>GCSE PE</b> Pupils will begin to assess the impact of sports psychology on performance. They will do this by exploring different forms of</p>

				<p>improve overall performance on the course.</p> <p>Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.</p> <p><b><u>BTEC Tech Award</u></b></p> <p>Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.</p>	<p>mental preparation and the impact of performance guidance and feedback on athletes.</p> <p>Students should also develop an understanding of the importance of a healthy lifestyle and the consequences of a sedentary lifestyle through exploring diet and nutrition.</p> <p><b><u>BTEC Tech Award</u></b></p> <p>The assignment for this component consists of four tasks.</p> <p>In response to Task 1, learners will demonstrate their knowledge and understanding of the components of fitness.</p> <p>In response to Task 2, learners will demonstrate their skill in a selected sport in isolated practice and skill and strategy in competitive situations.</p> <p>In response to Task 3, learners will demonstrate their knowledge and understanding of officials in sport and two key rules and regulations in sport.</p> <p>In response to Task 4, learners will demonstrate their knowledge and understanding of a sport and provide specific drills to improve participants sporting techniques.</p> <p>Additionally, they will produce video evidence of these skills including specific guidance and teaching points</p>
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Term 2	<p><i>TOPIC/KNOWLEDGE</i>            HRF            Basketball            Tag Rugby            Orienteering            Netball            Table Tennis            Interform Football &amp; Netball</p> <p><i>SKILLS</i>            Racket sports – To learn and understand the rules of table tennis and explore the basic techniques.</p> <p>HRF – To understand the importance of measuring the different states of heart rate (bpm) and how this correlates with intensity.</p> <p>Other sports – Ball mastery/technique work, outwitting an opponent and learning the official rules. Promoting a love for healthy and active lifestyles through various methods.</p> <p>Orienteering skills - Map reading and navigation. Working with a team to problem solve and achieve a goal.</p>	<p><i>TOPIC/KNOWLEDGE</i>            HRF            Basketball            Rugby            Orienteering            Netball            Table Tennis</p> <p><i>SKILLS</i>            Racket sports – To learn and understand the rules of table tennis, further develop the basic techniques and learn about the different types of shots.</p> <p>HRF – To understand the importance of measuring the different states of heart rate (bpm) and how this correlates with intensity. To gain an understanding of the different methods of training.</p> <p>Other sports – Further improvement of ball mastery and skill technique. Gaining an understanding of how the learnt skills can assist in outwitting an opponent and start to explore tactical advantages of team sports. Leading warm ups and skill-based activities to promote leadership qualities and confidence amongst peers.</p>	<p><i>TOPIC/KNOWLEDGE</i>            HRF            Table tennis            Netball            Rugby            Basketball</p> <p><i>SKILLS</i>            HRF – To understand the importance of measuring the different states of heart rate (bpm) and how this correlates with intensity. What are the different thresholds of exercise training and how will this impact an athlete's fitness progress?</p> <p>Other sports – Start building a tactical understanding of the sport, with an emphasis on outwitting an opponent. This is to prepare pupils for the practical demands of KS4 examination PE. Promoting a love for healthy and active lifestyles through various methods.</p> <p>Racket sports – To learn and understand the rules of table tennis, further develop the basic techniques and gain a tactical awareness of the sport through shot selection to outwit an opponent.</p>	<p><i>TOPIC/KNOWLEDGE</i>  <u>Core PE:</u>            Basketball            Football            Tchoukball            Table Tennis            Rugby            HRF</p> <p><u>GCSE PE</u>  <b>Physical Training</b>            Linking sports and physical activity to the required components of fitness, Understand and justify why the components of fitness may or may not be needed when performing certain physical activities and sports.</p> <p><u>BTEC Tech Award</u>            Pupils will complete Component 1 Assignment (Coursework) - Preparing Participants to Take Part in Sport and Physical Activity, for moderation.</p> <p><i>SKILLS</i>  <u>Core PE:</u>            Promoting healthy lifestyles and games. The focus in KS4 PE is ensuring all pupils are exposed to a variety of sports and enjoy recreational participation in physical activity.</p> <p><u>GCSE PE</u></p>	<p><i>TOPIC/KNOWLEDGE</i>  <u>CORE PE</u>            Rugby            Table Tennis            Netball            HRF            Tchoukball            Handball</p> <p><u>GCSE PE</u>            Socio-cultural influences on sport.</p> <p><u>BTEC Tech Award</u>            Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (Exam Unit)</p> <p><i>SKILLS</i>  <u>CORE PE</u>            Promoting healthy lifestyles and games. The focus in KS4 PE is ensuring all pupils are exposed to a variety of sports and enjoy recreational participation in physical activity.</p> <p><u>GCSE PE</u>            In this section, students will explore a wide range of topics which relate to the socio-cultural influences of sport.</p>

		<p>Orienteering skills - Map reading and navigation. Working with a team to problem solve and achieve a goal.</p>		<p>Understanding of how test scores are measured/recorded (eg in seconds, levels, centimetres, numbers). Definitions of the terms qualitative and quantitative, in relation to the collection of fitness testing data. Understanding that the quantitative data collected during fitness testing can be compared to national averages.</p> <p>Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.</p>	<p>These will include the engagement patterns of social groups, commercialisation and sponsorship, Drugs and hooliganism/spectator behaviour.</p> <p><u>BTEC Tech Award</u> This exam component requires learners to use theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training so that they can use this knowledge to analyse and evaluate performance and devise informed strategies for improving/optimising their own practical performance</p>
Term 3	<p><i>TOPIC/KNOWLEDGE</i> Athletics Tennis Rounders</p> <p><i>SKILLS</i> Tennis – To learn and understand the basic rules of tennis and explore a variety of beginner techniques, through various types of shots.</p> <p>Rounders - batting technique, outwitting an opponent and learning the official rules.</p> <p>Athletics – Explore a variety of track and field events, preparing pupils for the Moorways District Athletic event, in June. Pupils will learn how these events are measured and organised, with a</p>	<p><i>TOPIC/KNOWLEDGE</i> Athletics Tennis Rounders.</p> <p><i>SKILLS</i> Tennis – To learn and understand the rules of tennis, the correct method of scoring and further develop a variety of techniques, through various types of shots and gameplay.</p> <p>Rounders - Further development of batting technique, effective fielding techniques, outwitting an opponent and further clarification of the official rules.</p>	<p><i>TOPIC/KNOWLEDGE</i> Athletics Tennis Rounders</p> <p><i>SKILLS</i> Tennis – To solidify an understanding of the rules of tennis and the correct method of scoring. Develop a tactical awareness of the sport through selection of the correct shot in a variety of situations.</p> <p>Rounders - Tactical focus in outwitting an opponent through shot selection, fielding positions and effective bowling and backstopping.</p>	<p><i>TOPIC/KNOWLEDGE</i> <u>Core PE:</u> Athletics, Rounders and Tennis.</p> <p><u>GCSE PE</u> Movement Analysis</p> <p>This topic will assist students in understanding how and why our body moves in certain ways. They will identify how planes, levers and axes help to perform sporting skills.</p> <p>Students will also begin to complete the NEA coursework element of the course.</p> <p><u>BTEC Tech Award</u> Students will begin, Component 2: Taking Part and Improving Other Participants' Sporting Performance</p>	<p><i>TOPIC/KNOWLEDGE</i> <u>CORE PE</u> Rounders and Tennis.</p> <p><u>GCSE PE</u> Exam Revision</p> <p><u>BTEC Tech Award</u> Exam Revision</p> <p><i>SKILLS</i> <u>CORE PE</u> Promoting healthy lifestyles and games. The focus in KS4 PE is ensuring all pupils are exposed to a variety of sports and enjoy recreational participation in physical activity.</p>

	big emphasis on health and safety with throwing events.	Athletics – Explore a variety of track and field events, preparing pupils for the Moorways District Athletic event, in June. Pupils will learn how these events are measured and organised, with a big emphasis on health and safety with throwing events.	Athletics – Explore a variety of track and field events, preparing pupils for the Moorways District Athletic event, in June. Pupils will learn how these events are measured and organised, with a big emphasis on health and safety with throwing events.	<p><b>SKILLS</b></p> <p>Athletics – Explore a variety of track and field events, preparing pupils for the Moorways District Athletic event, in June. Pupils will be learn how these events are measured and organised, with a big emphasis on health and safety with throwing events.</p> <p><u>GCSE PE</u></p> <p>Movement Analysis – Understanding how levers, planes and axes help us coordinate our bodies to perform specific skills and techniques. Preparation for Paper 1 mock exam.</p> <p>Non-exam assessed coursework completion. The non-exam assessment (NEA) for this specification is split into two strands: a practical performance, and an analysis and evaluation of a performance.</p> <p><u>BTECH Tech Award</u></p> <p>The key purpose of this assessment is for learners to develop an understanding of participating in sport by developing their knowledge and understanding of skills and strategies used, in addition to being able to demonstrate these skills through conditioned practice or drills. In addition to demonstrating, students will also design and deliver a session aiming to improve a particular skill. Students will also gain an understanding of the components of fitness and the</p>	<p><u>GCSE PE</u></p> <p>Students will spend the final term revisiting content and all lessons will be used as revision lessons. These lessons will be targeted on areas that have been highlighted for improvement by teachers.</p> <p><u>BTEC Tech Award</u></p> <p>Students will spend the final term revisiting content and all lessons will be used as revision lessons. These lessons will be targeted on areas that have been highlighted for improvement by teachers.</p>
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				roles and responsibilities of officials in sport.	
Career Pathways	<p><i>Extra-Curricular – The PE department is proud to offer a range of extra-curricular activities. A lunchtime club is run every day in the department and these clubs can include; Football, Table Tennis, Netball and Basketball. There is also a plethora of opportunities in after school fixtures, competing against local schools. All the local school fixtures are run through Amber Valley School Sport Partnership and include sports such as; Football, Rugby, Basketball, Handball, Athletics and Table Tennis. We have also recently enhanced our extracurricular programme by entering the Football County cup, which provides Oppurtunites for students to compete across Derbyshire. However, the departments enrichment doesn't stop in Derbyshire, as every two years we run a sports tour to Athens, Greece.</i></p> <p><i>Assessment – Students are constantly assessed throughout their PE journey at JFCS. During KS3 students are assessed practically in each sport they participate in. Assessing students throughout KS3 allows the PE department to make informed decisions on which course students should choose in examination PE. During examination PE students are assessed each half term on all the content covered throughout that period. Students are also assessed termly, allowing the department to identify any areas that need revisiting during the exam revision sessions at the end of year 10 &amp; 11.</i></p>				