

## Games Curriculum Map 2022-2023

Within the PE Faculty we are passionate about providing students with opportunities to enjoy and excel in physical activity as both individuals and as part of teams. We aim to develop the students holistically so that they are inspired and equipped for life long participation in physical activity. Therefore, we aim to ensure students experience high quality learning and a broad and enriching extra-curricular programme.

### **Key Stage 3 Curriculum**

#### **In year 7 students will:**

Develop knowledge of and performance in the fundamental movement skills and components of fitness: Agility, Balance, Coordination, Speed & Endurance. Develop knowledge of and performance in the core/fundamental skills and techniques required to be successful in a range of sports so that students can perform to their personal best.

Develop understanding of key rules in a range of sports so that students can perform effectively and safely.

Students will study: Rugby, Football, Basketball, Cricket, Athletics, Sportshall Athletics, Table Tennis, Badminton and Gymnastics (Floor).

#### **In year 8 students will:**

Develop knowledge of and performance in fundamental and complex skills, techniques and tactics so that they can be confidently applied to a range of conditioned games.

Develop the accuracy, control and fluency of skills so that students can 'make their best better'. Continue to develop students' knowledge of the rules of a range of sports so that students' understanding of how to be successful continues to develop and they are able to 'make their best better'.

Students will study: Sports that we teach these themes through: Rugby, Football, Basketball, Cricket, Athletics, Badminton, Health & Fitness, Table Tennis, Gymnastics (Flight) &

The year 9 curriculum places greater emphasis on pupils' application of learnt skills, knowledge and tactics in games for understanding activities.

#### **In year 9 students will:**

Develop the ability to link learnt skills together to improve the application of skills in conditioned games. Develop decision making so that students can perform successfully in a wide range of conditioned games/sports and/or solve problems in games for understanding activities. Develop analytical skills so that they are able to make themselves and others better. Students will study: Sports that we teach these themes through: Rugby, Football, Gaelic Football, Softball, Health & Fitness through Boxercise & Body Pump.

### **Key Stage 4 Curriculum**

In key stage 4 PE focus is on helping students to continue to develop and apply their learnt skills in a range of games for understanding activities. Alongside a clear focus on students developing more responsibility for developing their understanding of the social, emotional and physical benefits of sport and becoming inspired for lifelong participation. Therefore, at the start of year 10, PE classes will have the opportunity to experience one of two pathways to follow.

The 'Competitive Pathway' or the 'Healthy Lifestyle Pathway'. Each pathway follows a bespoke curriculum map that students will follow throughout key stage 4 core PE during years 10 and 11.

Term	Autumn 1	Assessment 1	Autumn 2	Assessment 2	Spring 1	Spring 2	Assessment 3	Summer 1	Summer 2
Year 7	Rugby / Basketball	Assessment 1	Rugby / Basketball	Assessment 2	Gymnastics / Table Tennis / Fitness	Body Balance / Badminton / Fitness	Assessment 3	Athletics	Cricket
Year 8	Rugby / Basketball	Assessment 1	Rugby / Basketball	Assessment 2	Gymnastics / Table Tennis / Fitness	Body Balance / Badminton / Fitness	Assessment 3	Athletics	Cricket
Year 9	Football / Basketball		Football / Basketball		Boxercise / Handball	Body Pump / Volleyball		Gaelic Football	Softball
Year 10	Football / Basketball / Rugby	Assessment 1	Football / Basketball / Rugby	Assessment 2	Martial Arts / Table Tennis / Circuits / Volleyball	Martial Arts / Table Tennis / Circuits / Volleyball	Assessment 3	Cricket / Softball, Gaelic football	Cricket / Softball, Gaelic football
Year 11	Multisports Football / Basketball / Fitness		Multisports Football / Basketball / Fitness		Multisports Football / Basketball / Fitness	Multisports Football / Basketball / Fitness			

GCSE PE Curriculum Map 2022-2023

GCSE (9–1) in Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas

- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Term	Autumn 1	Assessment 1	Autumn 2	Assessment 2	Spring 1	Spring 2	Assessment 3	Summer 1	Summer 2
Year 10	<b>Anatomy &amp; Physiology</b> The Musculoskeletal System		<b>Anatomy &amp; Physiology</b> The Cardiovascular & Respiratory Systems		<b>Anatomy &amp; Physiology</b> The Effects of Exercise Movement Analysis	<b>Physical Fitness</b> Fitness Testing & analysing data		<b>Physical Fitness</b> Principles of Training Prevention of Injury  Analysing & Evaluating Performance (AEP)	<b>Health Fitness &amp; Well-Being</b> Physical, mental and social benefits Sedentary Lifestyles Diet & Nutrition  Analysing & Evaluating Performance (AEP)
Year 11	<b>Socio-cultural Studies</b> Engagement Patterns Barriers to participation  Analysing & Evaluating Performance (AEP)		<b>Socio-cultural studies</b> Commercialisation of sport Ethics in Sport  Analysing & Evaluating Performance (AEP)		<b>Sports Psychology</b> Classification of skill Characteristics of skill Goal setting Feedback	<b>Exam Preparation</b>			