

Games Curriculum Map 2022-2023

Intent:

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, Korfball, Handball, Gaelic Football, Softball, Volleyball, UK Wallball, Pickleball, Flag Football Health & Fitness through Boxcercise & 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	Basketball – 2 groups on playground and 1 group in sports hall.	Assessment 1	Rugby (Bannisters)	Assessment 2	Gymnastics / Table Tennis Gymnastics / Table Tennis Gymnastics / Table Tennis (FJ Hall)	Body Balance / Pickleball Body Balance / Pickleball Gymnastics / Table Tennis (FJ Hall)	Assessment 3	Athletics	Cricket
Year 8	Basketball – 2 groups on playground and 1 group in sports hall.		Rugby (Bannisters)		Gymnastics / Table Tennis Gymnastics / Table Tennis Gymnastics / Table Tennis (FJ Hall)	Body Balance / Pickleball Body Balance / Pickleball Body Balance / Pickleball (FJ Hall)		Athletics	Cricket

Year 9	Korfball Handball (4 weeks – 2 x45 minute lessons) Fitness Training methods and S&C (2-week rotation)	Assessment 1	Gaelic Football (Bannisters)	Assessment 2	Boxercise / UK Wallball Boxercise / UK Wallball	Body Pump / Volleyball Body Pump / Volleyball	Assessment 3	Pickleball / Volleyball	Softball / Flag Football
Year 10	Football Basketball Volleyball Martial Arts		Football Basketball Fitness (Boxercise / Body Pump / Circuits) Martial Arts		Martial Arts Table Tennis Circuits Volleyball	Martial Arts Table Tennis Circuits Volleyball		Pickleball Cricket Volleyball Martial Arts	Volleyball Cricket Pickleball Martial Arts
Year 11	Multisports Football Basketball Volleyball Fitness Pickleball		Multisports Football Basketball Volleyball Fitness Pickleball		Multisports Football Basketball Volleyball Fitness	Multisports Football Basketball Volleyball Fitness			

Year 7 - Autumn 1

Fitness Training methods – Interval / Fartlek / Speed & Acceleration /

Year 8 – Autumn 2

Fitness testing - MSFT / 30M Sprint / Illinois Agility / 12 minute Cooper Run

Year 7 - Autumn 1

Fitness Training methods – Interval / Fartlek / Speed & Acceleration /

Year 8 – Autumn 2

Fitness testing -