

Curriculum Map Year 10 & 11 PE

	Autumn term 1	Autumn term 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 & 11	Basketball Hockey	Gymnastics Hockey Badminton	Dodge Ball Indoor Athletics Gymnastics	Basketball Volleyball	Goalball Squash	Football Fitness
Knowledge & Skills	<p>Basketball Develop technique and improve performance Passing Footwork Shooting Use tactics / strategies to outwit opponents using the skills above, showing some accuracy and consistency. - Understand basic laws of the game.</p> <p>Hockey Develop knowledge of laws of the game. Develop technique and performance Batting (attacking and defensive) Fielding skills Stick techniques Show some accuracy in technique</p>	<p>Gymnastics Develop technique in gymnastics to create a routine. Travel, how can we move in gymnastics? Balance, use of tension and extension to create aesthetically pleasing performance - Develop analysis of performance.</p> <p>Hockey Develop knowledge of laws of the game. Develop technique and performance Batting (attacking and defensive) Fielding skills Stick techniques Show some accuracy in technique</p> <p>Badminton Develop understanding of the basic Laws of the game. Develop technique and performance Short Service</p>	<p>Dodgeball Develop technique and improve performance Passing Catching Throwing Shooting Small team games tactics/strategies to outwit opponents, showing some consistency and accuracy. Understand the basic laws</p> <p>Indoor Athletics Athletics Health and safety aspects Develop technique and performance in; Track events (running) and field events (throwing and jumping) - focus on technique / identifying good technique and areas to develop. -</p>	<p>Basketball Develop technique and improve performance Passing Footwork Shooting Use tactics / strategies to outwit opponents using the skills above, showing some accuracy and consistency. Understand basic laws of the game.</p> <p>Volleyball Develop technique and improve performance Passing Dribbling Shooting Using tactics/strategies to outwit opponents, showing some consistency and accuracy. Understand the basic law</p>	<p>Goalball Inclusive game - why does it exist? Be able to use alternative senses to compete in a sport. Appreciate the challenge / amazing ability of some visually impaired athletes and the challenges it presents. Hand/eye coordination. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>Squash Develop understanding of the basic laws of the game. Develop technique and performance Service Forehand</p>	<p>Football Be able to assist/ lead planned sport/physical activity sessions in the community/clubs they are a part of outside of the school setting. Basic skills and drills. Development as a team. Competition Develop use of KS3 skills within competitive situations, showing control, fluency and accuracy. To use tactics and strategy to outwit opponents and explain how it works.</p> <p>Fitness Designed to work on Cardiovascular Endurance. Muscular Strength. Muscular endurance. Flexibility. Body Composition.</p>

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		High service, Overhead Clear Drop Shot Selection of appropriate shots to outwit opponents.			Backhand Drive Speed & agility	All 5 disciplines targeted in each lesson.
Assessment	Ongoing assessments take place during each lesson. Main assessment at the end of each term / activity and recorded. Analysis of performance throughout all sports, focusing on identifying strengths and areas for development.	Ongoing assessments take place during each lesson. Main assessment at the end of each term / activity and recorded. Analysis of performance throughout all sports, focusing on identifying strengths and areas for development.	Ongoing assessments take place during each lesson. Main assessment at the end of each term / activity and recorded. Analysis of performance throughout all sports, focusing on identifying strengths and areas for development.	Ongoing assessments take place during each lesson. Main assessment at the end of each term / activity and recorded. Analysis of performance throughout all sports, focusing on identifying strengths and areas for development.	Ongoing assessments take place during each lesson. Main assessment at the end of each term / activity and recorded. Analysis of performance throughout all sports, focusing on identifying strengths and areas for development.	Ongoing assessments take place during each lesson. Main assessment at the end of each term / activity and recorded. Analysis of performance throughout all sports, focusing on identifying strengths and areas for development.