


PE Department - Year 7: Girls

 <p>Shirley High Curriculum Map</p>	<p><i>Pupils should build on and embed the physical development and skills learned in Key Stage 2. Students will develop competence to excel in a broad range of physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will develop their knowledge of the benefits of leading a healthy active lifestyle.</i></p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Outwitting opponents - Netball	Accurate replication - Gymnastics	Outwitting opponents - Football	Health and Fitness	Performing at Maximum Levels – Athletics	Striking and fielding - Cricket/Rounders
Why Now?	The professional national netball league commences which enables staff to direct students to watch elite Netball. Increase students’ interest and opportunities to be able to take part in SHS extra-curricular Netball Academy. Croydon Netball leagues and county competitions commence	Including accurate replication in this period allows the PE dept. to offer a broad and balanced curriculum, increases student interest in gymnastics and links to SHS extra-curricular Trampoline club.	Concepts of outwitting opponents can be further developed from Winter term and Spring term 1. The professional national football leagues have commenced which enables staff to direct students to watch elite football. Increase students’ opportunities to be able to take part in SHS extra-curricular Football Academy.	Introducing Health and fitness builds on students' prior KS2 knowledge of leading a healthy active lifestyle. The importance and benefits of being physically active are embedded across the curriculum.	Traditional British summer sport, Athletics, season commences. To be able to develop students’ interest & direct them to watch elite Athletics. Increase opportunities to be able to take part in SHS extracurricular Athletics. Croydon and English schools’ competitions take place.	Traditional British summer sport, Rounders, season commences. Increase students’ interest in Rounders and facilitate opportunities to be able to take part in SHS extra-curricular Rounders. Croydon Schools competitions take place.
Fundamental Concepts	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Netball. Improve the quality of skills using various techniques and evaluation to improve performance	Demonstrate skills individually and in combination. Incorporate control, precision and aesthetics into sequences showing creativity. Evaluate performance to improve	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Football. Improve the quality of skills using various techniques and evaluation to improve performance	To develop a knowledge of the components of fitness and how they relate to activities and everyday life . Develop a clear understanding of the benefits of physical activity on mental, social and physical wellbeing.	Accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. Evaluate aspects of technique and use the information to become more technically proficient.	Replicate and improve individual technique in batting, bowling and fielding. with the intention of outwitting opponents Evaluate aspects of technique and use the information to become more technically proficient
Students will...	<ul style="list-style-type: none"> -Learn to use basic principles of play when selecting and applying tactics for defending and attacking -Develop the skills necessary to outwit opponents such as passing, receiving, footwork outwitting defenders, dribbling, and shooting through drills, small sided games and conditional situations -Learn to identify and recognise similarities in principles of attack and defence -Be able to give basic evaluations of strengths and weaknesses of performance and suggest areas for improvement -Be introduced to, and develop knowledge of, the basic rules and laws of Netball Introduce and develop the 3 stages of a warm up and benefits of a warm up specific to Netball -Be introduced to, and develop knowledge of, components of fitness and relate them to Netball 	<ul style="list-style-type: none"> -Apply movements, agilities and balances individually and as part of a fluent sequence -Learn to select, combine and perform skills, actions and balances. Body tension; control; counter balance and aesthetics will be developed through compositional ideas -Develop and refine skills and compositional ideas based on decisions about sequences -Be able to give basic evaluations of strengths and weaknesses of performance and suggest areas for improvement Introduce and develop 3 stages of a warm up and benefits of a warm up specific to Gymnastics -Be introduced to, and develop knowledge of, components of fitness and relate them to Gymnastics 	<ul style="list-style-type: none"> Learn to use basic principles of play when selecting and applying tactics for defending and attacking -Develop the skills necessary to outwit opponents. Passing; shooting; control; turning and heading will be developed through drills, small sided games and conditional situations -Learn to identify and recognise similarities in principles of attack and defence. -Be able to give basic evaluations of strengths and weaknesses of performance and suggest areas for improvement -Be introduced to, and develop, knowledge of the basic rules and laws of Football -Introduce and develop 3 stages of a warm up and benefits of a warm up specific to Football -Be introduced to, and develop knowledge of, components of fitness and relate them to Football 	<ul style="list-style-type: none"> - Be able to prepare and recover from exercise safely and effectively (warm-up/cool down) -Recognise that different types of activities require different types of components of fitness to be successful. -be able to take their heart rate and scores in a range of tests. -Evaluate their own strengths and weaknesses in performance using normative data -Develop knowledge of health benefits gained from taking part in fitness based activities. 	<ul style="list-style-type: none"> -Develop the skills necessary to compete in a number of athletic events. -Gain a baseline experience at jumping events (aiming for height/distance), throwing events (aiming for distance) and running disciplines (the time taken to cover a set distance). -Develop and refine skills and tactical decisions in order to run, jump or throw further. -Be able to give basic evaluations of strength and weaknesses in their own and others' performances. Introduce and develop knowledge of the basic rules and laws involved in the different athletics events Be introduced to, and develop, knowledge of the basic rules and laws of different athletics events Be introduced to, and develop knowledge of, components of fitness and relate them to athletics 	<ul style="list-style-type: none"> -Learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. -Develop the skills necessary to outwit opponents such as; Batting, bowling and fielding will be developed through drills, games and conditional situations. -Implement strategic and tactical decisions based on the hitting/movement of the ball into space and choice of skill execution. -Be able to give basic evaluations of strength and weaknesses in their own and others' performances. -Be introduced to, and develop, knowledge of the basic rules and laws of Rounders -Introduce and develop 3 stages of a warm up and benefits of a warm up specific to Rounders -Be introduced to, and develop knowledge of, components of fitness and relate them to Rounders
Language for Life (Key terms /Vocabulary)	<p>Pivoting; dodge footwork; interception; roll off; drive, marking; rebound; footwork; coaching; obstruction; contact; tactics; strategies; officiating umpiring.</p> <p>Components of fitness specific to basketball – Agility; Coordination; Balance; speed; Flexibility; Cardio-Vascular Endurance.</p> <p>Components of warming up specific to Netball – warm up, pulse raiser, static stretching, sports specific re-warm.</p> <p>Intro terminology relating to muscles</p>	<p>Aesthetically; body tensions; extension; balance; counter balance; sequence; routines, control; cannon; unison; locomotion; coaching; officiating; umpiring</p> <p>Components of fitness relevant to gymnastics – Balance; Strength; Power; Flexibility; Components of warming up specific to Gymnastics – warm up, pulse raiser, static stretching, sports specific re-warm.</p> <p>Intro terminology relating to muscles</p>	<p>Passing – push, inside, outside, marking, goal side, shooting, control, offside, tactics, attacking, defending, teamwork. tactics/strategies, coaching, officiating; umpiring</p> <p>Component of fitness relative to Football</p> <p>Components of warming up specific to Football – pulse raiser; static stretching; sports specific re-warm.</p> <p>Intro terminology to muscles</p>	<p>Components of fitness relevant to health and fitness – Speed; Power; Agility; Reaction Time Stamina; Balance, Flexibility.</p> <p>Components of warming up – pulse raiser, static stretching sports specific re-warm. Intro terminology to muscles</p>	<p>Running; lead leg, trail leg; stride length; cadence; leg and arm action; head position; pacing; throwing; grip; stance; <i>release</i> and follow-through; angle of release; jumping; approach; run; acceleration; maintaining momentum; take off and lift; arm action; baton; bell; lap; discus; javelin; hammer; shot; hurdles; long jump; high jump; false start; lap; sprinting; middle/ long distance; marathon; relay; records; starting blocks; coaching; officiating; umpiring; tactics strategies</p> <p>Components of fitness relevant to Athletics – Speed; Power; Agility; Reaction Time Stamina; Balance, Flexibility.</p> <p>Components of warming up specific to Athletics – pulse raiser, static stretching sports specific re-warm. Intro terminology to muscles</p>	<p>Stance; body position; follow-through; mechanics of movement; no ball; batting order; bowling techniques; anticipation field placements; tactics; strategies; coaching; officiating; umpiring,</p> <p>Component of fitness relative to Rounders – Speed; Power, Agility; Coordination; Reaction Time.</p> <p>Components of warming up specific to Cricket – pulse raiser; static stretching; sports specific re-warm.</p> <p>Intro terminology to muscles</p>
Extended writing Opportunities	N/A	N/A	N/A	N/A	N/A	N/A
Maths Across the Curriculum	Percentages, shape, angles	Scoring, decimals, angles, distance, percentages	Angles, Shape percentages/ratios/averages	Collecting fitness data, measuring, scoring.	Measuring distances/time splits/WRs collating data & comparing recordings against other bests). Angles, percentages	Scoring, Angles, percentages/ratios/averages

Links to careers/ aspirations	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within personal training and sports centre management	Direct students to career pathways within education – PE Teacher/coach/Personal Trainer, Leisure centre manager.	Direct students to career pathways within education – PE Teacher/coach/Personal Trainer, Leisure centre manager.	Direct students to career pathways in sport therapies – physiotherapy, injury rehab and sports psychology	Direct students to career pathways in sports journalism, sports photography and advertising
Cultural Capital	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community. Encourage students to visit the local area e.g. leisure centres/parks/playgrounds	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.
Practical Application of Skills	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in performances and routines	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and technique through carrying out fitness testing and methods of training.	Demonstrate skills and techniques learnt in a drills and game situations	Demonstrate skills and techniques learnt in a drills and game situations