


**PE Department - Year 9: Girls**

 <p align="center"><b>Shirley High Curriculum Map</b></p>	<p><i>To further develop competence to excel in a broad range of physical activities whilst ensuring students will be physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will further build upon their knowledge and understanding, with emphasis on application.</i></p>					
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>Theme/Topic/Skill:</b>	<b>Theme/Topic/Skill:</b>	<b>Theme/Topic/Skill:</b>	<b>Theme/Topic/Skill:</b>	<b>Theme/Topic/Skill:</b>	<b>Theme/Topic/Skill:</b>
	Outwitting Opponents - Netball	Accurate Replication –Trampolining	Outwitting opponents – Basketball	Outwitting Opponents - Football	Performing at maximum Level – Athletics	Striking and Fielding - Cricket/Rounders
<b>Why Now?</b>	To further develop student’s experiences from Year 8 which will enable them to develop their ability <b>to link and combine skills and techniques</b> more <b>consistently</b> with accuracy and precision in <b>match/game situations</b> and to further develop their understanding of <b>tactics</b> and <b>strategies</b> to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.	To further develop student’s experiences from Year 8 which will enable them to develop their ability <b>to link and combine skills and techniques</b> more <b>consistently</b> with accuracy and precision in more <b>demanding situations</b> and to further develop their understanding of the importance of aesthetic <b>aspects</b> and <b>compositional ideas</b> which will enable students to improve their overall performance category of Accurate Replication. Timing of the topic supports the mission of the department to establish strong extracurricular competition.	To further develop student’s experiences from Year 8 which will enable them to develop their ability <b>to link and combine skills and techniques</b> more <b>consistently</b> with accuracy and precision in <b>match/game situations</b> and to further develop their understanding of <b>tactics</b> and <b>strategies</b> to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.	To further develop student’s experiences from Year 8 which will enable them to develop their ability <b>to link and combine skills and techniques</b> more <b>consistently</b> with accuracy and precision in <b>match/game situations</b> and to further develop their understanding of <b>tactics</b> and <b>strategies</b> to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.	To further develop student’s experiences from Year 8 which will enable them to further develop their ability <b>to link and combine skills and techniques</b> more <b>consistently</b> with accuracy and precision and to further develop their ability to use <b>tactics</b> and <b>strategies</b> which will enable students to further improve personal bests within the category of performing at maximum levels. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition	To further develop student’s experiences from Year 8 which will enable them to develop their ability <b>to link and combine skills and techniques</b> more <b>consistently</b> with accuracy and precision in <b>match/game situations</b> and to further develop their understanding of <b>tactics</b> and <b>strategies</b> to overcome opponents within striking and fielding sports. Timing of the topic supports the mission of the department to establish strong extracurricular competition.
<b>Fundamental Concepts</b>	Further develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Netball. Further develop and embed the quality of skills using various techniques and evaluation to improve performance.	Demonstrate skills individually and in combination. Further develop control, precision and aesthetics into sequences and routines showing creativity. Evaluate performance to improve	Further develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Basketball/Handball. Continue to develop the quality of skills using various techniques and evaluation to improve performance.	Further develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Football. Further develop and embed the quality of skills using various techniques and evaluation to improve performance.	Further develop performance to 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.	Further develop and embed performance to 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
<b>Students will...</b>	<ul style="list-style-type: none"> <li>-Further develop the fundamental principles of play when selecting and applying tactics for defending and attacking.</li> <li>-Further develop and embed the skills necessary to outwit opponents -passing, footwork receiving, outwitting defenders, and shooting will be developed through advanced drills, small sided games and conditional situations.</li> <li>-Be able to use information gained from analysis of performance to influence and improve their own and peer performance</li> <li>-Develop a deeper understanding of stretches for all major muscle groups and those specific to Netball.</li> <li>-Further develop and embed pupils understanding of the rules of Netball.</li> <li>-Lead 3 phase warm up specific to Netball to class</li> <li>-Further develop and embed understanding of the type of fitness Netball players need to perform at a high level.</li> </ul>	<ul style="list-style-type: none"> <li>-Further develop their ability to accurately replicate basic shapes, turns, drops and rotational movements.</li> <li>-Further their ability to demonstrate correct take-off and landing technique, as well as a clear body shape whilst airborne or in contact with the bed.</li> <li>-Further develop their ability to produce movements individually and as part of a fluent sequence.</li> <li>-Select, combine and perform skills demonstrating varied levels of creativity.</li> <li>-Understand what “looks” good and the term aesthetics and being able to implement this into routines with more success</li> <li>-Further develop and refine skills into a 10 bounce routine.</li> <li>-Further develop a knowledge of the major rules and laws involved in Trampolining</li> <li>-Lead 3 phase warm up specific to Trampolining</li> <li>-Further develop understanding of the type of fitness Trampolinist need to perform at a high level.</li> </ul>	<ul style="list-style-type: none"> <li>-Continue to develop the fundamental principles of play when selecting and applying tactics for defending and attacking.</li> <li>-Continue to develop the skills necessary to outwit opponents; footwork, passing, receiving, outwitting defenders, dribbling, and shooting will be developed through drills, small sided games and conditional situations. Continue to develop their understanding and recognise similarities in principles of attack and defence.</li> <li>-Continue to develop their ability to give evaluations of strengths and weaknesses of performance and suggest areas for improvement.</li> <li>-Continue to develop a knowledge of the major rules and laws involved in Basketball Introduce the rules and laws in Handball</li> <li>-Lead 3 phase warm up specific to Basketball/Handball.</li> <li>-Continue to develop understanding of the type of fitness Basketball/Handball players need to perform at a high level.</li> </ul>	<ul style="list-style-type: none"> <li>-Further develop the fundamental principles of play when selecting and applying tactics for defending and attacking.</li> <li>-Further develop and embed the skills necessary to outwit opponents - passing, shooting, control turning and heading will be developed through advanced drills, small sided games and conditional situations.</li> <li>-Be able to use information gained from analysis of performance to influence and improve their own and peer performance.</li> <li>-Develop a deeper understanding of stretches for all major muscle groups and those specific to Football.</li> <li>-Further develop and embed pupils understanding of the rules of football</li> <li>-Lead 3 phase warm up specific to Football to class</li> <li>-Further develop and embed understanding of the type of fitness Football players need to perform at a high level</li> </ul>	<ul style="list-style-type: none"> <li>-Develop advanced athletic skills and accurately replicate techniques to achieve an outcome.</li> <li>-Further develop the skills of sprinting, sustained running, jumping and throwing using advance tactics to improve performance</li> <li>-Be able to use information gained from analysis of performance to influence and improve their own and peer’s performance</li> <li>-Develop a deeper understanding of stretches for all major muscle groups and those specific to the different Athletic events.</li> <li>-Further develop and embed pupils understanding of the rules of different athletic events</li> <li>-Lead 3 phase warm up specific to the different athletic events to class</li> <li>-Further develop and embed understanding of the type of fitness athletes need to perform at a high level.</li> </ul>	<ul style="list-style-type: none"> <li>-Further develop their ability to use principles of play when selecting and applying tactics to produce a successful outcome.</li> <li>-Further develop the skills necessary to outwit opponents. Batting, bowling and fielding will be further developed through advanced drills games and conditional situations</li> <li>-Be able to use information gained from analysis of performance to influence and improve their own and peer performance</li> <li>-Further develop and embed knowledge of the major rules and laws involved in Rounders.</li> <li>-Develop a deeper understanding of stretches for all major muscle groups and those specific to Rounders</li> <li>-Lead 3 phase warm up specific to Cricket to Rounders</li> <li>-Further develop and embed understanding of the type of fitness to play Rounders at a high level.</li> </ul>
<b>Language for Life (Key terms /Vocabulary)</b>	<p>Pivoting; dodge; footwork; interception; roll off; drive, marking; rebound; footwork; coaching; obstruction; contact; tactics; strategies; officiating umpiring. Principles of attack and defence; keeping possession; dispossessing an opponent; covering; intercepting; marking; tackling; width and depth in attack, accuracy, variation.</p> <p>Components of fitness specific to Netball – 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>Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.</p>	<p>Aesthetically; body tensions; extension; balance; counter balance; sequence; routines, control; cannon; unison; locomotion; coaching; marking; rebound; footwork; block; principles of attack and Defence; width and depth in attack; finding and using space; changing direction.</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>Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.</p>	<p>Pivoting; passing (chest, bounce/shoulder) set shot; Jump shot; dive shot Drive; lay-up; double dribble; travelling; man to man; marking; rebound; footwork; block; principles of attack and Defence; width and depth in attack; finding and using space; changing direction.</p> <p>Components of fitness specific to Basketball/ Handball– Reaction time; Agility; Coordination; Balance; Speed; Power.</p> <p>Components of warming up specific to Basketball/ Handball – warm up; pulse raiser; static stretching; sports specific re-warm.</p> <p>Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.</p>	<p>Passing – push; inside; outside; marking; goal side; shooting; control; offside; tactics; attacking; defending; teamwork; tactics; strategies; coaching; officiating; umpiring principles of attack and defence; keeping possession; dispossessing an opponent; covering; intercepting; marking; tackling; width and depth in attack; accuracy; variation.</p> <p>Component of fitness relative to Football – Speed; Power; Agility; Cardio-Vascular Endurance; Flexibility; Coordination.</p> <p>Components of warming up specific to Football – pulse raiser; static stretching; sports specific re-warm</p> <p>Embed terminology/language relating to muscles and major bones of the human body. Introduce terms</p>	<p>Olympics; 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.</p> <p>Embed terminology/language relating to muscles and major bones of the human body.</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 Rounders – pulse raiser; static stretching; sports specific re-warm.</p> <p>Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.</p>

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<b>Extended writing Opportunities</b>	N/A	N/A	N/A	N/A	N/A	N/A
<b>Maths Across the Curriculum</b>	Percentages, shape, angles	Scoring, decimals, angles, distance, percentages	Scoring (free throws, inside and outside 3 point line) Angles, percentages/ratios/averages	Angles, percentages/ratios/averages	measuring distances/time splits/WRs collating data & comparing recordings against other bests)	Scoring, Angles, percentages/ratios/averages
<b>Links to careers/ aspirations</b>	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, college and university sports lecturer.	Direct students to pathways within sports nutrition.	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.
<b>Cultural Capital</b>	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.	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.	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.
<b>Practical Application of Skills</b>	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.