


**PE Department - Year 10: Boys**

 <p align="center"><b>Shirley High Curriculum Map</b></p>	<b>Students will tackle complex and demanding physical activities and build on skills developed in KS3. They will participate in a range of activities that develops personal fitness and promotes a deeper understanding of the benefits leading an active, healthy lifestyle.</b>					
	<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 - Football	Net and Wall – Volleyball	Health and Fitness	Outwitting Opponents - Rugby	Performing at Maximum Levels - Athletics	Striking and Fielding – Cricket/ Softball
<b>Why Now?</b>	To embed student's experiences from KS3 which will enable them to develop their ability to combine <b>advanced skills and techniques consistently</b> with accuracy and precision in <b>match/game situations</b> and to embed their understanding of <b>tactics and 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 embed student's experiences from KS3 which will enable them to develop their ability to combine <b>advanced skills and techniques consistently</b> with accuracy and precision in <b>match/game situations</b> within a new sport and to embed their understanding of <b>tactics and strategies</b> to overcome opponents within a net and wall outwitting team sport.	Introducing Health and fitness builds on student's prior knowledge of muscles, bones, diet and understanding of leading healthy active lifestyles in KS3. By building on this prior knowledge and highlighting the many benefits of being physically active at this point in the key stage the intent is to increase the percentage of students who stay physically active in adulthood..	To embed student's experiences from KS3 and winter term which will enable them to develop their ability to combine <b>advanced skills and techniques consistently</b> with accuracy and precision in <b>match/game situations</b> and to embed their understanding of <b>tactics and 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 embed student's experiences from KS3 which will enable them to develop their ability to combine <b>advanced skills and techniques consistently</b> with accuracy and precision and to embed their ability to use <b>tactics and strategies</b> which will enable students to continue to 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 embed student's experiences from KS3 which will enable them to develop their ability to combine <b>advanced skills and techniques consistently</b> with accuracy and precision in <b>match/game situations</b> and to embed their understanding of advanced <b>tactics and 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>	Develop the use of advanced principles of attack and defence to plan strategies and tactics to outwit the opposition in Football. Embed the use of advanced skills using various techniques in game situations and to use evaluation to improve performance.	Develop the use of basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Volleyball. Develop the use of basic and advanced skills using various techniques in game situations and to use evaluation to improve performance.	Learn and accurately replicate specific techniques for a variety of fitness based activities. To develop a deeper understanding of Training Methods and Principles of Training. Develop a clear understanding of the benefits of physical activity on mental, social and physical wellbeing..	Develop the use of advanced principles of attack and defence to plan strategies and tactics to outwit the opposition in Rugby. Embed the use of advanced skills using various techniques in game situations and to use evaluation to improve performance.	Enhance the replication and performance across all disciplines.. Evaluate aspects of technique and use the information to become more technically proficient To develop a deeper understanding about healthy lifestyles and fitness.	Develop the use of advanced principles of attack and defence to plan strategies and tactics to outwit the opposition in Softball. Embed the use of advanced skills in batting, bowling and fielding in game situations and to use evaluation to improve performance.
<b>Students will...</b>	<ul style="list-style-type: none"> <li>-Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for defending and attacking.</li> <li>-Further develop advanced skills and embed the skills necessary to outwit opponents - passing, shooting, control, turning, dribbling 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 with more detailed constructive feedback.</li> <li>-Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to Football.</li> <li>-Experience umpiring and refereeing opportunities to further develop and embed pupils' understanding of the rules of football.</li> <li>-Lead 3 phase warm up specific to Football to class and lead warm downs.</li> <li>-Further develop and embed a deeper understanding of the type of fitness Football players need to perform at a high level with clear links to the impact of diet on performance.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for defending and attacking.</li> <li>-Develop basic and advanced skills and embed the skills necessary to outwit opponents – footwork serving, dig and spike will be developed through basic and 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 with more detailed constructive feedback.</li> <li>-Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to volleyball.</li> <li>-Experience umpiring and refereeing opportunities to develop and embed pupils understanding of the rules of umpiring,</li> <li>-Lead 3 phase warm up specific to volleyball to class and lead warm downs</li> <li>-Develop and embed a deeper understanding of the type of fitness volleyball players need to perform at a high level with clear links to the impact of diet on performance</li> </ul>	<ul style="list-style-type: none"> <li>-Develop a deeper understanding of fitness tests/activities and develop an accurate replication of the required techniques.</li> <li>-Pupils to prepare and recover from exercise safely and effectively</li> <li>-Recognise that different types of activities, require different type of fitness.</li> <li>-Develop understanding of terms like <i>i.e. Oxygen debt and health related fitness components</i>.</li> <li>-Record heart rate and scores in a range of tasks.</li> <li>-Gain a deeper knowledge and understanding of the nature of fitness based activities and make effective evaluations of strength and weaknesses in their performance own using normative data</li> <li>-Develop a deeper understanding of health benefits gained from taking part in fitness based activities.</li> <li>-Understand the nature of heart rate before, during and after exercise.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for defending and attacking.</li> <li>-Further develop advanced skills and embed the skills necessary to outwit opponents - passing, receiving, tackling and beating an opponent, Rucking 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 with more detailed constructive feedback.</li> <li>-Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to Rugby.</li> <li>-Experience umpiring and refereeing opportunities to further develop and embed pupils' understanding of the rules of Rugby.</li> <li>-Lead 3 phase warm up specific to Rugby to class and lead warm downs.</li> <li>-Further develop and embed a deeper understanding of the type of fitness Rugby players need to perform at a high level with clear links to the impact of diet on performance.</li> </ul>	<ul style="list-style-type: none"> <li>- Develop advanced athletic skills and accurately replicate techniques to achieve an outcome.</li> <li>-Will embed the skills of sprinting, sustained running, jumping and throwing using advance tactics to improve performance</li> <li>-Pupils will be able to use information gained from analysis of performance to influence and improve their own and peer's performance with more detailed constructive feedback</li> <li>-Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to the different Athletic events.</li> <li>-To further develop and embed pupils understanding of the rules of different athletic events</li> <li>-Students to lead 3 phase warm up specific to the different athletic events to class and lead warm downs</li> <li>-Further develop and embed a deeper understanding of the type of fitness Athletes need to perform at a high level with clear links to the impact of diet on performance</li> </ul>	<ul style="list-style-type: none"> <li>-Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for batting, fielding, and bowling.</li> <li>-Further develop advanced skills and embed the skills necessary to outwit opponents – batting, fielding and bowling 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 with more detailed constructive feedback.</li> <li>-Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to softball.</li> <li>-Experience umpiring and refereeing opportunities to develop and embed pupils' understanding of the rules of softball.</li> <li>-Lead 3 phase warm up specific to softball to class and lead warm downs.</li> <li>-Further develop and embed a deeper understanding of the type of fitness Striking and Fielding players need to perform at a high level with clear links to the impact of diet on performance.</li> </ul>
<b>Language for Life (Key terms /Vocabulary)</b>	<ul style="list-style-type: none"> <li>- 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.</li> <li>-Component of fitness relative to Football – Speed; Power; Agility; Cardio-Vascular Endurance; Flexibility; Coordination.</li> <li>-Components of warming up specific to Football – pulse raiser; static stretching; sports specific re-warm.</li> <li>-Embed terminology/language relating to muscles and major bones of the human body, and nutrition e.g. carbohydrates, fats, protein. Passive/active warm down; specificity; progression; overload; reversibility; tedium; training methods – continuous; HILT; SAQ; fartlek; and plyometric.</li> </ul>	<ul style="list-style-type: none"> <li>-Ace; approach; attack; block; attack line; backcourt; back set; decoy; set; spike; dig; serve; Jump Serve; double; hit; foul Serve; let; rotate.</li> <li>-Component of fitness relative to Volleyball – Cardiovascular Endurance; Coordination; Speed; Power; Agility; Reaction Time.</li> <li>-Components of warming up specific to Volleyball – pulse raiser, static/ballistic stretching sports specific re-warm.</li> <li>-Embed terminology/language relating to muscles and major bones of the human body, and nutrition e.g. carbohydrates, fats, protein. Passive/active warm down; specificity; progression; overload; reversibility; tedium; training methods – continuous; HILT; SAQ; fartlek; and plyometric.</li> </ul>	<ul style="list-style-type: none"> <li>-Circuit training; continuous; interval; weight training; plyometric training; spinning; step; anaerobic; aerobic. training zones; thresholds; sedentary lifestyle; cardio-respiratory system; diabetes; heart disease; concentric; drop sets, failure, hypertrophy; O2 debt; frequency; intensity; type; Time (FITT); specificity; progressive overload; reversibility; tedium (SPORT); joints; lactic acid, maximal oxygen uptake; Multi-stage fitness test; Illinois Agility test; Stork test; sit and reach; hand wall toss; standing broad jump.</li> </ul>	<ul style="list-style-type: none"> <li>-Passing; tackling; side-step; rucking; try line; dead ball line; forwards; backs; attacking and defensive line tactics; strategies; coaching; officiating; umpiring. Principles of attack and defence; width and depth in attack; finding and using space; changing speed; rucking; scrum, Components of fitness relevant to Rugby – Strength; Power, Agility; Coordination; Cardio-Vascular Endurance; Balance.</li> <li>Components of warming up specific to Rugby – pulse raiser, static stretching sports specific re-warm.</li> <li>Embed terminology/language relating to muscles and major bones of the human body, and nutrition e.g. carbohydrates, fats, protein. Passive/active warm down; specificity; progression; overload; reversibility; tedium; training</li> </ul>	<ul style="list-style-type: none"> <li>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</li> <li>-Components of fitness relevant to Athletics – Speed; Power; Agility; Reaction Time Stamina; Balance, Flexibility.</li> <li>-Components of warming up specific to Athletics – pulse raiser, static stretching sports specific re-warm.</li> <li>-Embed terminology/language relating to muscles and major</li> </ul>	<ul style="list-style-type: none"> <li>-Stance; body position; follow-through; mechanics of movement; no ball; batting order; bowling techniques; anticipation field placements; tactics; strategies; coaching; officiating; umpiring,</li> <li>-Component of fitness relative to Softball – Speed; Power; Agility; Coordination; Reaction Time.</li> <li>-Components of warming up specific to Softball – pulse raiser; static stretching; sports specific re-warm.</li> <li>-Embed terminology/language relating to muscles and major bones of the human body, and nutrition e.g. carbohydrates, fats, protein. Passive/active warm down; specificity; progression; overload; reversibility; tedium; training methods – continuous; HILT; SAQ; fartlek; and plyometric</li> </ul>

	progression; overload; reversibility; tedium; training methods – continuous; HILT; SAQ; fartlek; and plyometric.			methods – continuous; HILT; SAQ; fartlek; and plyometric.	bones of the human body, and nutrition e.g. carbohydrates, fats, protein. Passive/active warm down; specificity; progression; overload; reversibility; tedium; training methods – continuous; HILT; SAQ; fartlek; and plyometric.	
<b>Extended writing Opportunities</b>	N/A	N/A	N/A	N/A	N/A	N/A
<b>Maths Across the Curriculum</b>	Angles, percentages/ratios/averages	Scoring, Angles, percentages, Shape	Training Zones, percentages, averages, recording fitness data analysing normative data, Collecting data, Time, distance, measuring	Scoring (tries, drop kicks, conversions) Angles, percentages	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.