

PE Department - Year 10:Girls

 <p align="center">Shirley High Curriculum Map</p>	<p><i>Pupils will tackle complex and demanding physical activities and build on skills developed in KS3. They will get involved in a range of activities that develops personal fitness and promotes a deeper understanding of the benefits of leading an active, healthy 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- Trampolining	Health and Fitness	Outwitting opponents – Basketball	Performing at Maximum Levels - Athletics	Striking and Fielding – Cricket/Rounders
Why Now?	To embed student’s experiences from KS3 which will enable them to develop their ability to combine advanced skills and techniques consistently with accuracy and precision in match/game situations and to embed their understanding of advanced tactics and strategies 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 advanced skills and techniques consistently with accuracy and precision in more demanding situations . To embed their understanding of the importance of advanced aesthetic aspects and compositional ideas 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.	Introducing Health and fitness builds on students 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 advanced skills and techniques consistently with accuracy and precision in match/game situations and to embed their understanding of advanced tactics and strategies 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 advanced skills and techniques consistently with accuracy and precision and to embed their ability to use tactics and strategies 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 advanced skills and techniques consistently with accuracy and precision in match/game situations and to embed their understanding of advanced tactics and strategies to overcome opponents within striking and fielding sports. Timing of the topic supports the mission of the department to establish strong extracurricular competition.
Fundamental Concepts	Develop the use of advanced principles of attack and defence to plan strategies and tactics to outwit the opposition in Netball. Embed the use of advanced skills using various techniques in game situations and to use evaluation to improve performance.	Demonstrate advanced skills individually and in combination. Embed control, precision and aesthetics into sequences and routines showing creativity. Evaluate performance to improve.	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 Basketball/Handball 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 Rounders. Embed the use of advanced skills in batting, bowling and fielding in game situations and to use evaluation to improve performance.
Students will...	<ul style="list-style-type: none"> -Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for defending and attacking. -Further develop advanced skills 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. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance with more detailed constructive feedback. -Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to Netball. -Experience umpiring and refereeing opportunities to Further develop and embed pupils understanding of the rules of Netball, -Lead 3 phase warm up specific to Netball to class and lead warm downs -Further develop and embed a deeper understanding of the type of fitness Netball players need to perform at a high level with clear links to the impact of diet on performance 	<ul style="list-style-type: none"> -Develop their ability to accurately replicate basic and advanced shapes, turns, drops and rotational movements. -Embed 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. -Further develop their ability to produce basic and advanced movements individually and as part of a fluent sequence, will select, combine and perform skills demonstrating varied levels of creativity. -Will develop an advanced understanding what “looks” good and the term aesthetics and being able to implement this into more advanced routines with more success -Pupils will further develop basic and advanced movements and refine skills into a 10 bounce routine. -Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to Netball. -Further develop a knowledge of the major rules and laws involved in Trampolining Students to lead 3 phase warm up specific to trampolining -Further develop understanding of the type of fitness Trampolinists need to perform at a high level 	<ul style="list-style-type: none"> -Develop a deeper understanding of fitness tests/activities and develop an accurate replication of the required techniques. . -Pupils to prepare and recover from exercise safely and effectively -Recognise that different types of activities, require different type of fitness. -Develop understanding of terms like <i>i.e. Oxygen debt and health related fitness components</i>. -Record heart rate and scores in a range of tasks. -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 -Develop a deeper understanding of health benefits gained from taking part in fitness based activities. -Understand the nature of heart rate before, during and after exercise. 	<ul style="list-style-type: none"> -Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for defending and attacking. -Further develop advanced skills and embed the skills necessary to outwit opponents - passing, shooting dribbling footwork, receiving, outwitting defenders will be developed through advanced drills, small sided games and conditional situations. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance with more detailed constructive feedback. -Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to Basketball/Handball. -Experience umpiring and refereeing opportunities to -Further develop and embed pupils understanding of the rules of Basketball/Handball, -Lead 3 phase warm up specific to Netball to class and lead warm downs. -Further develop and embed a deeper understanding of the type of fitness Basketball/Handball players need to perform at a high level with clear links to the impact of diet on performance. 	<ul style="list-style-type: none"> -Develop advanced athletic skills and accurately replicate techniques to achieve an outcome. -Will embed the skills of sprinting, sustained running, jumping and throwing using advance tactics to improve performance -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 -Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to the different Athletic events. -Further develop and embed pupils understanding of the rules of different athletic events -Lead 3 phase warm up specific to the different athletic events to class and lead warm downs -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 	<ul style="list-style-type: none"> -Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for batting, fielding, and bowling. -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. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance with more detailed constructive feedback. -Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to Rounders. -Experience umpiring and refereeing opportunities to develop and embed pupils understanding of the rules of Rounders -Lead 3 phase warm up specific to softball to class and lead warm downs -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
Language for Life (Key terms /Vocabulary)	<ul style="list-style-type: none"> -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. -Components of fitness specific to Netball – Agility; Coordination; Balance; Speed; Flexibility; Cardio-Vascular Endurance. -Components of warming up specific to Netball – warm up, pulse raiser, static stretching, sports specific re-warm. -Embed terminology/language relating to muscles and major 	<ul style="list-style-type: none"> - Aesthetically; body tensions; extension; balance; counter balance; sequence; routines, control; cannon; unison; locomotion; coaching; officiating; umpiring. -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. -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 	<ul style="list-style-type: none"> -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. 	<ul style="list-style-type: none"> -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 Defense; width and depth in attack; finding and using space; changing direction. -Components of fitness specific to Basketball/ Handball– Reaction time; Agility; Co-ordination; Balance; Speed; Power. -Components of warming up specific to Basketball/ Handball – warm up; pulse raiser; static stretching; sports specific re-warm. -Embed terminology/language relating to muscles and major 	<ul style="list-style-type: none"> 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 Components of fitness relevant to Athletics – Speed; Power; Agility; Reaction Time Stamina; Balance, Flexibility. 	<ul style="list-style-type: none"> -Stance; body position; follow-through; mechanics of movement; no ball; batting order; bowling techniques; anticipation field placements; tactics; strategies; coaching; officiating; umpiring, -Component of fitness relative to Rounders – Speed; Power, Agility; Coordination; Reaction Time. -Components of warming up specific to Rounders – pulse raiser; static stretching; sports specific re-warm. -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

	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	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.	Components of warming up specific to Athletics – pulse raiser, static stretching sports specific re-warm. 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.	methods – continuous; HILT; SAQ; fartlek; and plyometric
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	Training Zones, percentages, averages, recording fitness data analysing normative data, Collecting data, Time, distance, measuring	Scoring (free throws, inside and outside 3 point line) Angles, percentages/ratios/averages	measuring distances/time splits/WRs collating data & comparing recordings against other bests)	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, 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
Cultural Capital	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationship; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationship; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationship; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationship; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationship; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationship; etiquette and sportsmanship.
Practical Application of Skills	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.