

**PE Department - Year 11**

 <b>Shirley High Curriculum Map</b>	<b>Students will take part in a range of physical activities that are demanding and complex. These activities will continue to develop their personal fitness and promote the benefits and impact of leading healthy, active lifestyles and promote the benefits on physical, social and mental wellbeing.</b>					
	<b>Options Block</b>					
	Theme/Topic/Skill:					
	<b>Football</b>	<b>Basketball</b>	<b>Health &amp; Fitness</b>	<b>Netball</b>	<b>Trampoline</b>	<b>Striking and Fielding</b>
<b>Why Now?</b>	The aim is for all students to be able to choose which activities they participate in over the course of the year. Students will continue to participate in sports that they have experienced throughout KS3 and KS4 as part of the onsite provision. Students will work to embed the consistent implementation of advanced skills and tactics with precision and accuracy through a games for understanding approach. Off site provisions were cancelled due to COVID restrictions, however further opportunities for students to experience different sports and physical activities will be implemented where possible. These activities will allow students to build on skills and knowledge that have been developed earlier in the key stage but also give exposure to different activities within an environment outside of a school setting will help to embed pupil's interests and motivation to participate in physical activity into adulthood.					
<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 Basketball . Develop the use of basic and advanced skills using various techniques in game situations.	Learn and accurately replicate specific techniques for a variety of health and 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. All students have the opportunity to be inducted into the weights and fitness area in Autumn term.	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.	Enhance accurate replication and performance in trampoline. 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 Striking and fielding activities. 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>	-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, control, turning, dribbling and heading 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 Football. -Experience umpiring and refereeing opportunities to further develop and embed pupils' understanding of the rules of football. -Lead 3 phase warm up specific to Football to class and lead warm downs. -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.	-Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for defending and attacking. -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. -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 -Experience umpiring and refereeing opportunities to develop and embed pupils understanding of the rules of refereeing -Lead 3 phase warm up specific to basketball to class and lead warm downs -Develop and embed a deeper understanding of the type of fitness basketball players need to perform at a high level with clear links to the impact of diet on performance	-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 types 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.	-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, receiving, and shooting 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.	- 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 -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 -Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to the different Athletic events. -To further develop and embed pupils understanding of the rules of different athletic events -Students to 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	-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 softball. -Experience umpiring and refereeing opportunities to develop and embed pupils' understanding of the rules of softball. -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.
<b>Language for Life (Key terms /Vocabulary)</b>	- 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. -Component of fitness relative to Football – Speed; Power; Agility; Cardio-Vascular Endurance; Flexibility; Coordination. -Components of warming up specific to Football – 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.	- Approach; attack; block, intercept; backcourt, jump shot; free throw, double dribble;travel;lay-up, defence, pressure, half court, full court press. -Component of fitness relative to basketball – Cardiovascular Endurance; Coordination; Speed; Power; Agility; Reaction Time. -Components of warming up specific to basketball – pulse raiser, static/ballistic 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.	-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.	-Overhead, chest; bounce pass, pivoting , high technique;drive;dodge;m marking; intercepting;blocking Components of fitness relevant to Netball – Strength; Power, Agility; Coordination; Cardio-Vascular Endurance; Balance. Components of warming up specific to Netball – 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.	-Safety checks; stopping;control; accuracy to cross -Shape Jump - straight, tuck, pike, straddle, twisting, landings (seat, back, front). Combinations - Seat to front, front to front, seat to back, back to back. -Components of fitness relevant to Trampoline– Flexibility, Balance, Speed; Power; Reaction Time -Components of warming up specific to Trampoline – 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.	-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 Softball – Speed; Power; Agility; Coordination; Reaction Time. -Components of warming 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 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>	Scoring/angle of release when shooting	Scoring/angle of release when shooting	Training zones, percentages, averages, recording fitness data analysing normative data,	Scoring/angle of release when shooting	Angles/shapes/laws of gravity	Batting angles/scoring/measuring

			Collecting data, Time, distance, measuring			
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 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.
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.