


PE Department - Year 10:Girls

<p align="center"><i>Pupils should build on and embed the physical development and skills learned in Key Stage 2 and 3. 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>						
 Shirley High Curriculum Map	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:
	Netball & Hockey	Table Tennis & Trampolining	Badminton & Volleyball	Fitness	Athletics	Tennis/ Flag Football
Why Now?	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 	<ul style="list-style-type: none"> Build knowledge and performance for GCSE PE Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport. 	<ul style="list-style-type: none"> Build students' understanding of fitness and its impact on physical, social and mental well being. Develop an understanding of different types of training and activities, and how they improve fitness. 	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 	<ul style="list-style-type: none"> Competitions local & regional. . Extra curricular clubs & fixtures Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport
Fundamental Concepts	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Netball and Hockey. Improve the quality of skills using various techniques and evaluation to improve performance.	Use skills and a variety of types of shots and tactics to outwit the opposition in Table Tennis. Demonstrate skills individually and in combination. Incorporate control, precision and aesthetics into sequences showing creativity. Evaluate performance to improve	Use skills and a variety of types of shots and tactics to outwit the opposition in Badminton. Improve the quality of skills using various techniques and evaluation to improve performance	Develop fitness and understanding of different types of training that can be used to improve fitness.	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 serving & returning (tennis) and groundstrokes (tennis), with the intention of outwitting opponents Evaluate aspects of technique and use the information to become more technically proficient
Students will...	<p>Motor proficiency -</p> <p><u>Netball:</u></p> <p>Further develop explanations and performance of attacking principles such as stance/footwork, passing and movement off the ball, dodging and shooting, step in shot and turn in the air through conditional and competitive situations.</p> <p>Further develop explanations and performance of defensive principles such as marking the ball, player and space and intercepting through drills through conditional and competitive situations.</p> <p>Rules, strategies, and tactics-</p> <p>Further develop knowledge of officiating and can apply them in a conditioned situation with varied accuracy.</p> <p>Develop knowledge of a range of strategies and tactics and can apply them in a conditioned situation with varied accuracy.</p> <p>Hockey-</p> <p>Explain and perform the following skills in a conditioned situation in order to outwit an opponent: correct grip, dribbling, push pass, short and long distance passing, controlling the ball, shooting.</p> <p>Rules, strategies and tactics</p> <p>Develop knowledge of, the rules surrounding match play.</p> <p>Develop knowledge of, the basic strategies and tactics.</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>To have an understanding of the cardio and respiratory systems and the short term effects of exercise. To be able to explain and give examples</p>	<p>Motor proficiency -</p> <p><u>Table tennis:</u></p> <p>Further develop explanations and performance of the following shots in a conditioned situation: legal serve, flick, smash and push shot.</p> <p>Rules, strategies, and tactics-</p> <p>Further develop knowledge of officiating and can apply them in a conditioned situation with varied accuracy.</p> <p>Develop knowledge of a range of strategies and tactics and can apply them in a conditioned situation with varied accuracy.</p> <p>Motor proficiency -</p> <p><u>Trampolining:</u></p> <p>Further develop explanations and performance of fundamentals, twists, landings, combined movements and routines while demonstrating good body tension.</p> <p>Skills to be demonstrated in Y10 include:</p> <p>Twists, Tuck , Straddle, pike, swivel hips, hands and knees to front landing, back landing.</p> <p>Rules, strategies and tactics –</p> <p>Further develop knowledge of how to link skills together to form a sequential routine.</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>To have an understanding of the cardio and respiratory systems and the short term effects of exercise. To be able to explain and give examples of weight and plyometric training. To be able to explain and perform fitness tests including: press up test, vertical jump test, grip strength test.</p>	<p>Motor proficiency -</p> <p><u>Badminton</u></p> <p>Further develop explanations and performance how to execute a serve, overhead shot, underarm shot, drop shot using the correct grip.</p> <p><u>Volleyball:</u></p> <p>Motor proficiency -</p> <p>Explain and perform how to execute a serve, volley, set, dig, spike and block in a conditioned situation with varied accuracy, and control.</p> <p>Rules, strategies and tactics –</p> <p>Develop knowledge of the rules, scoring and court lines. To be able to umpire and score a game in badminton and volleyball.</p> <p>Physical health –</p> <p>Identify and perform the four fitness tests and their components of fitness. Identify and perform the basic principles in preparation for exercise including the 5 stages of a warm up. Identify some of the effects of exercise and how it can impact health.</p> <p>Theory content –</p> <p>To have an understanding of the cardio and respiratory systems and the short term effects of exercise. To be able to explain and give examples of weight and plyometric training. To be able to explain and perform fitness tests including: press up test, vertical jump test, grip strength test.</p>	<p>Motor proficiency -</p> <p><u>Fitness-</u></p> <p>Develop different types of training to improve fitness including: circuit training fartlek continuous weight Plyometrics</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>To have an understanding of the cardio and respiratory systems and the short term effects of exercise. To be able to explain and give examples of weight and plyometric training. To be able to explain and perform fitness tests including: press up test, vertical jump test, grip strength test.</p>	<p>Motor proficiency -</p> <p><u>Athletics</u></p> <p>Further develop explanations and performance of throwing events (Shot Put, discus, javelin) through conditional and competitive situations.</p> <p>Further develop explanations and performance of sprint events (100m, 200m, sprint start) through conditional and competitive situations.</p> <p>Further develop explanations and performance of a 4x100m relay through conditional and competitive situations.</p> <p>Further develop knowledge of the rules surrounding sprint starts, legal throws and lane protocol during changeovers.</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment.</p> <p>Theory content –</p> <p>To have an understanding of the cardio and respiratory systems and the short term effects of exercise. To be able to explain and give examples of weight and plyometric training. To be able to explain and perform fitness tests including: press up test, vertical jump test, grip strength test.</p>	<p>Motor proficiency -</p> <p><u>Tennis</u></p> <p>Further develop explanations of groundstrokes, volleys and serves in conditioned and competitive situations.</p> <p>Rules, strategies and tactics –</p> <p>Further develop knowledge of the rules surrounding match play.</p> <p>Further develop knowledge of, the basic strategies and tactics</p> <p>Health –</p> <p>Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment.</p> <p><u>Flag Football</u></p> <p>Motor proficiency -</p> <p>Explain and perform attacking principles such as passing, receiving, tagging and beating opponents through conditional and competitive situations.</p> <p>Rules, strategies and tactics –</p> <p>Develop knowledge of the rules surrounding match play.</p> <p>Develop knowledge of the basic strategies and tactics.</p> <p>Theory content –</p> <p>To have an understanding of the cardio and respiratory systems and the short term effects of exercise. To be able to explain and give examples of weight and plyometric training. To be able to explain and perform fitness tests including: press up test, vertical jump test, grip strength test.</p>

	of weight and plyometric training. To be able to explain and perform fitness tests including: press up test, vertical jump test, grip strength test.					
Language for Life (Key terms /Vocabulary)	<p>Key words- Pivoting; dodge footwork; interception, marking; rebound, footwork, obstruction and contact. Offside.</p> <p>Principles of attack and defence; keeping possession; intercepting, marking, Dodging, Obstructing, stepping technique. Offside.</p> <p>grip, control, dribbling, passing, shooting.</p> <p>Components of fitness Agility; Coordination; Balance; speed, Muscular endurance & Flexibility</p> <p>Heart rate; training zones; muscular endurance; cardiovascular endurance; interval training; speedplay; short term effects of exercise; long term effects of exercise;</p>	<p>Serve, flick, smash, push, topspin, backspin, footwork, grip,, fluency, accuracy, control, officiating.</p> <p>Aesthetically; body tensions; extension; balance; counter balance; sequence; routines, control.</p> <p>Components of fitness relevant to trampoline – Balance; Strength; Power; Flexibility; Components of warming up specific to Trampoline – warm up, pulse raiser, static stretching, sports specific re-warm.</p> <p>Intro terminology relating to muscles</p>	<p>Serve, flick serve, overhead clear, underarm shot, drop shot, coaching; officiating; umpiring</p> <p>dig, spike, block, volley, set. Attack; Backcourt; Block; Bounce; Bump; Court; Dig; Double Hit; Foot Fault; Frontcourt; Hit; Inside the Line; Libero; Net; Outside hitter; Overhead pass; Pass; Penalty; Rotation; Serve; Serve receive; Set; Setter; Sideout; Spike; Substitution; Teamwork; Timeout; Touch; Underhand serve; Uppercut serve; Volleyball; Volley; Wall block; Win by two.</p> <p>Components of fitness – Agility; Strength; Power; Flexibility; Components of warming up specific to Badminton – warm up, pulse raiser, static stretching, sports specific re-warm.</p>	<p>Components of fitness – Agility; Strength; Power; Flexibility; Components of warming up specific to Badminton – warm up, pulse raiser, static stretching, sports specific re-warm. Types of training.</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. Components of warming up specific to Athletics – pulse raiser, static stretching sports specific re-warm. Intro terminology to muscles</p>	<p>Tennis</p> <p>Racket; Ball; Court; Serve; Forehand; Backhand; Volley; Smash; Ace; Double fault; Rally; Love; Deuce; Break point; Set; Game; Match; Advantage; Topspin; Slice; Cross-court; Down the line; Net; Netting; Foot fault; Baseline; Service box; Tiebreak; Umpire; Linesman; Overhead; Court surface; Grass; Clay; Hard court; Singles; Doubles; ATP; WTA; Grand Slam; Australian Open; French Open; Wimbledon; US Open; Champion; Seed; Tournament; Injury timeout muscles.</p> <p>Flag Football</p> <p>Flag; Ball; Touchdown; Quarterback; Receiver; Running back; Handoff; Pass; Catch; Run; Blitz; Snap; Defense; Offense; Flag pull; Fumble; Interception; Line of scrimmage; End zone; Punt; Kickoff; First down; Touchback; Safety; Two-point conversion; Huddle; Timeout; Playbook; Formation; Linebacker; Cornerback; Wide receiver; Tight end; Field; Flag belt; Flags; Referee; Game clock; Quarter; Penalty; Holding; Offside; Illegal motion; False start; Team; Scoreboard.</p>
Extended writing Opportunities						
Maths Across the Curriculum	Angles, Shape percentages/ratios/averages	Scoring, Angles, percentages/ratios/averages/ Time, rotations	Scoring, decimals, angles, distance, percentages	Scoring, decimals, angles, distance, percentages	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, 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.