


PE Department - Year 11

 Shirley High Curriculum Map	<i>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.</i>					
	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:
	Badminton & Basketball	Trampoline & Table Tennis	Fitness	Football	Exams	Exams
Why Now?	<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"> 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"> Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport 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 		
Fundamental Concepts	Use skills and a variety of types of shots and tactics to outwit the opposition in Badminton and Basketball. 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 trampolining skills.	Develop fitness and understanding of different types of training that can be used to improve fitness.	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Football.		
Students will...	<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>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.</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><u>Basketball</u></p> <p>Further develop explanations and performance of attacking principles such as stance/footwork, passing and movement, dribbling and shooting, through conditional and competitive situations.</p> <p>Develop explanations and performance of defensive principles such as marking through drills through conditional 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>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><u>Table Tennis</u></p> <p>Explain and perform a legal serve, flick, smash and push shot 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>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>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>Motor proficiency -</p> <p><u>Football</u></p> <p>Further develop explanations and performance of attacking principles such as ball control, passing and movement, dribbling and shooting, through conditional and competitive situations.</p> <p>Further develop explanations and performance of defensive principles such as marking and tackling through drills through conditional and competitive situations.</p> <p>Rules, strategies and tactics –</p> <p>Apply knowledge of the rules surrounding match play through officiating roles.</p> <p>Apply knowledge of the basic strategies and tactics through a coaching role.</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>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>		

Language for Life (Key terms /Vocabulary)	<p>Serve, flick serve, overhead clear, underarm shot, drop shot, coaching; officiating; umpiring</p> <p>Attacking – move into space, box out; pivoting; screen; half court press; triple threat.</p> <p>Defending - zonal marking; man marking; rebounds.</p> <p>Rules, strategies and tactics - double dribble; travelling,; fouls; carrying,</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 grip, control, dribbling, passing, shooting.</p> <p>Serve, flick, smash, push, topspin, backspin, footwork, grip,, fluency, accuracy, control, officiating.</p>	<p>Serve, flick, smash, push, topspin, backspin, footwork, grip,, fluency, accuracy, control, officiating.</p> <p>Components of fitness relevant to trampoline – Agility; Strength; Power; Flexibility; Components of warming up specific to warm up, pulse raiser, static stretching, sports specific re-warm.</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>Attacking – move into space, side foot, pass appreciation, body shape, break lines, receive on the back foot, knee over ball, arms for balance.</p> <p>Defending - goal side, jockey, recover, combative, positioning, zonal marking, man marking.</p> <p>Rules, strategies and tactics - offside, throw ins, dead ball situations, fouls, formations, attacking and defensive tactics.</p>		
Extended writing Opportunities						
Maths Across the Curriculum	Time, scoring, distances, percentages/ratios/averages	Scoring Angles, percentages/ratios/averages/ Time	Scoring, decimals, angles, distance, percentages	Scoring, decimals, angles, distance, percentages		
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 personal training and sports centre management	Direct students to career pathways within personal training and sports centre management		
Cultural Capital	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	Join clubs in the community and watch live/recorded matches. Promote the benefits of teamwork and building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive		
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 performances and routines.		