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| Subject: PE Curriculum Map 2022-2023 | | | |
| Terms | **Topics covered** and **core knowledge and skills** | Links to careers | Links to the Knowledge organiser and other additional resources |
| Half term 1 | Introduction to Netball  LESSON 1  **To perform fundamental netball passing and handling skills**  Identify the different types of netball passes, describe and demonstrate how to perform the chest, overarm, bounce and shoulder pass.  Demonstrate the footwork rule and describe what happens if it is broken.  LESSON 2  **To be able to move and create space using the sprint and double dodge.**  To be able to perform the sprint dodge and double dodge to be able to create space to receive a pass.  Apply the correct dodge at the correct time in game situations  LESSON 3  **Develop strategies to outwit an opponent in Netball**  To be able to mark an opponent effectively in the game.  To be able to use the dodges successfully to create space and win the ball by outwitting your opponent.  To be able to identify the basic rules when marking an opponent; no contact and 1 metre away  LESSON 4  **To develop their understanding and knowledge of where on the court shooting can take place.**  **To accurately replicate the technique for a correct shooting action.**  Demonstrate the correct shooting technique from different positions  Explain where and who can shoot in netball  Apply shooting to technique to game situations  LESSON 5  **To demonstrate knowledge of positions on court and to use tactics to outwit an opponent. Understand how to mark to an opponent**  Demonstrate markings skills with opponent with and without the ball.  Explain where each position is allowed on court  Apply marking skills to game situations  LESSON 6  **To demonstrate skills and knowledge of passing, moving and basic rules in a 7v7 game.**  Apply knowledge of skills to a full game  Demonstrate knowledge of 2-3 positions and the role on court.  Introduction to Football- Boys  **Lesson 1- To be able to perform the basic passing and receiving skills.**  To be able to perform basic passing in football.  To understand the correct technique to control a football.  Use correct passing and control techniques in a game situation  **Lesson 2- To demonstrate knowledge of and use the correct technique when dribbling in football.**  To be able to perform the basic dribbling with control.  To be able to perform the correct technique at speed.  Dribble with control in game situations.  **Lesson 3- Be able to demonstrate more advanced passing techniques over varied distances.**  To be able to pass with accuracy over a variety of distances.  To understand the importance of passing with speed and accuracy.  Pass over a variety of distances in game situations.  **Lesson 4- To be able to shoot by striking the ball with the laces.**  To understand how what parts of the foot you can shoot with.  To be able to strike the ball with the laces.  To be able to shoot accurately with the laces in a game situation.  **Lesson 5- To be able to use methods of turning and stopping with the ball to beat an opponent**  To be able to control and turn with a football.  To learn different ways in which we can beat an opponent.  To be able to beat an opponent using at least one of the methods.  **Lesson 6- To gain an understanding of defensive techniques**  To be able to perform basic defensive skills.  To understand how you don’t always need to tackle.  Students to understand how defending should be done together as a team. | Sports science.  PE teacher.  Physiotherapist.  Professional sportsperson.  Sports coach/consultant.  Sports policy at local and national level.  Diet and fitness instructor.  Personal trainer.  Unformed services  Lifeguard  Army  Swimming instructor  Working overseas  [nd.com/list-5929469-list-physical-education-careers.html](https://careertrend.com/list-5929469-list-physical-education-careers.html)  <https://www.uksport.gov.uk/jobs-in-sport>  <https://jobs.youthsporttrust.org/vacancies.html> | <https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Football-KS3-KO.pdf>  <https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/netball-KO.jpg>  <https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Netball-KS3-KO.pdf> |
| Half term 2 | Football girls  **Lesson 1- To be able to perform the basic passing and receiving skills.**  To be able to perform basic passing in football.  To understand the correct technique to control a football.  Use correct passing and control techniques in a game situation  **Lesson 2- To demonstrate knowledge of and use the correct technique when dribbling in football.**  To be able to perform the basic dribbling with control.  To be able to perform the correct technique at speed.  Dribble with control in game situations.  **Lesson 3- Be able to demonstrate more advanced passing techniques over varied distances.**  To be able to pass with accuracy over a variety of distances.  To understand the importance of passing with speed and accuracy.  Pass over a variety of distances in game situations.  **Lesson 4- To be able to shoot by striking the ball with the laces.**  To understand how what parts of the foot you can shoot with.  To be able to strike the ball with the laces.  To be able to shoot accurately with the laces in a game situation.  **Lesson 5- To be able to use methods of turning and stopping with the ball to beat an opponent**  To be able to control and turn with a football.  To learn different ways in which we can beat an opponent.  To be able to beat an opponent using at least one of the methods.  **Lesson 6- To gain an understanding of defensive techniques**  To be able to perform basic defensive skills.  To understand how you don’t always need to tackle.  Students to understand how defending should be done together as a team.  **Dance**  LESSON 1  Introduction to the Nutcracker.  Gobstoppers  **Perform in the style of a Gobstopper understanding how a sweet can be used as a stimuli**  Understand the storyline from Matthew Boune’s Nutcacker.  Show understanding of the differences between the traditional and Mathew Boune’s Nutcacker  Perform a sequence in the style of the Gobstoppers  LESSON 2  **Create a sequence in the style of the Gobstoppers**  Identify adjectives to describe gobstoppers  Perform in the style of the Gobstoppers  Use formations to create an effective starting and ending tableaux  LESSON 3  **Explore the difference between liquorice allsort and gobstopper, developing a sequence in the style of the Gobstoppers**  Describe why the start and end of the dance is important  perform gobstoppers actions with the correct dynamics.  Explore travelling steps in the style of the gobstoppers  LESSON 4  **Choreograph an original sequence using a sweet as a stimulus.**  Describe the importance of entrance and exits in a sequence  To perform contact actions safely  Create an exciting entrance and exit in the style of the gobstoppers  LESSON 5  **Develop an effective entry and exit into your routine and understand the importance of these in a dance**.  Identify the characteristics of the 3 sweeties  Using adjectives, analyse a sweet’s characteristics and use these to create movement.  Develop a sweetie sequence, demonstrating choreography skills.  LESSON 6  **Perform a fluent short choreographed routine as the style of the Gobstoppers.**  To use teacher peer feedback to improve own choreography  To create and entrance and exit for your sequence  To use rehearsal time effectively.  Table tennis boys:  **Lesson 1- Understand the grip and backwards push shot.**  Demonstrate and use the correct grip.  To be able to perform the backwards push shot.  Understand basic scoring rules and be able to take part in a game situation.  **Lesson 2- Understand the rules of table tennis.**  Understand key basic rules of table tennis.  Create a rules sheet that can be put up around the sports hall.  Play game situations using the rules.  **Lesson 3- Understand how to serve in table tennis.**  Understand important rules of the serve.  To be able to perform a basic legal serve.  To be able to perform a variety of different serves.  **Lesson 4- Be able to perform forehand shots.**  To be able to perform a forehand shot.  To understand defensive forehand shots.  To understand attacking forehand shots.  **Lesson 5- Be able to perform backhand shots**  To be able to perform backhand shots.  To understand defensive forehand shots.  To understand attacking forehand shots.  **Lesson 6- Assessment lesson**  To be able to discuss knowledge on understanding of the sport.  To discuss tactics used in table tennis.  To be able to participate in game situations.  Fitness boys:  **Lesson 1- Students will be able to recognise their own level of fitness and Develop knowledge and understanding of fitness.**  Identify own level of fitness  Students will understand the positives or negatives of their own fitness level  Students will be able to link their own personal fitness to a specific sport and will be able to discuss now their fitness would affect them within that sport.  **Lesson 2- Develop knowledge and understanding of how exercise effects heart rate and know what changes that happen to the heart rate.**  Able to find and take heart rate accurately  Describe the changes that happen to heart rate during exercise  Explain the effect of an improved level of fitness will have on the body and will be able to link this to sporting performance  **Lesson 3- Understand why fitness testing is important and Conduct fitness tests, perform, accurately recording results.**  Describe why fitness testing is important  Be able to conduct the tests safely  Record results accurately  **Lesson 4- Understand why fitness testing is important and Conduct fitness tests, perform, accurately recording results.**  Describe why fitness testing is important  Be able to conduct the tests safely  Record results accurately  **Lesson 5- Develop knowledge and understanding of circuit training and the benefits circuit training has on the body.**  Understand the basic benefits of circuit training on the body  Identify names of the specific muscles being used during each exercise  Explain the benefits of circuit training on sports performance and will be able to relate how specific exercises can benefit  **Lesson 6- Understand the benefits of circuit training on the muscles and know the difference between muscular endurance and muscular strength**  Describe the basic benefits of circuit training on the body  Lead either part of the warm-up without assistance  Explain the benefits of circuit training on sports performance. They also know the difference between muscular strength and endurance and can relate these to different sports. |  |  |