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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 | Netball LESSON 1**Demonstrate the correct footwork using control and accuracy when passing the ball**To pass and receive a variety of throws.Show control when passing and catching the ball Demonstrate the correct footwork technique when receiving the ball. Demonstrate passing and catching the ball in different game situations.LESSON 2**To be able to move into space to receive a pass**Use a variety of passes that they can perform to beat their opponent.Demonstrate getting free from opponent to receive the passUse the dodges effectively in game situationsLESSON 3**To use dodging techniques to get free from an opponent to receive a pass**Use a variety of passes that they can perform to beat their opponent.Demonstrate getting free from opponent using the sprint dodge to receive and catch a pass. Demonstrate getting free from opponent using the double dodge to receive and catch a pass. Use the dodges effectively in game situationsLESSON 4**To understand how to perform the shooting action with accuracy and control**.Attempt to use the correct shooting technique at goal.Accurately replicate the technique for a correct shooting action under pressure Select tactics to outwit a defender when shooting at the goalpost and to evaluate pupils shooting technique and suggest ways to improve.LESSON 5**Know how to use marking and defending successfully within a game situation.**Use defending skills to be able to mark an opponent and intercept any passes sent towards them Apply defending principles when devising game plans Describe the rules and begin to umpire a game of netball.LESSON 6**To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Demonstrate understanding of the basic rules in netball.** To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Demonstrate confident umpiring in game situationsFootball boys- **Lesson 1- To be able pass the ball accurately over varying distances** To be able to perform a pass using inside and outside of foot.To understand and know where passing is used in football.To be able to outwit opponents with a variety of passes.**Lesson 2- To understand dribbling techniques and outwit an opponent**To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small, sided game.**Lesson 3- To be able to combine with teammates in attack and defence**What is a formation?To understand the importance of width and playing into space in order to attack To develop strategic and tactical play.**Lesson 4- To be able to shoot by striking the ball with the laces and instep accurately**To perform and replicate an accurate and controlled shot on goal.To develop their understanding and knowledge of how to shoot.To appreciate how to adjust shot selection based on opponents positioning.**Lesson 5- To understand different defensive strategies and how to use in a game**To be able to perform and develop defensive strategies.To understand when to defend and how to stop opponents from advancing.To understand and appreciate the need to make decisions.**Lesson 6- Assessment**To demonstrate an understanding of the rules.To show an understanding on positions, formations and tactics.Students to demonstrate their skills. | Sports science.PE teacher.Physiotherapist.Professional sportsperson.Sports coach/consultant.Sports policy at local and national level.Diet and fitness instructor.Personal trainer.Unformed servicesLifeguardArmy Swimming instructorWorking overseas <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 pass the ball accurately over varying distances** To be able to perform a pass using inside and outside of foot.To understand and know where passing is used in football.To be able to outwit opponents with a variety of passes.**Lesson 2- To understand dribbling techniques and outwit an opponent**To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small, sided game.**Lesson 3- To be able to combine with teammates in attack and defence**What is a formation?To understand the importance of width and playing into space in order to attack To develop strategic and tactical play.**Lesson 4- To be able to shoot by striking the ball with the laces and instep accurately**To perform and replicate an accurate and controlled shot on goal.To develop their understanding and knowledge of how to shoot.To appreciate how to adjust shot selection based on opponents positioning.**Lesson 5- To understand different defensive strategies and how to use in a game**To be able to perform and develop defensive strategies.To understand when to defend and how to stop opponents from advancing.To understand and appreciate the need to make decisions.**Lesson 6- Assessment**To demonstrate an understanding of the rules.To show an understanding on positions, formations and tactics.Students to demonstrate their skills.**Badminton**LESSON 1**To understand the correct serving action in badminton.**  Demonstrate the correct technique for holding the racquet.  Apply the serving rules to game situationsDemonstrate the backhand and forehand serve. Perform an accurate serve in a game situation. LESSON 2**To understand how to perform an overhead clear.**To understand what the ready position is and why it is important.Explain when an overhead clear would be used in a game situation and why Be able to perform an overhead clear in a game situation to outwit an opponentLESSON 3**To understand how to perform a drop shot.**Be able to perform a drop shot in a game situationApply rules of badminton to single gamesExplain why and when the drop shot would be a good shot to use in gameplayLESSON 4**To understand how to perform an underarm clear**Identify and describe when to use an underarm clear in a game situationDemonstrate how to perform the underarm clear against an opponentAssess a partner’s underarm clear and the effectiveness of the shot. Be able to perform an underarm clear in a game situationLESSON 5**To understand how to perform a smash shot.**Demonstrate when to use a smash shot in badminton.Be able to perform a smash shot in a game situationLESSON 6**To understand how to evaluate own and other’s performance in a game situation**Demonstrate in a game when to perform serve, overhead clear, underarm clear, drop shot and smash shot to outwit an opponent.Evaluate on and others’ performance to identify strengths and areas for improvement.Apply badminton rules to umpire singles matches.**Table tennis:****Lesson 1- Recap rules & play backhand shots.**What are the rules of table tennis?Play the backhand push shotPlay a variety of backhand shots**Lesson 2- Be able to play forehand shots.**What is a forehand shot?Be able to play simple forehand shotsBe able to play forehand shots in game situations**Lesson 3- Understand a slice shot**What is a slice shot?Why would we play a slice shot?How can we play attacking and defending slice shots?**Lesson 4- Be able to play a smash shot**What is a smash shot?Be able to play a forehand smash shotBe able to play a backhand smash shot**Lesson 5- Understand attacking and defending in table tennis**What is meant by attacking & defending?How do we defend in table tennis?How do we attack in table tennis?**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:****Lesson 1- investigate the changes to Heart rate during exercise**Measure and calculate resting heart rateDescribe the changes that happen to HR after exerciseExplain the changes to heart rate giving reasons why the changes happen**Lesson 2- Develop knowledge and understanding of speed and reaction time and why these components of fitness are important in sport.**Students will understand what speed and reaction time is Link these components of fitness to a sport and understand why these will be beneficial Describe l the components of fitness give reasons why certain sports need these to be successful**Lesson 3- Develop knowledge and understanding of Agility and why this component of fitness is important in sport.** Understand what agility is Link this component of fitness to a sport and understand why it is beneficial Describe the component of fitness and give reasons why certain sports need this to be successful**Lesson 4- Develop knowledge and understanding of muscular endurance and why this component of fitness is important in sport**Understand what muscular endurance is Link this component of fitness to a sport and understand why it is beneficial Describe the component of fitness and give reasons why certain sports need this to be successful**Lesson 5- Develop knowledge and understanding of aerobic endurance and why this component of fitness is important in sport**Understand what aerobic endurance is Link this component of fitness to a sport and understand why it is beneficial Describe the component of fitness and give reasons why certain sports need this to be successful**Lesson 6- Understand the short-term effect of exercise on our bodies**Identify the changes that happen to the body during exercise.Describe the changes that happen to our body during exerciseUnderstand why the changes happen |  |  |