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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**To be able to To perform a variety of passes at speed with accuracy and control**To pass and receive a variety of throws.Show control and accuracy when passing and catching the ball Demonstrate the correct footwork technique when receiving the ball at speed. Demonstrate passing and catching the ball with accuracy and speed in games.LESSON 2**To be able to outwit opponents using a variety of passes with accuracy and timing.**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 demonstrate 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**To accurately replicate effective marking techniques and intercept any passes sent towards them.**Use defending skills to be able to mark an opponent and intercept any passes sent towards them Apply defending principles when devising game plans Move forward into space to effectively intercept a passApply interception into game LESSON 6**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.**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 to use a variety of passing techniques to outwit opponents**To understand the benefits of passing and where different types of passes should be used.To be able to outwit opponents with a variety of passes. To be able to perform these passes in game situations.**Lesson 2- To use different techniques to control and turn opponents**To be able to use the different parts of the body to control the ball. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.To outwit opponents with the combination of advanced turns and dribbles.**Lesson 3-** To be able to use an array of attacking tactics to outwit an opponentTo understand the importance of width and playing into space to attack.To be able to outwit opponents using different techniques. To develop strategic and tactical play.**Lesson 4- To perform a variety of shooting techniques on goal.**To develop their understanding and knowledge of how to execute a successful shot on goal.To appreciate how to adjust shot selection based on opponents positioning. To be able to assess & evaluate shooting techniques and suggest ways to improve.**Lesson 5- To be able to use different defensive tactics to outwit an opponent**To develop their understanding and knowledge of how to stop attack effectively.To perform the different types of defensive techniques in different situations.Appreciate the need to adapt your style to the situation**Lesson 6- Assessment**The pupils are to develop their knowledge and understanding of the rules in football. Students to articulate their knowledge of tactics in football.Students to show their skills in game situations. | 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 to use a variety of passing techniques to outwit opponents**To understand the benefits of passing and where different types of passes should be used.To be able to outwit opponents with a variety of passes. To be able to perform these passes in game situations.**Lesson 2- To use different techniques to control and turn opponents**To be able to use the different parts of the body to control the ball. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.To outwit opponents with the combination of advanced turns and dribbles.**Lesson 3-** To be able to use an array of attacking tactics to outwit an opponentTo understand the importance of width and playing into space to attack.To be able to outwit opponents using different techniques. To develop strategic and tactical play.**Lesson 4- To perform a variety of shooting techniques on goal.**To develop their understanding and knowledge of how to execute a successful shot on goal.To appreciate how to adjust shot selection based on opponents positioning. To be able to assess & evaluate shooting techniques and suggest ways to improve.**Lesson 5- To be able to use different defensive tactics to outwit an opponent**To develop their understanding and knowledge of how to stop attack effectively.To perform the different types of defensive techniques in different situations.Appreciate the need to adapt your style to the situation**Lesson 6- Assessment**The pupils are to develop their knowledge and understanding of the rules in football. Students to articulate their knowledge of tactics in football.Students to show their skills in game situations**Badminton**LESSON 1**To be able to effective use a forehand and backhand serve to outwit the opponent** To perform the correct technique for forehand and backhand serve To use the forehand and backhand serve to force opponent to move around the courtPerform forehand and backhand serve within a game based situation (singles/doubles)LESSON 2**To be able to perform overhead and underarm clear to outwit an opponent**To understand the two types of clearance shots and why they are used.To perform the correct technique for the 2 types of clearance shots To use the shots effectively in a game based situationLESSON 3**To be able to outwit opponents using simple drop shot.**To understand what a drop shot is and why it is used.To perform the correct technique for a drop shot To use the drop shot effectively in a game based situationLESSON 4**To understand how to use the smash shot to make a partner move on court**To understand what a smash shot is and why it is used.To perform the correct technique for a smash shot To use the smash shot effectively in a game based situationLESSON 5**To develop understanding and knowledge of basic outwitting strategies.**To understand different strategies to outwit opponentsTo use strategies to outwit opponentUse effective strategies in singles and doubles to score points.LESSON 6**To demonstrate the ability to outwit an opponent using net play**To understand how to perform the correct net play Demonstrate understanding of net playUse net play strategies within a game based situation.**Table tennis-****LESSON 1** **Be able to play a variety of backhand shots.**Play a backhand push shot.Play defensive backhand shots.Play attacking backhand shots.**Lesson 2-** **Be able to complete a variety of serves**Be able to perform a legal serve.Serve with spin.Serve both backhand and forehand.**Lesson 3- Play a variety of attacking shots**What is an attacking shot?Play a variety of attacking shots.Be able to play attacking shots in a game situation.**Lesson 4- Play a variety of defensive shots**What is a defensive shot?Play a variety of defensive shotsBe able to play defensive shots in a game situation.**Lesson 5- Understand tactics used in table tennis**What tactics can be used in table tennis?Know your own strengths and how you can adapt your gameBe able to identify and exploit your opponent's weaknesses.**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- Develop knowledge and understanding of training methods for developing aerobic endurance**Describe aerobic endurance and how it affects people taking part in sports. Demonstrate an understanding of the 3 training methods used to develop aerobic endurance Link each training method to specific sports and understand why these would improve an athlete’s performance**Lesson 2- Develop knowledge and understanding of training methods for developing speed and agility.**Describe how speed and agility affects people taking part in sports. Explain the methods used to develop speed and agility.Link each training method to specific sports and understand why these would improve an athlete’s performance**Lesson 3- Develop knowledge and understanding of training methods for developing muscular strength and muscular endurance**Describe how muscular strength and muscular endurance affects people taking part in sports. Explain the methods used to develop muscular endurance and muscular strength.link each training method to specific sports and understand why these would improve an athlete’s performance**Lesson 4- Explain why fitness testing is important and Conduct fitness tests, perform, accurately recording results**Explain why fitness testing is importantBe able to conduct the tests ensuring the results are valid and reliable Record results accurately and analyse the results**Lesson 5- Explain why fitness testing is important and Conduct fitness tests, perform, accurately recording results.**Explain why fitness testing is importantBe able to conduct the tests ensuring the results are valid and reliable Record results accurately and analyse the results |  |  |