



## Striving For Excellence Together

### Year 10 & 11 Physical Education Curriculum Map

<p><b>Key Concepts:</b> <a href="#">(Threshold Concepts)</a>  <i>State the big ideas or skills that students will revisit throughout the curriculum</i></p>	<ul style="list-style-type: none"> <li>• <b>YEAR TEN &amp; ELEVEN</b> – FURTHER DEVELOP SKILLS, STRATEGIES AND TACTICS. GREATER KNOWLEDGE FOCUS ON APPLICATION OF RULES THROUGH OFFICATING AND COACHING. HEALTHY PARTICIPATION USED AS A TOOL FOR MENTAL HEALTH AND BENEFITS OF PHYSICAL ACTIVITY TOWARD HEALTHY LIFESTYLES               <ul style="list-style-type: none"> <li>○ <b>PILLAR OF PROGRESSION ONE</b> – MOTOR COMPETENCE</li> <li>○ <b>PILLAR OF PROGRESSION TWO</b> – RULES, STRATEGIES AND TACTICS</li> <li>○ <b>PILLAR OF PROGRESSION THREE</b> – HEALTHY PARTICIPATION</li> </ul> </li> </ul>
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	Topics	Assessment	Key Concepts	Key Vocabulary	Our Pillars	Knowledge tracking
<b>Y10 Y11</b>	The key topics taught in this term. (Change term to topic if appropriate)	Give the name, nature/content and date of the assessment in this term.	Where are the key areas of this subject visited and revisited?	List the <a href="#">Tier 3</a> words that will be encountered.	Does this unit address any of our 4 pillars?	What <b>prior learning</b> does this term's curriculum build on and what <b>future learning</b> does it link to?
<b>Term 1</b>	NETBALL  FOOTBALL  FITNESS/CROSS COUNTRY	Students are given an Attitude to Learning grade based on their effort and participation in Physical Education lessons. This is reported home in line with the school reporting procedure.	MOTOR COMPETENCE  RULES, STRATEGIES & TACTICS  HEALTHY PARTICIPATION	<p><b>Football</b> heading, one touch/two touch, driven, lofted, instep, outstep, volley, half volley, free kick, flick on, block tackle, jab tackle, slide tackle, shot stopping, punching, offside, throw-in, corner.</p> <p><b>Netball</b> chest Pass , Centre, shoulder pass, Wing Defence, bounce pass, centre pass, Goal Defence, footwork, Goal Shooter, Goal Keeper, sprint dodge, Goal Attack, obstruction, feint dodge, Wing Attack, contact, re-possession, penalty pass.</p> <p><b>Cross Country</b> timekeeper, place judge, incline, pacing, terrain, interval, fartlek, continuous training.</p> <p><b>Fitness</b> flexibility, agility, muscular endurance, multi-stage test, sit and reach test, Illinois, carotid, radial, dynamometer, interval, intensity, aerobic, fartlek, training zone, anaerobic, continuous, circuit training, free weights, resistance machine, chest press, bench press, squat, lateral pull down, biceps, triceps.</p>	Diversity & Inclusivity Literacy & Oracy Life After SWR Life Beyond SWR	<p>Prior Learning – Key Stage 3 learning across the three Key Concepts Key Stage 3 exposure to PE Tier 3 Key Vocabulary.</p> <p>Future Learning – Progressively increasing level of challenge for activities throughout Key Stage 4 (activities repeated). Tier 3 PE Key Vocabulary consolidated and expanded. Key Concepts explored and applied with increasing level of challenge through each term of the academic year with a greater focus on Healthy Participation and Life After SWR.</p>



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<b>Term 2</b>	<p>BASKETBALL</p> <p>TABLE TENNIS</p> <p>FITNESS</p>	<p>Students are given an Attitude to Learning grade based on their effort and participation in Physical Education lessons. This is reported home in line with the school reporting procedure.</p>	<p>MOTOR COMPETENCE</p> <p>RULES, STRATEGIES &amp; TACTICS</p> <p>HEALTHY PARTICIPATION</p>	<p><b>Basketball</b> dominant/weaker hand, high bounce, crossover, dribble, rebound, lay-up, set shot, jump shot, free throw, jump stop, stride stop, drop step, half court/full court press, three/two pointer, technical foul, shot clock, violation, travel, double dribble, goal tending, back court violation.</p> <p><b>Table Tennis</b> spin, forehand, backhand, topspin, backspin, serve, smash, lob, singles, doubles, drive, push.</p>	<p>Diversity &amp; Inclusivity Literacy &amp; Oracy Life After SWR Life Beyond SWR</p>	<p>Prior Learning – Key Stage 3 learning across the three Key Concepts Key Stage 3 exposure to PE Tier 3 Key Vocabulary.</p> <p>Future Learning – Progressively increasing level of challenge for activities throughout Key Stage 4 (activities repeated). Tier 3 PE Key Vocabulary consolidated and expanded. Key Concepts explored and applied with increasing level of challenge through each term of the academic year with a greater focus on Healthy Participation and Life After SWR</p>
<b>Term 3</b>	<p>BADMINTON</p> <p>BOY'S RUGBY</p> <p>TRAMPOLINING</p> <p>BASKETBALL</p>	<p>Students are given an Attitude to Learning grade based on their effort and participation in Physical Education lessons. This is reported home in line with the school reporting procedure.</p>	<p>MOTOR COMPETENCE</p> <p>RULES, STRATEGIES &amp; TACTICS</p> <p>HEALTHY PARTICIPATION</p>	<p><b>Rugby</b> scrum, line out, ruck, maul, jackle, clearing, Prop, Hooker, Second Row, try, conversion, drop kick/goal, drive, scissors, crossing, Scrum Half, touch/touchline, 22/10/5/15m, smother, chop, Fly Half.</p> <p><b>Badminton</b> backhand, forehand, baseline, centre line, clear, drive, drop shot, fault, kill shot, let, net push, rally, serve, smash, flick serve, tram lines, shuttlecock.</p> <p><b>Trampolining</b> straddle, pike, tuck, 180/360 degree, seat drop, swivel hips, front drop, back drop, turn tables, roller, cradle, somersault.</p>	<p>Diversity &amp; Inclusivity Literacy &amp; Oracy Life After SWR Life Beyond SWR</p>	<p>Prior Learning – Key Stage 3 learning across the three Key Concepts Key Stage 3 exposure to PE Tier 3 Key Vocabulary.</p> <p>Future Learning – Progressively increasing level of challenge for activities throughout Key Stage 4 (activities repeated). Tier 3 PE Key Vocabulary consolidated and expanded. Key Concepts explored and applied with increasing level of challenge through each term of the academic year with a greater focus on Healthy Participation and Life After SWR.</p>
<b>Term 4</b>					<p>Diversity &amp; Inclusivity Literacy &amp; Oracy Life After SWR Life Beyond SWR</p>	



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### Year 10 & 11 Physical Education Curriculum Map

<b>Term 5</b>	<p>ATHLETICS</p> <p>CRICKET</p> <p>ROUNDERS</p>	<p>Students are given an Attitude to Learning grade based on their effort and participation in Physical Education lessons. This is reported home in line with the school reporting procedure.</p>	<p>MOTOR COMPETENCE</p> <p>RULES, STRATEGIES &amp; TACTICS</p> <p>HEALTHY PARTICIPATION</p>	<p><b>Athletics</b> sprinting, middle distance, long distance, hurdles, flight, landing, long jump, triple jump, high jump, release, recovery, shot putt, discuss, javelin, sand pit, take off board, starter, marshal, judge, timekeeper, place judge, relay judge, field event judge.</p> <p><b>Cricket</b> wicket keeper, field, overarm, stumps, bails, underarm, bowl, wicket, no ball, six/four, run out, backing up, leg side, LBW (leg before wicket), spin, seam, swing, delivery.</p> <p><b>Rounders</b> back stop, field, overarm, stump, underarm, bowl, obstruction, no ball, rounder, run out, donkey drop, batting square, spin.</p>	<p>Diversity &amp; Inclusivity</p> <p>Literacy &amp; Oracy</p> <p>Life After SWR</p> <p>Life Beyond SWR</p>	<p>Prior Learning – Key Stage 3 learning across the three Key Concepts</p> <p>Key Stage 3 exposure to PE Tier 3 Key Vocabulary.</p> <p>Future Learning – Progressively increasing level of challenge for activities throughout Key Stage 4 (activities repeated). Tier 3 PE Key Vocabulary consolidated and expanded. Key Concepts explored and applied with increasing level of challenge through each term of the academic year with a greater focus on Healthy Participation and Life After SWR.</p>
<b>Term 6</b>	<p>CRICKET</p> <p>ROUNDERS</p> <p>TENNIS</p> <p>SOFTBALL</p>	<p>Students are given an Attitude to Learning grade based on their effort and participation in Physical Education lessons. This is reported home in line with the school reporting procedure.</p>	<p>MOTOR COMPETENCE</p> <p>RULES, STRATEGIES &amp; TACTICS</p> <p>HEALTHY PARTICIPATION</p>	<p><b>Tennis</b> Volley, service, forehand, backhand, service box, tram lines, love, deuce, smash, lob, singles, doubles, umpire, return</p> <p><b>Softball</b> mitt, softball, pitch, diamond, catcher, bases, pitcher, infield, outfield, home run, safe, strike, no ball.</p>	<p>Diversity &amp; Inclusivity</p> <p>Literacy &amp; Oracy</p> <p>Life After SWR</p> <p>Life Beyond SWR</p>	<p>Prior Learning – Key Stage 3 learning across the three Key Concepts</p> <p>Key Stage 3 exposure to PE Tier 3 Key Vocabulary.</p> <p>Future Learning – Progressively increasing level of challenge for activities throughout Key Stage 4 (activities repeated). Tier 3 PE Key Vocabulary consolidated and expanded. Key Concepts explored and applied with increasing level of challenge through each term of the academic year with a greater focus on Healthy Participation and Life After SWR.</p>