

Curriculum Map - Girls PE

Intent:

Core PE - Provide a range of activities for students to learn and build on core skills and qualities for students to understand the requirements to be a rounded sports person.

Examination PE KS4 and KS5 - Students to analyse their own performance, understand how to be an effective leader and

	Autumn Term	Spring Term	Summer Term
Year 7	<p>Rugby Content - Ball handling, passing, tackling, ball presentation, rucking, counter rucking, attacking play, defensive play. Kit - Reversible top, navy shorts, red socks, rugby/football boots and gum shield.</p> <p>Football Content - Passing, ball control, dribbling, shooting, possession, defending, spatial awareness. Kit - Reversible top, navy shorts, red socks, football boots and shin pads.</p> <p>Netball Content - Footwork, passing, dodging, marking, positions, game play, rules. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>	<p>OAA Content - Map reading, 4 and 6 grid references. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Dance Content - Motifs, choreography, analysing performance Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Gymnastics Content - Travel, balance, floorwork, evaluating performance. Kit - Navy shorts or TAA leggings and white polo top.</p>	<p>Athletics Content - Sprints, middle distance runs, throws, jumps. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Rounders Content - Fielding - throwing/catching, retrieving the ball, batting, bowling, rules Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Tennis Content - Ball control, forehand and backhand strokes, footwork, scoring, rules, game play. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>
Year 8	<p>Rugby Content - Passing, tackling, rucking, rules, defensive strategies, game play Kit - Reversible top, navy shorts, red socks, rugby/football boots and gum shield.</p> <p>Football</p>	<p>Dance Content - Motif, choreography, audience present and performance. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Gymnastics Content - Balance, flight, vaulting, jumps,</p>	<p>Athletics Content - Sprints, middle distance runs, throws, jumps. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Rounders Content - Fielding - throwing/catching, barriers, batting, bowling, rules and tactics,</p>

	<p>Content - Passing, control, defending, positions, shooting, small sided games. Kit - Reversible top, navy shorts, red socks, football boots and shin pads.</p> <p>Netball Content - Footwork, passing, shooting, defending, rules, set plays - centre passes. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>	<p>analysing performance Kit - Navy shorts or TAA leggings and white polo top.</p> <p>Badminton Content - Serving, smash, outwit opponents, doubles game play, scoring, rules. Kit - Navy shorts, white polo top, red socks and trainers.</p>	<p>positions Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Tennis Content - Forehand and backhand strokes, volley, movement, scoring, game play, rules Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>
Year 9	<p>Football Content - Passing and moving, goal scoring opportunities, possession, jockeying, defending, conditional games. Kit - Reversible top, navy shorts, red socks, football boots and shin pads.</p> <p>Netball Content - Passing, set plays defensive and attacking backlines, blocking, game play, rules and umpiring. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Examination PE Content - OCR Cambridge Nationals covering areas from R184: Contemporary Issues in Sport.</p>	<p>Badminton Content - Underarm clear, net shots, game tactics and strategies. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Sport Education Content - Leadership qualities, roles and responsibilities of leaders, delivering activities, planning sessions. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Active for Life Content - Programme of activities for students to try that are new. E.g kin ball, volleyball, fitness suite and many more. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>	<p>Athletics Content - Sprints, middle distance runs, throws, jumps. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Rounders Content - Fielding, bowling, batting rules, game play, tactics and strategies Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p> <p>Tennis Content - Target practise, game play, accuracy of shots, serving, tactics, game play, rules Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>
KS4	<p>Active for life Content - Students take part in a range of activities such as football, netball, badminton, fitness suite. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>	<p>Active for life Content - Students take part in a range of activities such as basketball, volleyball, multi games, fitness suite. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>	<p>Active for life Content - Students take part in a range of activities such as athletics, rounders, cricket, softball, tennis. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>
Year 10	R185 - Performance and Leadership	R185 - Performance and Leadership in	R185 - Performance and Leadership in

OCR	in Sports Activities TA1 - Key components of performance TA2 - Applying practice methods to support improvement in a sporting activity	Sports Activities TA3 - Organising and planning a sports activity session TA4 - Leading a sports activity session	Sports Activities TA5 - Reviewing your own performance in planning and leading a sports activity session
Year 11 OCR	R186 - Sport and the Media TA1 - The different sources of media that cover sport TA2 - Positive effects of the media in sport TA3 - Negative effects of the media in sport	R184 - Contemporary Issues in Sport TA1 - Issues which affect participation in sport TA2 - The role of sport in promoting values TA3 - The implications of hosting a major sporting event for a city or country	R184 - Contemporary Issues in Sport TA4 - The role National Governing Bodies (NGBs) play in the development of their sport TA5 - The use of technology in sport
Year 12 OCR	Unit 1 - Body Systems & the Effects of Physical Activity LO1 - Understand the skeletal system in relation to exercise and physical activity. LO2 - Understand the muscular system in relation to exercise and physical activity. LO3 - Understand the cardiovascular system in relation to exercise and physical activity. Unit 2 -Sports Coaching & Activity Leadership LO1 - Know the roles and responsibilities of sports coaches and activity leaders. LO2 - Understand principles which underpin coaching and leading. LO3 - Understand methods to improve skills, techniques and tactics in sport. Unit 17 - Sports Injuries & Rehabilitation LO1 - Know common injuries and their effects LO2 - Be able to minimise the risk of	Unit 1 - Body Systems & the Effects of Physical Activity LO4 - Understand the respiratory system in relation to exercise and physical activity. LO5 - Understand the different energy systems in relation to exercise and physical activity. Unit 2 -Sports Coaching & Activity Leadership LO4 - Be able to plan sports and activity sessions. LO5 - Be able to prepare sports and activity environments. LO6 - Be able to deliver sports and activity sessions. Unit 17 - Sports Injuries & Rehabilitation LO3 - Be able to respond to acute sports injuries when they occur LO4 - Know the role of different agencies in the treatment and rehabilitation of sports injuries	Unit 1 - Body Systems & the Effects of Physical Activity Exam - May Unit 2 -Sports Coaching & Activity Leadership LO7 - Be able to review sports and activity sessions. Unit 17 - Sports Injuries & Rehabilitation LO5 - Be able to plan a rehabilitation programme for a specific sports injury.

	sports injuries		
Year 13 OCR	<p>Unit 3 - Sports Organisation and Development</p> <p>LO1 - Understand how sport in the UK is organised</p> <p>LO2 - Understand sports Development</p> <p>LO3 - Understand how the impact of sports development can be Measured</p> <p>LO4 - Understand sports development in practice</p>	<p>Unit 8 - Organisation of Sports Events</p> <p>LO1 - Know different types of sports events and their purpose</p> <p>LO2 - Know the different roles and responsibilities involved in the planning and delivery of sports events.</p> <p>LO3 - Be able to plan and promote a sports event.</p> <p>LO4 - Be able to participate in the delivery of a sports event</p>	<p>Unit 8 - Organisation of Sports Events</p> <p>LO5 - Be able to review the planning and delivery of a sports event</p>