

## St Joseph's College Subject Curriculum Map: PE (PRACTICAL)

## **Curriculum Intent**

Sport follows a Year 7-9 core learning pathway, learning the key skills and techniques to be a successful performer. In Year 10 and 11 it is about progressing these skills into competitive gameplay situations and using skills learnt in KS3 to progress. Taking ownership of learning and becoming active for physical lifelong activity.

	Vaar Craus	Autumn Term		Spring Term		Summer Term		
	Year Group	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6	
	7	Football To understand the core skills needed to be successful in football, to apply these in competitive and non-competitive situations and evaluate how these will affect sporting outcomes.	Rugby Union To understand the core skills needed to be successful in rugby to apply these in competitive and non- competitive situations and evaluate how these will affect sporting outcomes.	Swimming To develop an understanding of safety around the pool and basic swimming skills needed to be successful in swimming.	Table Tennis To understand the core skills needed to be successful in table tennis to apply these in competitive and non- competitive situations and evaluate how these will affect sporting outcomes.	Athletics To understand the core skills needed to be successful in track and field athletics. To then apply these in competitive and noncompetitive situations and evaluate how these will affect sporting outcomes.	Basketball To understand the core skills needed to be successful in basketball to apply these in competitive and non- competitive situations and evaluate how these will affect sporting outcomes.	
Key Stage 3	8	Handball To understand the core skills needed to be successful in handball, to apply these in competitive and non-competitive situations and evaluate how these will affect sporting outcomes.	Badminton To understand the core skills needed to be successful in badminton, to apply these in competitive and noncompetitive situations and evaluate how these will affect sporting outcomes.	H&F Gym To develop physical fitness through different training methods, understanding the different physical and skill components of fitness and how we test for them.	Football To progress the understanding of the core football skills and apply these to positions, possession and tactical awareness.	Athletics To further develop the core skills needed to be successful in track and field athletics. To then apply these in competitive and noncompetitive situations and evaluate how these will affect sporting outcomes.	Cricket To understand the core skills needed to be successful in cricket, to apply these in competitive and non- competitive situations and evaluate how these will affect sporting outcomes.	
	9	Dodgeball To understand the core skills needed to be successful in dodgeball, to apply these in competitive and non-competitive situations and evaluate how these will affect sporting outcomes.	Basketball To progress the understanding of the core basketball skills and apply these to gameplay and conditioned game situations.	Football To further progress the understanding of the core football skills and apply these in conditioned games using tactical awareness.	Volleyball To understand the core skills needed to be successful in volleyball to apply these in competitive and non- competitive situations and evaluate how these will affect sporting outcomes.	Multi Sports To understand the rules of multiple non- traditional games an understand benefits to fitness and physical development through alternative sports.	Swimming To further develop an understanding of safety around the pool and basic swimming skills needed to be successful in swimming, including personal survival swimming skills.	

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Shape, pressing, half turn, touch, switching the play all through conditioned games.  Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.  Option 1 Badminton Students will further their progress through conditioned games, understanding rules and starce their set shot, layup, conditioned games, understanding rules and starce through skill drills and shape, pressing, half turn, touch, switching the play all through conditioned games. Students will develop and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.  Option 1 Badminton Students will further their progress through conditioned games, understanding rules and develop their dribbling, shooting, understanding rules and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.  Option 1 Badminton Students will develop their knowledge of the rules and develop their dribbling, shooting, understanding rules and shape, pressing, half turn, touch, switching the play all through conditioned games.  Students will develop an understanding of the core skills needed to be successful in rugby league. They will then apply these skills in conditioned games.  Option 1 Badminton Students will develop their knowledge of the rules and develop their dribbling, shooting, longball, benchball and screening, monal  Option 1 Basketball Students will develop their dribbling, shooting, longball, benchball and screening, monal					Option 3 Rugby League/		Option 3 Softball &	Option 3 Ultimate
touch, switching the play all through conditioned games.  The play all through				•				_
positioning, and stance through skill drills.  Option 1 Badminton Students will further their progress through conditioned games, understanding rules and skill drills, apply these skills in apply these skills in conditioned games.  Option 1 Basketball Students will develop their set shot, layup, umpiring, man marking, understanding rules and screening, monal    Dotion 1 Basketball   Students will then apply these skills in conditioned games.    Option 1 Basketball   Students will develop their knowledge of the rules and develop their dribbling, shooting, and stance through league. They will then apply these skills in conditioned games.    Option 1 Basketball   Students will develop their set shot, layup, umpiring, man marking, sortening, monal   Students will develop their dribbling, shooting, longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports of t								-
positioning, and stance through skill drills.  Option 1 Badminton Students will further their progress through conditioned games, understanding rules and skill drills, apply these skills in apply these skills in conditioned games.  Option 1 Basketball Students will develop their set shot, layup, umpiring, man marking, understanding rules and screening, monal    Dotion 1 Basketball   Students will then apply these skills in conditioned games.    Option 1 Basketball   Students will develop their knowledge of the rules and develop their dribbling, shooting, and stance through league. They will then apply these skills in conditioned games.    Option 1 Basketball   Students will develop their set shot, layup, umpiring, man marking, sortening, monal   Students will develop their dribbling, shooting, longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports such as Danish longball, benchball and   Students will applications of the sports of t					I -	_	I -	
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through skill drills.  apply these skills in conditioned games.  Option 1 Badminton Students will further their progress through conditioned games, understanding rules and standard series in the conditioned games, and screening, monal  through skill drills.  apply these skills in conditioned games.  Option 1 Handball Students will develop Students will develop their knowledge of the sports such as Danish unpiring, man marking, screening, monal  athletics.  Option 1 Basketball Students will develop Students will develop their knowledge of the sports such as Danish unpiring, man marking, screening, monal  athletics.  Option 1 Basketball Students will develop their knowledge of different sports such as Danish unpiring, man marking, screening, monal								
Option 1 Badminton Students will further their progress through conditioned games, understanding rules andOption 1 Basketball Students will develop their set shot, layup, umpiring, man marking, screening, monalOption 1 Handball Students will develop their set shot, layup, rules and develop their dribbling, shooting,Option 1 Multi Sports Students will develop knowledge of different sports such as Danish longball, benchball andOption 1 Basketball Students will develop their set shot, layup, umpiring, man marking, screening, monal							1 -	
Option 1 BadmintonOption 1 BasketballOption 1 HandballOption 1 Multi SportsOption 1 BasketballStudents will further their progress through conditioned games, understanding rules andStudents will develop their set shot, layup, umpiring, man marking, screening, monalStudents will develop their knowledge of the rules and develop their dribbling, shooting,Students will develop knowledge of different sports such as Danish longball, benchball andStudents will develop their set shot, layup, umpiring, man marking, screening, monal				tinough skin urins.	1		difficues.	
Students will further their progress through progress through conditioned games, understanding rules and screening, monal students will develop their sports such as Danish umpiring, man marking, longball, benchball and screening, monal			Ontion 1 Radminton	Ontion 1 Baskethall		Ontion 1 Multi Sports	Ontion 1 Baskethall	outine opponents.
progress through their set shot, layup, conditioned games, umpiring, man marking, understanding rules and screening, monal their set shot, layup, their knowledge of the sports such as Danish umpiring, man marking, dribbling, shooting, longball, benchball and screening, monal		11		•	-		_	
conditioned games, umpiring, man marking, rules and develop their sports such as Danish umpiring, man marking, understanding rules and screening, monal dribbling, shooting, longball, benchball and screening, monal			•	·		-	•	
understanding rules and screening, monal dribbling, shooting, longball, benchball and screening, monal								
					I			
						_		
				-				
				gamepiay.				
			their overall gamepiay.	Ontion 3 Swimmins	1 -		Ватерау.	
Option 2 Table Tennis & Option 2 Swimming Students will further Students will further Graph of the control of t			Ontion 3 Table Tennis 8		gamepiay skiiis.	outwit opponents.	Ontion 2 Table Tannis 8	
			•		Ontion 3 Dodgoboll	Ontion 3 Susimemina		
Gym develop the rules of the Option 2 Dodgeball Option 2 Swimming Gym						-	-	
Students will develop their pool, front crawl, Students will develop Students will further Students will develop				-	· •	•	I -	
grip, singles and doubles backstroke, water polo, their knowledge of the develop the rules of the their grip, singles and				-		-		
knowledge and rules, diving competitions and rules and develop the pool, front crawl, doubles knowledge and			_		I			
serve, drive, flick, chop, different challenges. core skills to be backstroke, water polo, rules, serve, drive, flick,			-	aɪʃʃerent challenges.			_	
topspin, backspin, successful in dodgeball. diving competitions and chop, topspin, backspin,					I			
positioning, and stance Option 3 Table Tennis & They will officiate to a different challenges. positioning, and stance			=			different challenges.	-	
through skill drills. Gym high standard and through skill drills.			through skill drills.	Gym	high standard and		through skill drills.	

Option 3	Football Stude	ents will develop	develop through	Option 3 Strength &	Option 3 Football	
Students	will further their	grip, singles and	conditioned games.	Conditioning	Students will further	
progress	their passing doubl	les knowledge and		Students will further	progress their passing	
both shor	rt & long, body rules,	serve, drive, flick,	Option 3 Football	develop their	both short & long, body	
shape, pr	essing, half turn, chop,	topspin, backspin,	Students will further	understanding of	shape, pressing, half	
touch, sw	vitching the play positi	oning, and stance	progress their passing	different physical and	turn, touch, switching	
all throug	gh conditioned throu	gh skill drills.	both short & long, body	skill components and will	the play all through	
games.			shape, pressing, half	apply different training	conditioned games.	
			turn, touch, switching	methods to develop and		
			the play all through	condition the human		
			conditioned games.	body.		