



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.

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

<p>10</p> <p><i>KS4 will see students chose an option from three each half term. They will use skills learnt in KS3 and apply a deeper understanding through more games-based activities.</i></p>	<p>Option 1 Basketball Students will develop their set shot, lay up, umpiring, man marking, screening, monal marking and overall Gameplay.</p> <p>Option 2 Table Tennis & Gym Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.</p> <p>Option 3 Football Students will further progress their passing both short & long, body shape, pressing, half turn, touch, switching the play all through conditioned games.</p>	<p>Option 1 Futsal Students will develop their passing & control, dribbling, shooting & penalties, rules, tactics in and out of possession, dribbling & skills, passing & control, through different challenges and conditioned games.</p> <p>Option 2 Swimming Students will further develop the rules of the pool, front crawl, backstroke, water polo, diving competitions and different challenges.</p> <p>Option 3 Table Tennis & Gym Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.</p>	<p>Option 1 Handball Students will develop their knowledge of the rules and develop their dribbling, shooting, defending, attacking gameplay, positions, pressing, officiating and gameplay skills.</p> <p>Option 2 Table Tennis & Gym Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.</p> <p>Option 3 Rugby League/ Tag 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.</p>	<p>Option 1 Badminton Students will further their progress through conditioned games, understanding rules and officiating to a high standard and developing their overall gameplay.</p> <p>Option 2 Swimming Students will further develop the rules of the pool, front crawl, backstroke, water polo, diving competitions and different challenges.</p> <p>Option 3 Football Students will further progress their passing both short & long, body shape, pressing, half turn, touch, switching the play all through conditioned games.</p>	<p>Option 1 Cricket (Nets) Students will develop their batting, bowling, and fielding using cricket nets, they will develop core skills used and understanding rules and umpiring used in competitive games.</p> <p>Option 2 Table Tennis & Gym Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.</p> <p>Option 3 Softball & Athletics Students will develop knowledge of softball including batting, fielding, and bowling and further progress skills in athletics.</p>	<p>Option 1 Dodgeball Students will develop their knowledge of the rules and develop the core skills to be successful in dodgeball. They will officiate to a high standard and develop through conditioned games.</p> <p>Option 2 Cricket (Field) Students will apply learning from KS3 and net sessions to develop core skills in game situations, with a focus on conditioned games to develop decision making.</p> <p>Option 3 Ultimate Frisbee/ Vortex Students will develop knowledge of different sports such as frisbee and vortex, developing knowledge of rules and developing gameplay to outwit opponents.</p>
<p>11</p>	<p>Option 1 Badminton Students will further their progress through conditioned games, understanding rules and officiating to a high standard and developing their overall gameplay.</p> <p>Option 2 Table Tennis & Gym Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.</p>	<p>Option 1 Basketball Students will develop their set shot, layup, umpiring, man marking, screening, monal marking and overall gameplay.</p> <p>Option 2 Swimming Students will further develop the rules of the pool, front crawl, backstroke, water polo, diving competitions and different challenges.</p> <p>Option 3 Table Tennis & Gym</p>	<p>Option 1 Handball Students will develop their knowledge of the rules and develop their dribbling, shooting, defending, attacking gameplay, positions, pressing, officiating and gameplay skills.</p> <p>Option 2 Dodgeball Students will develop their knowledge of the rules and develop the core skills to be successful in dodgeball. They will officiate to a high standard and</p>	<p>Option 1 Multi Sports Students will develop knowledge of different sports such as Danish longball, benchball and other sports, developing knowledge of rules and developing gameplay to outwit opponents.</p> <p>Option 2 Swimming Students will further develop the rules of the pool, front crawl, backstroke, water polo, diving competitions and different challenges.</p>	<p>Option 1 Basketball Students will develop their set shot, layup, umpiring, man marking, screening, monal marking, half and full court press and overall Gameplay.</p> <p>Option 2 Table Tennis & Gym Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.</p>	

	<p>Option 3 Football <i>Students will further progress their passing both short & long, body shape, pressing, half turn, touch, switching the play all through conditioned games.</i></p>	<p><i>Students will develop their grip, singles and doubles knowledge and rules, serve, drive, flick, chop, topspin, backspin, positioning, and stance through skill drills.</i></p>	<p><i>develop through conditioned games.</i></p> <p>Option 3 Football <i>Students will further progress their passing both short & long, body shape, pressing, half turn, touch, switching the play all through conditioned games.</i></p>	<p>Option 3 Strength & Conditioning <i>Students will further develop their understanding of different physical and skill components and will apply different training methods to develop and condition the human body.</i></p>	<p>Option 3 Football <i>Students will further progress their passing both short & long, body shape, pressing, half turn, touch, switching the play all through conditioned games.</i></p>	
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