



KS5 Curriculum Map PE / NATIONAL CURRICULUM

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 12	<p>Basketball (indoor / outdoor) Accurately execute chest, bounce and overhead passes in a game Dribble in different directions changing the speed of the ball Use a pivot in a game effectively Mark man to man in a game Understand the '3 second' and 'half court' rules</p>	<p>Badminton Play overarm shots which travel over the mid-court area Hold a rally, which includes underarm and overarm shots Complete 2 different types of serve (short and long) Move around the court (chassis) to return and play shots Correctly keep score for a game</p>	<p>Health related Fitness Skill replication in a range of fitness activities. Use a range of health and fitness terminology. Understanding of the way the body responds to exercise using appropriate terminology. Lead warm up & cool down routines Circuit movements Tests for components of fitness Running for speed/endurance Build upon the range of fitness techniques learnt to further test an individual's physical capacity. Encourage the replication of techniques in a range of contexts. Involve opportunities to show understanding of the body systems and the adaptations to exercise.</p>	<p>Hockey/Volleyball Passing/Receiving Shooting Dribbling Ball control Defending/Tackling Sequencing</p> <p>Build upon fundamentals but increase in speed and level of challenge. Develop the principles of attack and defence while working with others. Involve pressurised game situations to allow for tactical planning and refinement. Allow students to make decisions, assess outcome and suggest improvements.</p>	<p>Athletics Pace myself over a race and know when to sprint Know the teaching points of passing/receiving the baton in relay Understand where to measure jumps to and from Demonstrate a consistently effective run-up and take-off Analyse others' performance and show how to create more power Consistently perform the shot putt using 'chin, knee, toe' technique Understand the transition (shift) of power when throwing Consistently get the javelin to land tip first showing good flight Show I know how to prepare my arm for throwing events</p>	<p>Tennis / Choice Make contact but do not always get it over the net Move towards the ball with the correct footwork Start a rally with an underarm serve Perform a variety of shots both forehand and backhand with some success Try to be effective in a game performing strokes when not under pressure Vary my serve and make it difficult to return Play a range of strokes with a good standard of technique, placement and at time disguise Outwit my opponent whilst under pressure demonstrating a high level of skill</p>
Year 13	<p>Basketball (indoor / outdoor)</p>	<p>Badminton Play overarm shots which travel over the mid-court area</p>	<p>Health related Fitness Skill replication in a range of fitness activities.</p>	<p>Hockey/Volleyball Passing/Receiving Shooting Dribbling Ball control</p>	<p>Athletics Pace myself over a race and know when to sprint</p>	<p>Tennis / Choice Understand scoring and court markings Start a rally with an underarm serve</p>



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	<p>Accurately execute chest, bounce and overhead passes in a game Dribble in different directions changing the speed of the ball Use a pivot in a game effectively Mark man to man in a game Understand the '3 second' and 'half court' rules</p>	<p>Hold a rally, which includes underarm and overarm shots Complete 2 different types of serve (short and long) Move around the court (chassis) to return and play shots Correctly keep score for a game</p>	<p>Use a range of health and fitness terminology. Understanding of the way the body responds to exercise using appropriate terminology. Lead warm up & cool down routines Circuit movements Tests for components of fitness Running for speed/endurance Build upon the range of fitness techniques learnt to further test an individual's physical capacity. Encourage the replication of techniques in a range of contexts. Involve opportunities to show understanding of the body systems and the adaptations to exercise.</p>	<p>Defending/Tackling Sequencing</p> <p>Build upon fundamentals but increase in speed and level of challenge. Develop the principles of attack and defence while working with others. Involve pressurised game situations to allow for tactical planning and refinement. Allow students to make decisions, assess outcome and suggest improvements.</p>	<p>Know the teaching points of passing/receiving the baton in relay Understand where to measure jumps to and from Demonstrate a consistently effective run-up and take-off Analyse others' performance and show how to create more power Consistently perform the shot putt using 'chin, knee, toe' technique Understand the transition (shift) of power when throwing Consistently get the javelin to land tip first showing good flight Show I know how to prepare my arm for throwing events</p>	<p>Apply the rules in a game situation Attempt an overarm serve in a game situation Move efficiently in both singles and doubles Perform a variety of shots with success under pressure Consistently serve in singles and doubles, with power, direction and disguise Perform a full range of strokes, all played with the correct technique, power and direction Exert an influence on the game, applying a good range of strokes, tactics and shots</p>
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