

PE Curriculum Map - Year 11

		Autumn 1 Gym or Football	Autumn 2 Gym or Badminton	Spring 1 Gym or Handball	Spring 2 Dodgeball or Softball	Summer 1 Basketball or Volleyball	Summer 2
Learning outcomes/ composite knowledge		To develop motor competence, tactical awareness and healthy participation in Badminton	To develop our understanding of healthy participation and motor competence in relation to fitness	To develop motor competence, tactical awareness and healthy participation in Handball	To develop motor competence, tactical awareness and healthy participation in Softball	To develop motor competence, tactical awareness and healthy participation in Volleyball	
Knowledge Components	Declarative – knowing what	<p>Gym</p> <ul style="list-style-type: none"> To know how to safely use the equipment in the gym. To know what cardiovascular fitness, muscular endurance and muscular strength are. To know how to improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles. To know the different training methods. <p>Football</p> <ul style="list-style-type: none"> 	<p>Gym</p> <ul style="list-style-type: none"> To know how to safely use the equipment in the gym. To know what cardiovascular fitness, muscular endurance and muscular strength are. To know how to improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles. To know the different training methods <p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the high, flick and low serve To know tactics and analysing strengths To know doubles and singles tactics To know how to organise and officiate a tournament To know how to 	<p>Gym</p> <ul style="list-style-type: none"> To know how to safely use the equipment in the gym. To know what cardiovascular fitness, muscular endurance and muscular strength are. To know how to improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles. To know the different training methods <p>Handball</p> <ul style="list-style-type: none"> To know how to make forward progression To know how to maintain possession To know how to break through pressure zone defence To know how to attack the goal To know how to regain ball possession 	<p>Cricket</p> <ul style="list-style-type: none"> To know how to field and the importance of slip catching To know the teaching points of bowling To know the teaching points of batting - straight drive To know the teaching points of batting - pull shot To know fielding and batting tactics. To know how to officiate in cricket. <p>Dodgeball</p> <ul style="list-style-type: none"> To know the rules of dodgeball To know the principles of attacking To know the principles of defending To understand what a counter attack is To understand the tactics in catching To understand tactics in relation to a game. 	<p>Basketball</p> <ul style="list-style-type: none"> To know the teaching points of shooting To know the teaching points for ball control To know tactics and analyse strengths To know attacking play tactics To know defending play tactics To know how to officiate a game of basketball <p>Volleyball</p> <ul style="list-style-type: none"> To know the teaching points of the volley and setting To know the teaching points of the dig and one handed lift To know the teaching points for serving To know tactics and how to outwit opponents To know how to officiate a game of volleyball 	

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			<p>officiate in badminton</p>	<ul style="list-style-type: none"> ● To know how to defend the space and goal ● To know strategies and tactics for throw off, throw ins and goalkeeper throw. ● To know tactics for handball. ● To know how to officiate a game of handball 			
Procedural – knowing how and when	<p>Gym</p> <ul style="list-style-type: none"> ● To know what types of exercise improves our cardiovascular endurance, muscular strength and muscular endurance. ● To apply exercises that will target certain muscles and be able to name these. ● To actively apply the knowledge of fitness to sessions and make improvements to our health. <p>Football</p> <ul style="list-style-type: none"> ● 	<p>Gym</p> <ul style="list-style-type: none"> ● To know what types of exercise improves our cardiovascular endurance, muscular strength and muscular endurance. ● To apply exercises that will target certain muscles and be able to name these. ● To actively apply the knowledge of fitness to sessions and make improvements to our health. <p>Badminton</p> <ul style="list-style-type: none"> ● To perform the high, flick and low serve ● To apply tactics and analysing strengths ● To apply doubles and singles tactics ● To organise and 	<p>Gym</p> <ul style="list-style-type: none"> ● To know what types of exercise improves our cardiovascular endurance, muscular strength and muscular endurance. ● To apply exercises that will target certain muscles and be able to name these. ● To actively apply the knowledge of fitness to sessions and make improvements to our health. <p>Handball</p> <ul style="list-style-type: none"> ● To make forward progression ● To maintain possession ● To break through pressure zone defence 	<p>Cricket</p> <ul style="list-style-type: none"> ● To apply knowledge of fielding and the importance of slip catching ● To bowl ● To perform the batting shot - straight drive ● To perform the batting shot - pull shot ● To apply fielding and batting tactics. ● To officiate in cricket. <p>Dodgeball</p> <ul style="list-style-type: none"> ● To apply the rules of dodgeball ● To apply the principles of attacking to games ● To apply the principles of defending to games ● To successfully apply 	<p>Basketball</p> <ul style="list-style-type: none"> ● To shoot ● To be able to demonstrate ball control ● To apply tactics and analyse strengths ● To apply attacking play tactics ● To apply defending play tactics ● To officiate a game of basketball <p>Volleyball</p> <ul style="list-style-type: none"> ● To perform the volley and setting ● To perform the dig and one handed lift ● To perform various serves ● To apply tactics and how to outwit opponents ● To officiate a game of 		

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			officiate a tournament • To officiate in badminton	• To attack the goal • To regain ball possession • To defend the space and goal • To apply strategies and tactics for throw off, throw ins and goalkeeper throw. • To apply tactics for handball. • To officiate a game of handball	a counter attack in a game. • To develop tactics and apply these in games	volleyball	
National Curriculum reference	National Curriculum for Core PE at KS3 pupils should be taught to: <ul style="list-style-type: none"> • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] • perform dances using advanced dance techniques in a range of dance styles and forms • take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • take part in competitive sports and activities outside school through community links or sports clubs 						
Common misconceptions	You are able to have a second serve. The tramlines are in for both singles and doubles. You take turns in serving.	If you can sprint fast you are physically fit. If you can lift heavy weights you have good overall strength.	Rules not understood - Head shots do not count - in actual fact the person throwing is out if it hits someone's head without them ducking. If you drop a ball to catch another then you are out. You can catch a ball if it hits	Fielding is not important. When batting you have to hit the big runs and smash the ball rather than playing defensive shots or playing to gaps in the field. Misunderstanding of LBW (leg before	Basketball is similar to Netball and therefore you cannot move with the ball and you need to shoot without using the backboard.	Pupils feel like they have to hit the ball far in order to score a rounder. Fielding has little purpose - we will look at the positions of fielders and their roles to address this.	

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			your teammate to make the thrower out.	wicket).		