

Key Stage 4 Curriculum Map 2019-20

Subject: Physical Education

Key Themes delivered via each physical activity:

- Development of skills and techniques - application into competitive context.
- Development of strategies and tactics - application into competitive context.
- Analysis of performance and improvement to achieve personal best.
- Health, fitness and wellbeing.

Activities will be carefully selected with consideration of the grouping.

Year 10	Half term 1 Sept – October	Half term 2 November – December	Half term 3 January - Feb	Half term 4 February – April	Half term 5 April - May	Half term 6 June - July
Weeks	7 weeks	7 weeks	6 weeks	6 weeks	5 weeks	7.5 weeks
Module	NET GAMES Tennis / Badminton / Table Tennis	OUTDOOR ADVENTUROUS Climbing	INDIVIDUAL Swimming	INVASION Football	STRIKING & FIELDING Rounders / Softball / Cricket	WATERSPORTS / NET GAMES Hove Lagoon / Volleyball
Key learning questions	How can you outwit your opponent? How does the grip change for forehand/backhand shots? What do we mean by the ready position and why is it important? Where is the best position on court to be balanced and ready? Where is the easiest place, in relation to the body, to hit the ball/shuttle? What is the difference between	What is the ABC of climbing? What are the safety checks needed prior to a climb? What is the bouldering technique? How do you score a bouldering challenge? What is the bellringer technique of belaying? What are foot jam, hand jam and bridging? How would you plan this route? What is layback? What is mantelling? How do you spot a bouldering climber?	Why is water safety important? What are the pool rules? How do we tread water? What ways can we float? What shapes can we use to enter the water? How do we perform a straddle entry? How do we perform a surface dive/duck dive? What is push and glide? What is sculling? How do you perform a handstand in water? How do you perform a somersault in water?	*NEED TO COMPLETE	*NEED TO COMPLETE	*NEED TO COMPLETE

	a forehand and a backhand shot? What was your most effective way of starting a rally? How do you win a point in this net game? How have you made progress? What are the key points for a serve? What is the effect of spin/disguise? Where should you aim your shots in attack? Where should you aim your shots in defence? Why is this player successful? What is the service rotation in doubles play? What are the scoring rules? What are the court area rules?		What is the eggbeater action? What are the 4 strokes used in swimming? What is the body position for the stroke? What is the leg kick for the stroke? What is the arm action for the stroke? How do you breathe for the stroke? What is the timing for the stroke? How have you improved any of the following for a chosen stroke? Body Position, Legs, Arms, Breathing, Timing. What is an action to get help? What is a shout and signal rescue?			
Off-site opportunity	Sussex Uni Moulsecoomb Leisure Centre	@ Boulder Brighton x4 weeks Withdean x3 weeks	@ King Alfred / prince Regent			
Extended writing		Safety in climbing presentation.				
Assessment End of module	Student led warm up. Small sided competitive game.	Teamwork, participation and support.	Mini Olympics / Individual Medley	Act as an official		

	Demonstrate an ability to outwit opponent.					
Celebration of achievement: outcome, display, presentation, class book etc.						
PD passport	Outwit an opponent. Act as an official	Climb independently. Support a climber.	Water confidence. Complete width / length (with/without aid)	Participate in a team game.		

Key Stage 4 Curriculum Map 2019-20

Subject: Physical Education

Key Themes delivered via each physical activity:

- Development of skills and techniques. Application into competitive context.
- Development of strategies and tactics. Application into competitive context.
- Analysis of performance and improvement to achieve personal best
- Health, fitness and wellbeing.

Year 11	Half term 1 Sept – October	Half term 2 November – December	Half term 3 January - Feb	Half term 4 February – April	Half term 5 April - May	Half term 6 June - July
Weeks	7 weeks	7 weeks	6 weeks	6 weeks	5 weeks	7.5 weeks
Module	NET GAMES Tennis / <u>Badminton</u> / Table Tennis	FITNESS Stanley Deason Gym	FITNESS Stanley Deason Gym	STRIKING & FIELDING Rounders / Softball / Cricket	EXAMS? INVASION Football	EXAMS
Key learning questions	How does the grip change for forehand/backhand shots? What is the ready position and why is it important? What is involved in producing deceptive shots? Where is a volley played? What are the values of a high and a low serve? How would you play a return of serve for high/low serve? How can you increase the power in a shot? How do you create topspin?	Why warm up? What is weight training? What are repetitions? What are sets? What is muscular strength and how can it be improved? What is muscular endurance and how can it be improved? What is cardiovascular fitness and how can it be improved? What are your training goals? Why is recovery time important? What does exercise intensity mean? What are the muscles being exercised?	Why do we need an induction? State 5 safety considerations? What are repetitions? What are sets? How do we warm up properly? Why do we cool down? What does the term cardiovascular mean? What is muscular strength? What is muscular endurance? How could you improve CV/MS/ME? What is your 1RepMax? What are the major muscle groups in the body?	*NEED TO COMPLETE	Why do we use different parts of the foot to pass? What is best when...? What are the strengths of a forward? What are the strengths of a winger? What are the strengths of a midfielder? What are the strengths of a defender? Why may a referee award a foul? Why may a referee give a booking? What would warrant a sending off? What is the offside rule? How do you perform a cruyff turn? What tactic will you apply when.....?	

	<p>How do you create backspin?</p> <p>How do you draw your opponents to the baseline?</p> <p>Where should you aim your shots if opponents at baseline?</p> <p>How do you draw your opponents to the net?</p> <p>Where should you aim your shots if opponents at net?</p> <p>How can you overcome your weakness?</p> <p>What is the service rotation in doubles play?</p> <p>What are the rules for serving?</p> <p>What are the scoring rules?</p> <p>What are the court area rules?</p> <p>What happens in a tie break?</p> <p>What is a let?</p>		<p>What does the term 'antagonistic' mean?</p> <p>What is 'progressive overload'?</p> <p>What does the term 'reversibility' mean?</p> <p>What is the FITT principle?</p> <p>How do we ensure 'progression'?</p>		<p>What tactic are you applying in your team? Why?</p> <p>How do you take a penalty?</p> <p>How do you perform a volley?</p> <p>How do you create space?</p> <p>How can you use a 'feint' dodge to wrong foot an opponent?</p> <p>On what occasion during the game might a defensive player use an attacking header?</p>	
Off-site opportunity	Sussex Uni / Moulsecoomb Leisure Centre	Stanley Deason Gym	Russell Martin Foundation @ Hove Park			
Extended writing		Training programme – linked with training principles	Analyse a player.			

Assessment End of module	Student led warm ups. Small sided competitive game. Demonstrate an ability to outwit opponent.	Training programmes completed	Referee a game of football.			
Celebration of achievement: outcome, display, presentation, class book etc.	Representing Homewood at KS3 Schools Tournament	Gym Membership	Friendly fixture?			
PD passport	Participate in a team sport.	Complete a gym induction	Act as an official			