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| Key Stage 4 Curriculum Map **2021-22** 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**  Bouldering | **INDIVIDUAL**  Swimming  LEARN TO SWIM AWARD (Swim England) IT IS NOT EXPECTED SWIMMERS WILL ACHIEVE ALL STAGES SHOWN BELOW IN A SINGLE MODULE. | **INDIVIDUAL**  Fitness | **STRIKING & FIELDING**  Rounders / Softball / Cricket | **WATERSPORTS** |
| **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 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? | Why is bouldering different to climbing?  Why do we use chalk?  What are the safety checks for helmets?  What is the ABC of climbing?  How do you spot a bouldering climber?  What is the importance of teamwork?  How do you score a bouldering challenge?  How would you plan this route?  How many points of contact when climbing? What is the grading for climbs?  What are the different types of grip and hold and how they are used when climbing? | 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?  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? | Why warm up? What is weight training?  Why do we need an induction? State 5 safety considerations. 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? |  |  |
| **Off-site opportunity** | @ Hove Tennis Courts | @ Boulder Brighton | @ King Alfred | @ Stanley Deason Gym |  | @ Hove Lagoon |
| **Extended writing** |  | How would you describe Bouldering to a person who had never taken part before? | Create a poster for water safety. | Training programme – linked with components of fitness. |  |  |
| **Assessment**  **End of module** | Student led warm ups.  Small sided competitive game.  Demonstrate an ability to outwit opponent. | Degree of difficulty – best climb achieved. | Mini Olympics / Individual Medley | Complete a gym induction.  AQA Unit award: |  |  |
| **Celebration of achievement: outcome, display, presentation, class book etc.** |  | Photos for classroom. Shared in assembly.  Display of writing for instruction. | Photos for classroom. Shared in assembly.  ASA Certificate | Gym Membership  Photos to display or use in assembly. |  |  |
| **PD passport** |  |  |  |  |  |  |