



SUBJECT: Physical Education

Yr 7	<u>Autumn Term 1 Dodgeball</u>	<u>Spring Term 1 Basketball</u>	<u>Summer Term 1 Cricket</u>
1	Know the techniques of throwing under arm and overarm. Introduce simple equations related to dodgeball, like calculating team scores or player performance metrics, promoting problem-solving skills.	Know how to use a bounce pass Use measurements and spatial awareness in basketball (e.g., court dimensions), reinforcing concepts related to distance, area, and shape.	Alternative provision due to gym floor being out of use. Rock Climbing
2	Know the techniques to use to catch balls of different sizes. Incorporate data collection and interpretation into dodgeball games, such as tracking successful throws or catches, and creating graphs or tables based on game statistics.	Know how to use the chest Use measurements and spatial awareness in basketball (e.g., court dimensions), reinforcing concepts related to distance, area, and shape.	Alternative provision due to gym floor being out of use. Rock Climbing
3	Know the different techniques used to dodge a ball. Use measurements and spatial awareness in dodgeball (e.g., court dimensions) to reinforce concepts related to distance, area, and shape.	Know how to dribble Use measurements and spatial awareness in basketball (e.g., court dimensions), reinforcing concepts related to distance, area, and shape.	Alternative provision due to gym floor being out of use. Rock Climbing
4	Know different positions used in dodgeball Use measurements and spatial awareness in dodgeball (e.g., court dimensions) to reinforce concepts related to distance, area, and shape.	Know how to shoot a basketball Analyze scoring patterns in basketball games, understanding numerical relationships in team scores and player performance.	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
5	Know the rules of dodgeball Students can analyze scoring patterns and sequences in dodgeball, helping them understand numerical relationships in the game.	Know the areas of a basketball court Use measurements and spatial awareness in basketball (e.g., court dimensions), reinforcing concepts related to distance, area, and shape.	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
6	Know the areas used in dodgeball.	Know the basic rules of basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball



	Relate numerical calculations to aspects like player stamina (heart rate, stroke capacity), fostering a connection between mathematics and physical activity.		
	<u>Autumn Term 2 Badminton</u>	<u>Spring Term 2 Football</u>	<u>Summer Term 2 Tennis</u>
7	Know the different grips used in badminton Discuss the numerical aspects of hand grips in badminton, emphasizing precision and angles, connecting to spatial awareness.	Know basic shot passing technique Integrate data collection and interpretation into football games, such as tracking successful passes or shots, and creating graphs or tables based on game statistics.	Know the basic grips of a tennis racket. Integrate data collection and interpretation into tennis games, such as tracking successful serves, forehand/backhand shots, and creating graphs or tables based on game statistics.
8	Know how and when to play a forehand clear Apply calculations for shot selections (e.g., forehand clear, drop shot, forehand smash), introducing the concept of precision and control.	Know basic long passing techniques Integrate data collection and interpretation into football games, such as tracking successful passes or shots, and creating graphs or tables based on game statistics.	Know how to serve under arm in tennis Apply numerical concepts to group strategies and repetition exercises in tennis, reinforcing patterns and sequences in serving and strokes.
9	Know how and when to play a drop shot Use mathematical concepts to understand the dimensions and areas of a badminton court, reinforcing measurement skills.	Know how to shoot at a goal using laces Integrate data collection and interpretation into football games, such as tracking successful passes or shots, and creating graphs or tables based on game statistics.	Know the techniques of a forehand shot Integrate data collection and interpretation into tennis games, such as tracking successful serves, forehand/backhand shots, and creating graphs or tables based on game statistics.
10	Know how and when to play the forehand smash Apply calculations for shot selections (e.g., forehand clear, drop shot, forehand smash), introducing the concept of precision and control.	Know basic dribbling techniques Apply numerical concepts to group strategies and repetition exercises in football, reinforcing patterns and sequences in plays.	Know the techniques of a backhand shot. Apply numerical concepts to group strategies and repetition exercises in tennis, reinforcing patterns and sequences in serving and strokes.
11	Know the areas of a badminton court	Know the areas of a football pitch Use measurements and spatial awareness in football (e.g., pitch dimensions), reinforcing concepts related to distance, area, and shape	Know the basic areas of a tennis court Use measurements and spatial awareness in tennis (e.g., court dimensions), reinforcing concepts related to distance, area, and shape



	Use mathematical concepts to understand the dimensions and areas of a badminton court, reinforcing measurement skills.		
12	Know the rules of badminton.	Know the basic rules of football	Know the basic rules of tennis.

Co-ordinator _____ Date _____

SUBJECT _____

Yr 8	<u>Autumn Term 1 Dodgeball</u>	<u>Spring Term 1 Basketball</u>	<u>Summer Term 1 Cricket</u>
1	Know how to select which technique to use when throwing the ball.	Know when to use a bounce pass	Alternative provision due to gym floor being out of use. Rock Climbing
2	Know which techniques to use to catch balls of different sizes.	Know when to use the chest	Alternative provision due to gym floor being out of use. Rock Climbing
3	Know when to select the different techniques used to dodge a ball.	Know how and when to dribble	Alternative provision due to gym floor being out of use. Rock Climbing
4	Know different positions used in dodgeball	Know how to select the correct technique to shoot a basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
5	Know how to apply the basic rules of dodgeball	Know the basic positions in basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
6	Know the areas used in dodgeball.	Know how to apply the basic rules of basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
	<u>Autumn Term 2 Badminton</u>	<u>Spring Term 2 Football</u>	<u>Summer Term 2 Tennis</u>
7	Know when to change grips used in badminton	Know how to use the inside of the foot to pass the ball.	Know how to replicate the different tennis grips tennis racket.
8	Know how to use the forehand clear to create space	Know when to use the long passing techniques	Know basic techniques of the over arm serve.



9	Know how and when to play a drop shot	Know how to select the correct technique to shoot at a goal using laces	Know when to use a forehand shot a forehand shot
10	Know how to create opportunities for the forehand smash	Know when to use dribbling techniques	Know when to use the backhand shot.
11	Know the areas of a badminton court	Know the areas of a football pitch	Know the basic areas of a tennis court
12	Know the rules of badminton.	Know the basic rules of football	Know the basic rules of tennis.

Co-ordinator _____ Date _____

SUBJECT _____

Yr 9	<u>Autumn Term 1 Dodgeball</u>	<u>Spring Term 1 Basketball</u>	<u>Summer Term 1 Cricket</u>
1	Know how to use different throwing techniques to outwit the opponent.	Know when to use different passing techniques to outwit an opponent.	Alternative provision due to gym floor being out of use. Rock Climbing
2	Know tactics to use to create catching opportunities.	Know when to use different dribbling techniques to outwit an opponent.	Alternative provision due to gym floor being out of use. Rock Climbing
3	Know tactics used to create opportunities to successfully get an opponent out	Know basic defending tactics in basketball	Alternative provision due to gym floor being out of use. Rock Climbing
4	Know how to officiate a game of dodgeball.	Know when to use different shooting techniques in basketball.	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
5	Know how to apply the basic rules of dodgeball	Know the basic defensive positions in basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
6	Know the areas used in dodgeball.	Know how to apply the basic rules of basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
	<u>Autumn Term 2 Badminton</u>	<u>Spring Term 2 Football</u>	<u>Summer Term 2 Tennis</u>



7	Know when to use deception to outwit an opponent.	Know how to use the inside of the foot to pass the ball.	Know how to replicate the different tennis grips tennis racket.
8	Know when to select a certain shot to create space on the court.	Know when to use the long passing techniques	Know basic techniques of the over arm serve.
9	Know how to play defensive shots to stay in a point	Know how to select the correct technique to shoot at a goal using laces	Know when to use a forehand shot a forehand shot
10	Know how to officiate a game of badminton	Know when to use dribbling techniques	Know when to use the backhand shot.
11	Know the areas of a badminton court	Know the areas of a football pitch	Know the basic areas of a tennis court
12	Know the rules of badminton.	Know the basic rules of football	Know the basic rules of tennis.



Co-ordinator _____ Date _____

SUBJECT _____

Yr 10	<u>Autumn Term 1 GCSE PE Theory</u>	<u>Spring Term 1</u>	<u>Summer Term 1</u>
1	Know the impacts of activity on Physical, Social and Emotional	Know the functions of CV system and blood vessels	Know the Functions of Skeleton and the movement at joints
2	Know about the impact of Lifestyle choices on health.	Know the structure of CV system	Know the classification of bones, naming and application in sport
3	Know about the impact and consequences of sedentary lifestyle and Trends	Know the structure of blood vessels Vascular shunt mechanism	Know the Classification of joints, ligaments and tendons
4	Know about Diet: Macro, micro nutrients, water, fibre. Energy balance	Know the components of blood	Know the movement at joints
5	Know about factors affecting optimum weight.	Know the key terms for CV system – SV, BP, HR, Q	Apply Knowledge to sporting examples.
6	Catch up week	Know the short and long term effects of exercise on CV system	Catch up week
	<u>Autumn Term 2</u>	<u>Spring Term 2</u>	<u>Summer Term 2</u>



7	Know about methods of training	Know the classification of muscle types	Structure of respiratory system, including alveoli and gaseous exchange
8	Know the Principles of training	Know the location and role of voluntary muscles	Know the key terms for respiratory system, inhaled and exhaled air.
9	Know the different training thresholds	Know the antagonistic pairs of muscles	Know the short and long term effects of exercise on respiratory system.
10	Know the importance of a Warm-up / cool down	Know about fast and slow twitch muscle fibres	Know how the respiratory and CV systems work together
11	Know some different types of Injuries and RICE	Know how the skeletal and muscular system working together	Know about health, exercise, fitness and performance.
12	Know about Injury prevention and PARQ	Know about the aerobic and anaerobic and benefits on muscular and skeletal systems exercise	Know the components fitness (health and skill). fitness tests



Cc c cc cc v cvcccc ccccc

Co-ordinator _____ Date _____

SUBJECT _____

Yr 11	<u>Autumn Term 1 Dodgeball</u>	<u>Spring Term 1 Basketball</u>	<u>Summer Term 1 Cricket</u>
1	Know and use to use different throwing techniques to outwit the opponent.	Know and use different passing techniques to outwit an opponent.	Alternative provision due to gym floor being out of use. Rock Climbing
2	Know and use tactics to use to create catching opportunities.	Know and use different dribbling techniques to outwit an opponent.	Alternative provision due to gym floor being out of use. Rock Climbing
3	Know and use tactics used to create opportunities to successfully get an opponent out	Know and us basic defending tactics in basketball	Alternative provision due to gym floor being out of use. Rock Climbing
4	Know how to officiate a game of dodgeball.	Know and use different shooting techniques in basketball.	Alternative provision dur to gym floor being out of use. Multigames- hockey, football, dodgeball
5	Know and apply the basic rules of dodgeball	Know and use the basic defensive positions in basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
6	Know the areas used in dodgeball.	Know and apply the basic rules of basketball	Alternative provision due to gym floor being out of use. Multigames- hockey, football, dodgeball
	<u>Autumn Term 2 Badminton</u>	<u>Spring Term 2 Football</u>	
7		Know how to use the inside of the foot to pass the ball.	



Clifford Holroyde SEN School

Knowledge Based Curriculum Map

	Know when to use deception to outwit an opponent.	
8	Know when to select a certain shot to create space on the court.	Know when to use the long passing techniques
9	Know how to play defensive shots to stay in a point	Know how to select the correct technique to shoot at a goal using laces
10	Know how to officiate a game of badminton	Know when to use dribbling techniques
11	Know the areas of a badminton court	Know the areas of a football pitch
12	Know the rules of badminton.	Know the basic rules of football

Co-ordinator _____ Date _____