

St Cuthbert Mayne School Curriculum Map



Department: Physical Education

Year 11

Mission Statement: The ultimate vision for the PE department is to develop a curriculum that inspires all pupils to succeed and excel in a wide range of sports and other physical activities. Our curriculum provides opportunities for students to experience competitive and non-competitive situations through a programme that fosters a lifelong interest in sports and physical activity. Opportunities are given both in curriculum time and through extra curricular activities to develop health and fitness and support the school's core values within the confines and ethos of a caring Christian community. Aims & Purpose Physical Education contributes to the overall education of young people, by facilitating learning that leads to enjoyment and achievement. Participating in a broad and balanced Physical Education programme provides the opportunity for all students to succeed and for them to lead full and valuable lives through engaging in purposeful physical activity. A high-quality physical education curriculum inspires all pupils to enjoy, succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. At St Cuthbert Mayne School our curriculum for Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Key Stage 4

All pupils have three 55 minute lessons per fortnight of PE throughout Key Stage 4. Student progress is monitored regularly through half termly data checks and department meetings. Students are organised into single sex groups and are taught by a qualified teacher. The curriculum is

taught in five half term blocks throughout the academic year covering two different activities each half term. This allows students the opportunity to develop skills, knowledge and understanding across 10 different modules. Pupils will learn to develop their skills and techniques to develop their competence and creativity to perform at higher levels in a wide variety of activities. These activities include netball, football, rugby, hockey, basketball, badminton, rounders, cricket, dance, gymnastics, trampolining, athletics, health related fitness. All pupils are encouraged to be active and value the importance of exercise and participation. This can take the form of performer, coach or official in all activities. All members of the PE Department are fully committed to high quality teaching and learning to ensure pupils make progress in their learning at St. Cuthbert Mayne School.

Autumn Term 1

Year 11 Autumn Term 1				
	Boys		Girls	
Topic/Unit	Table Tennis or Unihoc	Rugby, Handball or Hockey	Basketball or Hockey	Netball or Football
Knowledge (Content covered)	<p>TABLE TENNIS Recap push shot & game play, slice, backhand/forehand topspin, serve, competitive games and personal best.</p> <p>UNIHOOC Dribbling, Passing & Receiving with control, Outwitting Opponents, Attacking & Defensive Team Strategies</p>	<p>RUGBY Passing using width, outwitting opponents, recap tackling and rucking, restarting play, scrums, role of referee.</p> <p>HANDBALL Ball handling skills, grip, passing and shooting techniques, familiarisation of rules, attacking plays, moving with the ball, beating players, screening, outwitting opponents in a game situation</p> <p>HOCKEY Dribbling, passing & receiving, attacking principles,</p>	<p>BASKETBALL Passing, receiving, dribbling, shooting , developing shooting with dominant and non dominant hand-the lay up, defensive strategies-man to man and zonal, strategies for attack/ 3 man weave, tactical awareness, competitive game play</p> <p>HOCKEY Dribbling, passing, receiving with control, attacking strategies, defensive strategies, advanced development of rule</p>	<p>NETBALL Recap fundamentals, passing and receiving with control, complex attacking and defending principles including 3rd stage defending, refining game strategies and tactics in competitive games</p> <p>FOOTBALL Use of width, attacking as a formations and roles unit/team, defending and defensive roles, within a team, set plays-corners, free kicks, and strategies, the role of the referee</p>

		outwitting opponents, positions, refining game strategies, outwitting opponents in a game situation.	knowledge, positioning and team structure, outwitting an opponent in game play	
Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication	In depth analysis of knowledge, techniques & rules, teamwork, communication	In depth analysis of knowledge, techniques & rules, teamwork, communication	Knowledge and understanding of umpiring/refereeing skills, analysis of techniques, advanced tactical awareness
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	TABLE TENNIS Coaching/Officiating Extra-curricular sports club Local external sports clubs	RUGBY/HANDBALL/HOCKEY Coaching/Officiating Local external sports clubs; Torquay RFC & Paignton RFC Coaching/Officiating HOCKEY Torbay Hockey Club Coaching/ Officiating	BASKETBALL Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Lv1, officiating and leadership within lessons and club. HOCKEY Torbay Hockey club, opportunities for leadership, coaching and officiating development at club and in lessons	NETBALL Teignbridge Titans Netball club, Dart Netball Club, Officiating at STCM Netball club and opportunities to undertake EN recognised officiating awards FOOTBALL Torquay United FC, opportunities for leadership, coaching and officiating at after school club and during lessons.

Autumn Term 2

Year 11 Autumn Term 2				
	Boys		Girls	
Topic/Unit	Badminton or Basketball	Rugby, Handball or Hockey	Fitness	Lacrosse or Handball

<p>Knowledge (Content covered)</p>	<p>BADMINTON Ready position & court movement, short and long serving, forehand /backhand drive, overhead clear, net shots, drop shot & game play</p> <p>BASKETBALL Passing, receiving, dribbling, shooting, developing shooting with dominant and non dominant hand-the lay up, defensive strategies-man to man and zonal, strategies for attack/ 3 man weave, tactical awareness, competitive game play</p>	<p>RUGBY Passing using width, outwitting opponents, recap tackling and rucking, restarting play, scrums, role of referee.</p> <p>HANDBALL Ball handling skills, grip, passing and shooting techniques, familiarisation of rules, attacking plays, moving with the ball, beating players, screening, outwitting opponents in a game situation</p> <p>HOCKEY Dribbling, passing & receiving, attacking principles, outwitting opponents, positions, refining game strategies, outwitting opponents in a game situation.</p>	<p>FITNESS A variety of different fitness styles including boxercise, crossfit training, circuit training with other fitness components such as squats, planks, lunges, fitness training in the school fitness suite and learning to use resistance machines.</p> <p>BOXERCISE - Recap stance and techniques - jab cross, uppercut, hooks, downwards punches, develop cardiovascular fitness and muscular endurance through circuit style workouts.</p>	<p>LACROSSE Throwing, catching, ground ball pick ups,moving with the ball-cradling, defensive strategies, attacking strategies-face, roll and split dodge, creating and using space, outwitting opponents in a competitive situation.</p> <p>HANDBALL Ball handling skills, grip, passing and shooting techniques, familiarisation of rules, attacking plays, moving with the ball, beating players, screening, outwitting opponents in a game situation</p>
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Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication	In depth analysis of knowledge, techniques & rules, teamwork, communication	Knowledge and understanding of umpiring/refereeing skills, analysis of techniques, advanced tactical awareness	In depth analysis of knowledge, techniques & rules, teamwork, communication
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	BASKETBALL Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Lv1, officiating and leadership within lessons and club. BADMINTON Local Badminton Clubs. Leadership opportunities	RUGBY/HANDBALL/HOCKEY Coaching/Officiating Local external sports clubs; Torquay RFC & Paignton RFC Coaching/Officiating HOCKEY Torbay Hockey Club	FITNESS/BOXERCISE School gym and local fitness clubs available for fitness training. Potential career opportunities as Fitness Instructor, Personal Trainer.	LACROSSE Opportunities for leadership, coaching and officiating during lessons. HANDBALL Opportunities for leadership, coaching and officiating during lessons

Year 11 Spring Term 1

	BOYS PE		GIRLS PE	
Topic/Unit	Fitness	Football	Trampolining or Badminton	Volleyball or Dodgeball

Knowledge (Content covered)	FITNESS A variety of different fitness styles including crossfit training, completing circuit training with other fitness components such as squats, planks, lunges, fitness training in the school fitness suite and learning to use resistance machines and free weights	FOOTBALL Refining more advanced skills. The use of width, attacking as a unit/team, defending and defensive roles, formations & team tactics, set plays including corners and free kicks, the role of a referee	TRAMPOLINING Refine trampolining techniques - jumps, twists, seat landings. Front & Back Landings & combination development Forward & Backward Rotation Routine development BADMINTON Ready position & court movement, short and long serving, forehand /backhand drive, overhead clear, net shots, drop shot & game play	VOLLEYBALL In this unit pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition - dig, volley, serve, set, block. Pupils will develop the use of attacking and defensive tactics. DODGEBALL Passing, Catching, Attacking & Defensive skills, Outwitting opponent, Competitive Game Play
Skills	Develop knowledge of a range of different types of training to improve health and fitness.	In depth analysis of knowledge, techniques & rules, teamwork, communication	Knowledge and understanding of techniques and/or tactics, rules and regulations, communication skills	In depth analysis of knowledge, techniques & rules, teamwork, communication
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	FITNESS Torbay Athletics Club, Local Gyms, Fitness Training	FOOTBALL Local Football Clubs, Devon FA & Torbay Schools STCM Afterschool Football Club Leadership, Coaching, Officiating	TRAMPOLINING Local Trampolining/ Gym Clubs Leadership, Coaching/ Officiating BADMINTON Local Badminton Clubs. Leadership opportunities	Officiating, coaching, leadership Opportunities in lessons

Year 11 Spring Term 2

	BOYS PE		GIRLS PE	
Topic/Unit	Dodgeball or Volleyball	Netball or Lacrosse	Unihoc or Table Tennis	Football/Hockey/ Rugby/ Lacrosse
Knowledge (Content covered)	<p>DODGEBALL Passing, Catching, Attacking & Defensive skills, Outwitting opponent, Competitive Game Play</p> <p>VOLLEYBALL In this unit pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition - dig, volley, serve, set, block. Pupils will develop the use of attacking and defensive tactics.</p>	<p>NETBALL Recap passing skills and fundamental rules, timing of pass and support play, marking and defending, attacking play, outwitting opponents in gameplay</p> <p>LACROSSE Throwing, catching, ground ball pick ups, moving with the ball-cradling, defensive strategies, attacking strategies- face, roll and split dodge, creating and using space, outwitting opponents in a competitive situation.</p>	<p>UNILOC Dribbling, Passing & Receiving with control, Outwitting Opponents, Attacking & Defensive Team Strategies</p> <p>TABLE TENNIS Introduction of the Grip, Backhand push, Forehand push, Service laws & Doubles play</p>	<p>FOOTBALL Recap fundamental skills and rules, spatial awareness and court linkage, advanced attacking principles, 1st and 2nd stage defending, tactics and leadership development, outwitting opponents in game play</p> <p>HOCKEY Dribbling, Passing & Receiving with control, Outwitting Opponents, Formations & Positions, Attacking & Defensive Team Strategies</p> <p>RUGBY Passing, Receiving, Attacking and Defensive Strategies, Outwitting Opponents, Tactical Play</p> <p>RUGBY Ball familiarisation, intro passing & receiving /2v1, passing use of width, attacking/outwitting opponents, game play</p>

Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication	Further development of techniques and tactical awareness rules, team cohesion.	Development of techniques, tactical awareness, rules, teamwork and communication	In depth analysis of knowledge, techniques & rules, teamwork, communication LACROSSE Throwing, catching, ground ball pick ups, moving with the ball-cradling, defensive strategies, attacking strategies-face, roll and split dodge, creating and using space, outwitting opponents in a competitive situation.
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	DODGEBALL Leadership, Coaching & Officiating	NETBALL/LACROSSE Coaching & Officiating Local sports clubs; Teignbridge Titans Netball club, Dart Netball Club, Officiating at STCM Netball club	UNIHOCC/TABLE TENNIS Coaching & Officiating Local Sports Clubs; Table Tennis & Hockey Clubs, Leadership opportunities in lessons	FOOTBALL/HOCKEY/RUGBY/LACROSSE Leadership, Officiating & Coaching opportunities in lessons After school sports clubs & local external sports clubs.

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Year 11 Summer Term 1

	BOYS PE		GIRLS PE	
Topic/Unit	Cricket	Athletics	Rounders	Cricket
Knowledge (Content covered)	Fielding, Slip Catching, Development of Bowling, Straight drive & Pull Shot batting technique, Competitive Game Play, Role of Umpires	Refine knowledge of Short and Middle Distance running techniques, Jumping and Throwing.	Focus on refining more advanced core batting, bowling and fielding skills and applying them more tactically in competitive game situations	Basic principles of play. Skills in batting, bowling and fielding will be developed through games/conditional situations
Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication	Refine specific skills & techniques of running styles, pacing , throwing and jumping in athletics.	Application of more complex batting, bowling and fielding techniques. Increased knowledge and understanding of tactical awareness in competitive game situations and the ability to adapt and refine skills and techniques. Knowledge and understanding of more advanced rules,	Develop the ability to play cricket. Apply consistency & accurate timing in the use of techniques for batting, bowling and fielding.

			regulations and positional play	
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Leadership, Coaching, Officiating Local cricket clubs	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.	STCM Afterschool Rounders Club, local Rounders Leagues, Leadership opportunities in lessons and clubs.	Leadership, Coaching, Officiating Local cricket clubs

BTEC TECH AWARD IN SPORT Year 11 Autumn Term

<i>Topic/unit</i>	Component 2: Taking Part and Improving Other Participants Sporting Performance
Knowledge (Content covered)	<p>Learning outcome C: Demonstrate ways to improve participants sporting techniques</p> <p>C1 Planning drills and conditioned practices to develop participants' sporting skills</p> <p>Learners will know how to work with sports participants to help to improve their sporting skills. They will be able to provide demonstrations of techniques used for different sports skills and provide teaching points to help to develop participants technique to perform the sports skill. They will know how to select and plan for different drills and conditioned practices to develop specific sports skills. Learners will also be able to set up each of the drills and support participants as they take part in the drills and conditioned practices to improve their sporting skills.</p> <p>C2 Drills to improve sporting performance</p> <p>Learners will understand how different drills and adapted games can improve sporting techniques and performance. They will also understand how to use each type of drill and adapted game to develop sporting technique for different types of participant. Learners will also know how to set up each of the drills and be able identify what pieces of</p>

	equipment are needed for each drill.
skills	videoing skills in select sports, researching the rules and regulations of sports, planning drills to improve performance.
Assessment	<p>Pearson sets the assignments for the assessment of this component 2. The assignment for this component consists of four tasks.</p> <p>The assignment will take approximately 10 supervised hours to complete. The assignments will be marked by centres and moderated by Pearson. Assignments for this component will be made available in September through the secure area of the website. Learners must use the Pearson-set Assignment to provide the required evidence to achieve this component.</p>
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Personal trainer, Sports coach, PE teacher, Forces recruit, Gym Instructor, Athlete, Nurse, Doctor, Nutritionist, Dietician.

BTEC TECH AWARD IN SPORT Year 11 Spring Term

Topic/Unit	Component 3:Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity
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Knowledge
(Content
covered)

Learning Outcome A Explore the importance of fitness for sports performance

A1 The importance of fitness for successful participation in sport

Learners will understand how each of the components of physical and skill-related fitness are required to perform well in selected sports and how these are used when playing in different positions in team sports.

A2 Fitness training principles

Learners need to be able to understand the principles of training and how they can be applied to training programmes.

A3 Exercise intensity and how it can be determined

Learners will understand exercise intensity and how it can be measured or worked out. They will also understand the target zones and the related technical vocabulary.

Learning Outcome B Investigate fitness testing to determine fitness levels

Learners will understand why fitness testing is carried out and know how to set up and administer the protocol of each fitness test. Learners will also need to be able to use data from fitness tests and compare these to normative data tables to interpret the fitness test results.

B1 Importance of fitness testing and requirements for administration of each fitness test

Learners will be able to understand the purpose of fitness testing, know how to administer and select fitness tests for different types of sports and participants and interpret the fitness test results.

B2 Fitness test methods for components of physical fitness

Learners should know which fitness tests are appropriate to test for each component of physical fitness. Learners should also understand the practicality and validity of these tests for each component of physical fitness and specific to different sports and their participants. Learners should also understand how to produce reliable fitness test results.

B3 Fitness test methods for components of skill-related fitness

Learners should know which fitness tests are appropriate to test for each component of skill-related fitness. Learners should also understand the practicality and validity of these tests for each component of skill-related fitness and specific to different sports and their participants. Learners should also understand how to produce reliable fitness test results.

B4 Interpretation of fitness test results

Learners should be able to use normative data tables to interpret fitness test results. They should also be able to interpret the data to recommend improvements to the performer from the results.

Learning Outcome C Investigate different fitness training methods

Learners should know about different types of training method to develop different components of fitness.

C1 Requirements for each of the following fitness training methods

Learners should know how to carry out fitness training safely and effectively as part of a training programme.

C2 Fitness training methods for physical components of fitness

Learners should be able to suggest and justify appropriate physical fitness training methods that could be used for specific sports participants for different ages and different sporting abilities.

C3 Fitness training methods for skill-related components of fitness

Learners should be able to suggest and justify appropriate skill-related fitness training methods that could be used for specific sports participants that are different ages and different sporting abilities.

C4 Additional requirements for each of the fitness training methods

Advantages and disadvantages – to include number of people that can take part, cost of equipment,

	<p>ease of set up, access to venue/location of training, risk of injury to the performer if performed incorrectly, effectiveness of training for given sports performer, specificity to component of fitness, replicating demands of the sport.</p> <p>C5 Provision for taking part in fitness training methods</p> <p>Learners should know about the providers of fitness training and how their provision varies in relation to types of equipment available, cost, other support available and access.</p> <p>C6 The effects of long-term fitness training on the body systems</p> <p>Learners should know how training methods affect the different body systems, which can lead to adaptations to improve specific components of fitness.</p>
Skills	Explore the different fitness components and the associated fitness tests which will be taught and tried out in a practical setting, learners will also be taught how to interpret their results and those of others using normative data tables.
Assessment	Learners will be given mini assessment tasks and exam style questions at the end of each Learning Outcome to monitor understanding and progress.

<p>Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4</p>	<p>Personal trainer, Sports coach, PE teacher, Soldier, Gym instructor, Athlete, Dietician, Nutritionist, Physiotherapist.</p>
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BTEC TECH AWARD IN SPORT Year 11 Summer Term

Topic/Unit	Component 3:Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity
<p>Knowledge (Content covered)</p>	<p>Learning Outcome D Investigate fitness programming to improve fitness and sports performance</p> <p>D1 Personal information to aid training fitness programme design</p> <ul style="list-style-type: none"> ● Aims – details of what they would like to achieve for the selected sport. ● Objectives – how they intend to meet their aims using an appropriate component of fitness and method of training. <p>D2 Fitness programme design</p> <ul style="list-style-type: none"> ● Use personal information to aid training programme design. ● Selection of appropriate training method/activity for improving/maintaining the selected components of physical and/or skill-related fitness. ● Application of the FITT principles and additional principles of training.

	<p>D3 Motivational techniques for fitness programming</p> <p>Definition of motivation – the internal mechanisms and external stimuli that arouse and direct behaviour.</p> <ul style="list-style-type: none"> • Types of motivation: • Principles of setting goals to increase and direct motivation. • Personal goals – specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER)
Skills	
Assessment	<p>Learners will be given mini assessment tasks and exam style questions at the end of each Learning Outcome to monitor understanding and progress.</p> <p>Prior to the exam students will practice questions and mock exams in preparation for the summer exam series.</p>
<p>Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4</p>	<p>Personal trainer, Sports coach, PE teacher, Soldier, Gym instructor, Athlete, Dietician, Nutritionist, Physiotherapist.</p>