

St Cuthbert Mayne School Curriculum Map



Department: Physical Education

Year 7

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 3

All pupils have four 55 minute lessons per fortnight of PE throughout Key Stage 3. Student progress is monitored regularly through half termly data checks and department meetings. Students are taught in mixed ability groups for Year 7. Students are organised into single sex groups

and are taught by a qualified teacher. The curriculum is taught in six 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 12 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 7 Autumn Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Rugby	Outdoor Education	Hockey	Outdoor Education
Knowledge (Content covered)	Ball familiarisation, intro passing & receiving /2v1, passing use of width, tackling technique, attacking/outwitting opponents, game play	Teamwork, organisation communication, leadership, navigation, tactics and strategy	Grip/Stance, Ball Familiarisation & Control, Passing, Shooting, Creating Space, Attacking & Defending Principles & Game Play	Teamwork, organisation communication, leadership, navigation, tactics and strategy
Skills	Knowledge of techniques & rules, teamwork, communication	Map reading (basic), rules.	Knowledge and understanding of techniques and tactics, rules and regulations, communication skills	Map reading (basic), rules.
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	Torquay RFC & Paignton RFC Coaching/Officiating	Local orienteering locations, outdoor education centres (Heatree, Spirit of Adventure).	Torbay Hockey Club Coaching/Officiating	Local orienteering locations, outdoor education centres (Heatree, Spirit of Adventure).

Autumn Term 2

Year 7 Autumn Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Hockey	Basketball	Netball	Gymnastics
Knowledge (Content covered)	Grip/Stance, Ball Familiarisation & Control, Passing, Shooting, Creating Space, Attacking & Defending Principles & Game Play	Ball familiarisation, basic principles of attack and defence. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Passing, throwing, footwork , shooting, dodging, creating space, attacking principles, defending principles, game play	Introducing the theme of balance, linking balances with locomotion, matching and balancing, matching and jumping, sequence construction and development, performance and evaluation.
Skills	Knowledge of techniques & rules, teamwork, communication	Knowledge of techniques & rules, teamwork, communication	Knowledge and understanding of techniques and tactics, rules and regulations, communication skills	Knowledge and understanding of movement pathways, timing and how they compliment each other when creating routines. Ability to provide feedback to improve performance.
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)	Torquay RFC & Paignton RFC Coaching/Officiating	Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Level1. STCM Basketball	Teignbridge Titans Netball club, Dart Netball Club, Officiating at STCM Netball club	Torbay Olympic Gymnastics Club, South Devon Gymnastics Club, Bay Bouncers, leadership opportunities in lessons

Spring Term 1

Year 7 Spring Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Football	Dance	Tag Rugby	Badminton
Knowledge (Content covered)	Ball Control/Dribbling, Passing, Receiving, Attacking, Defending & Game Play	Introducing and developing the theme and style of movement based on Parkour	Ball familiarisation, passing, creating space, attacking principles, defending principles, game play	Grip, ready position, serving, forehand /backhand drive, clear, drop shot & game play
Skills	Knowledge of techniques & rules, teamwork, communication	Knowledge and understanding of the parkour movement patterns, timing and choreography. Ability to provide feedback to improve performance.	Knowledge and understanding of techniques and tactics, rules and regulations, communication skills	Knowledge and understanding of techniques and tactics, rules and regulations, communication skills
Assessment	Baseline Assessment, 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	Baseline Assessment, 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
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Local Football Clubs STCM Afterschool Football Club Leadership, Coaching, Officiating	Local Dance Clubs,, Performing Arts Club, Leadership opportunities in lessons and club.	Local Rugby Clubs eg Torquay, Paignton & Brixham RFC Leadership, Coaching, Officiating	Local Badminton Clubs. Leadership opportunities in lessons and clubs.

Spring Term 2

Year 7 Spring Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Handball	Badminton	Football	Dance
Knowledge (Content covered)	Ball Control, Passing, Receiving, Attacking, Defending & Game Play	Grip, serving, positioning, overhead/ underarm clear, drop shot, outwitting opponents & competitive game situations	Ball Control/Dribbling, Passing, Receiving, Attacking, Defending & Game Play	Introducing and developing the theme and style of movement based on Rock 'n' Roll
Skills	Knowledge of techniques & rules, teamwork, communication	knowledge of basic principles, core skills, rules and basic strategies and tactics.	Knowledge and understanding of techniques and tactics, rules and regulations, communication skills	Knowledge and understanding of the rock 'n' Roll movement patterns, timing and choreography. Ability to provide feedback to improve performance.
Assessment	Baseline Assessment, 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.	Baseline Assessment, 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
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Leadership, Coaching and officiating opportunities	Leadership, Coaching and officiating opportunities	Local Football Clubs STCM Afterschool Football Club Leadership, Coaching, Officiating	Local Dance Clubs, Performing Arts Club, Leadership opportunities in lessons and club.

Summer Term 1

Year 7 Summer Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Cricket	Athletics	Rounders	Athletics
Knowledge (Content covered)	Ball Familiarisation, Catching, Fielding, Bowling, Batting & Game Play	Introduction into Short & Middle Distance running, Jumping and Throwing.	Introduction to the core skills in batting, bowling and fielding.	Introduction into Short & Middle Distance running, Jumping and Throwing
Skills	Knowledge and understanding of the skills, techniques involved in batting and fielding	Knowledge of running styles and pacing and techniques required for throwing and jumping in athletics.	Knowledge and understanding of basic batting, fielding, and bowling techniques, in addition to developing their knowledge of the basic rules.	Knowledge of running styles and pacing and specific techniques required for throwing and jumping in athletics
Assessment	Baseline Assessment, 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	Baseline Assessment, 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.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Local Cricket Clubs, Leadership opportunities in lessons	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.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.

Summer Term 2

Year 7 Summer Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Rounders	Athletics	Rounders	Athletics
Knowledge (Content covered)	Ball Familiarisation, Catching, Fielding, Bowling, Batting & Game Play.	Introduction into Short & Middle Distance running, Jumping and Throwing.	Ball Familiarisation, Catching, Fielding, Bowling, Batting & Game Play.	Introduction into Short & Middle Distance running, Jumping and Throwing.
Skills	Knowledge and understanding of the basic skills, techniques and rules involved in batting, bowling and fielding. Develop communication skills and tactical awareness.	Knowledge of running styles and pacing and specific techniques required for throwing and jumping in athletics.	Knowledge and understanding of the basic skills, techniques and rules involved in batting, bowling and fielding. Develop communication skills and tactical awareness.	Knowledge of running styles and pacing and specific techniques required for throwing and jumping in athletics.
Assessment	Baseline Assessment, 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.	Baseline Assessment, 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
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	STCM Afterschool Rounders Club, local Rounders Leagues, Leadership opportunities in lessons and 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.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.