

St Cuthbert Mayne School Curriculum Map



Department: Physical Education

Year 9

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 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 9 Autumn Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Rugby	Table Tennis	Basketball	Netball/Football/Hockey
Knowledge (Content covered)	Passing & use of space, outwitting opponents 3v2 5v3, tackling and rucking, restarting play, scrum development, competitive games	Grip and game familiarisation, serve, forehand topspin/slice, backhand topspin/slice, doubles tactics, outwitting opponents in competitive games	Ball familiarisation, passing and receiving, dribbling, pivoting, triple threat, shooting-set shot, lay up, jump shot, attacking and outwitting an opponent, defensive stance and techniques, competitive game play.	NETBALL/HOCKEY/ FOOTBALL (Choose 1) - Recap fundamental skills and rules including passing, receiving and shooting, use of space and spatial awareness, advanced attacking and defending principles, outwitting opponents in games play, advanced tactics and positional play/formations, leadership development.
Skills	Knowledge of more advanced techniques &	Development of knowledge, techniques &	Knowledge of specific techniques & rules,	Further development of more advanced

	rules, teamwork, communication	rules, teamwork, communication skills	teamwork, communication, officiating and leadership	techniques, tactical awareness, communication skills, officiating and leadership
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	Coaching/ Officiating, Local Table Tennis Clubs	Torbay Tigers Basketball, Newton Abbot Pacers. Coaching/Officiating/Leadership opportunities in lessons and at STCM Basketball Club.	NETBALL - Teignbridge Titans Netball club, Dart Netball Club Officiating, coaching, leadership opportunities at Netball club and in lessons HOCKEY - Torbay Hockey club FOOTBALL - Local football clubs including TUFC, Newton Fire and Paignton Villa Officiating, coaching and leadership opportunities at Netball/Hockey club and in lessons.

Autumn Term 2

Year 9 Autumn Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Hockey	Basketball	Netball/Football/Hockey	Fitness/Boxercise
Knowledge (Content covered)	Ball Control, Indian dribble, Passing,	Pupils will focus on developing, implementing	NETBALL/HOCKEY/FOOTBALL	Basic Boxercise techniques, stance, upper

	Receiving, Shooting & Game Play	and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations.	(Choose 1- must be different to Autumn 1) Recap fundamental skills and rules including passing, receiving and shooting, use of space and spatial awareness, advanced attacking and defending principles, outwitting opponents in games play, advanced tactics and positional play/formations, leadership development.	cuts, hooks, jab cross/overheads, downwards punch, completing circuits with other fitness components such as squats, planks, lunges, introduction of yoga positions, breathing control.
Skills	Development of knowledge of techniques & rules, teamwork, communication	Knowledge of specific techniques & rules, teamwork, communication, officiating and leadership	Knowledge of specific techniques & rules, teamwork, communication, officiating and leadership skills.	Knowledge and understanding of correct boxercise techniques, ability to control breathing in yoga and perform various positions.
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	Torbay Hockey Club. STCM Afterschool Hockey Club Coaching/Officiating/Leadership in lessons/clubs	Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Level 1, officiating and leadership within lessons and club.	NETBALL - Teignbridge Titans Netball club, Dart Netball Club Officiating, coaching, leadership opportunities at Netball club and in lessons HOCKEY - Torbay Hockey club FOOTBALL - Local football clubs including TUFC, Newton Fire, Paignton Villa	School gym available for fitness training. Potential careers opportunities as Fitness Instructor, Personal Trainer

			Officiating, coaching and leadership opportunities at Netball/Hockey club and in lessons.	
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Spring Term 1

Year 9 Spring Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Football	Gymnastics Vaulting	Trampolining	Volleyball
Knowledge (Content covered)	Ball Control & Turning, Passing, Heading, Shooting, Attacking play/Beating an opponent, Defensive Tactics, Set Plays, Competitive Games	A variety of different fitness styles. For example 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.	Recap trampolining fundamentals - safety, jumps, twists, landings. Front & Back Landings & combination development Forward & Backward Rotation Routine development	Introduction to Volleyball and set technique Introduce Dig Technique, Underarm serve, Spike/Block, Attacking/Defensive Principles, competitive Game Play
Skills	Students to think about how to apply more advanced rules, skills, strategies and tactics to outwit the opposition	Develop knowledge and understanding of lots of different types of training to improve health and fitness.	Development of more advanced techniques, importance of creativity, control, fluency and aesthetics	Development of techniques, tactical awareness, rules, teamwork and communication
Assessment	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.	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	Torbay Athletics Club, Local Gyms, Leadership opportunities in lessons.	Local Trampolining/ Gymnastics Clubs Leadership, Coaching/Officiating	Leadership, Coaching/Officiating
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Spring Term 2

Year 9 Spring Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Fitness	Badminton	Handball	Gymnastics Vaulting
Knowledge (Content covered)	A variety of different fitness styles. For example 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.	Movement on the badminton court, overhead clear, smash & jump smash, disguising shots, doubles & singles game play and outwitting opponents.	Passing, receiving, shooting, rebounding, dribbling, gaining possession, defensive strategies	Introduction to the use of springboards and trampette technique, squat onto boxes of varying heights, students will be able to dismount from the vault in varying ways, using jumps and rolls.
Skills	Develop knowledge and understanding of lots of different types of training to improve health and fitness.	Showing advanced techniques, refining strategic play to outwit opponents, develop confidence to place the shuttle to land in a target area so the opponent cannot return it and being able to officiate independently.	Focus on developing team attacking and defending strategies and techniques. Pupils will select and apply skills and tactics with the intention of outwitting their opponents	Students will develop skills to be able to vault over the boxes using a squat on, side vault, through vault or straddle vault. The handstand flat back technique will be taught to all students, some will be able to take this further and perform a handspring or headspring with or without

				support.
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	Torbay Athletics Club, Local Gyms, Leadership opportunities in lessons.	Leadership, Coaching and officiating Opportunities	Leadership, Coaching/Officiating	Torbay Olympic Gymnastics Club, South Devon Gymnastics Club, Bay Bouncers, leadership opportunities in lessons

Summer Term 1

Year 9 Summer Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Cricket	Athletics	Rounders	Athletics
Knowledge (Content covered)	Basic principles of play when selecting and applying tactics. Advanced skills in batting, bowling and fielding will be developed through games/conditional situations	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.	Development of more advanced skills and consistency in batting, bowling and fielding. Extend knowledge of rules and strategies in game play.	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.
Skills	Develop the ability to outwit opponents using strategies and tactics. Apply consistency & accurate timing in the use of techniques for batting, bowling and fielding	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.	Execution of more advanced skills for batting, bowling and fielding. Development of tactical play, outwitting opponents as a batter and fielder and officiating skills through game play.	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.

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.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.

Summer Term 2

Year 9 Summer Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Rounders	Athletics	Cricket	Athletics
Knowledge (Content covered)	Development of more advanced skills and consistency in batting, bowling and fielding. Extend knowledge of rules and strategies in game play.	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.	Focus on application of batting, bowling and fielding skills within competitive games.	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.
Skills	Execution of more advanced skills for batting, bowling and fielding. Development of tactical play, outwitting opponents as a batter and fielder and officiating skills through game play.	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.	Pupils will learn to use basic principles of play when selecting/applying tactics to produce a successful outcome. Pupils will further develop the skills necessary to outwit opponents. Batting,	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.

			bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.	
Assessment	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	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	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.	Torquay, Barton & Paignton Cricket Clubs. Leadership, Afterschool Cricket Club. Officiating, coaching & leadership opportunities in lessons and clubs.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.