

Revised Curriculum map: PE 2020/2021



TERM	YEAR 7	YEAR 8	YEAR 9
AUTUMN 1	<p>BASELINE TESTING</p> <ul style="list-style-type: none"> ▪ 30m sprint ▪ 12 min Cooper run ▪ Illinois agility test ▪ Press up/sit up test ▪ Sit and reach test ▪ Standing broad jump/speed bounce ▪ Stork stand test ▪ Ball skills including targets <p>BADMINTON</p> <ul style="list-style-type: none"> ▪ Grip and short serve ▪ Long serve ▪ Overhead clear ▪ Underarm clear ▪ Drop shot ▪ Net shot ▪ Singles/doubles game play ▪ Games assessment 	<p>BASELINE TESTING</p> <ul style="list-style-type: none"> ▪ 30m sprint ▪ 12 min Cooper run ▪ Illinois agility test ▪ Press up/sit up test ▪ Sit and reach test ▪ Standing broad jump/speed bounce ▪ Stork stand test ▪ Ball skills including targets <p>ADAPTED STRIKING & FIELDING GAMES</p> <ul style="list-style-type: none"> ▪ Ball familiarisation/catching ▪ Fielding ▪ Bowling ▪ Batting ▪ Basic strategies ▪ Games assessment 	<p>BASELINE TESTING</p> <ul style="list-style-type: none"> ▪ 30m sprint ▪ 12 min Cooper run ▪ Illinois agility test ▪ Press up/sit up test ▪ Sit and reach test ▪ Standing broad jump/speed bounce ▪ Stork stand test ▪ Ball skills including targets <p>ADAPTED STRIKING & FIELDING GAMES</p> <ul style="list-style-type: none"> ▪ Ball familiarisation/catching ▪ Fielding ▪ Bowling ▪ Batting ▪ Basic strategies ▪ Games assessment

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TERM	YEAR 7	YEAR 8	YEAR 9
AUTUMN 2	<p>FITNESS</p> <ul style="list-style-type: none"> ▪ Methods of interval/continuous training ▪ Methods of Fartlek training ▪ Fitness circuit ▪ Fitness circuit ▪ Sports specific circuit ▪ Assessment <p>THEORY TERM 1:</p> <ul style="list-style-type: none"> ▪ HW1 ▪ Retrieval Quiz ▪ Assessment 1 – online Google classroom 	<p>BADMINTON</p> <ul style="list-style-type: none"> ▪ Grip and short serve ▪ Long serve ▪ Overhead clear ▪ Underarm clear ▪ Drop shot ▪ Net shot ▪ Singles/doubles game play ▪ Games assessment <p>THEORY TERM 1:</p> <ul style="list-style-type: none"> ▪ HW1 ▪ Retrieval Quiz ▪ Assessment 1 – online Google classroom 	<p>FITNESS</p> <ul style="list-style-type: none"> ▪ Methods of interval/continuous training ▪ Methods of Fartlek training ▪ Fitness circuit ▪ Fitness circuit ▪ Sports specific circuit ▪ Assessment <p>THEORY TERM 1:</p> <ul style="list-style-type: none"> ▪ HW1 ▪ Retrieval Quiz ▪ Assessment 1 – online Google classroom
SPRING 1	<p>NETBALL</p> <ul style="list-style-type: none"> ▪ Different types of passing ▪ Footwork ▪ Marking ▪ Dodging ▪ Shooting ▪ Adapted games (High 5s) ▪ Games assessment 	<p>NETBALL</p> <ul style="list-style-type: none"> ▪ Different types of passing & recap rules ▪ Footwork and advanced footwork ▪ Marking ▪ Dodging ▪ Shooting ▪ Adapted games (High 5s)/strategies ▪ Games assessment 	<p>NETBALL</p> <ul style="list-style-type: none"> ▪ Different types of passing & recap rules ▪ Footwork and advanced footwork ▪ Marking ▪ Dodging ▪ Shooting ▪ Adapted games (High 5s)/strategies ▪ Games assessment

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TERM	YEAR 7	YEAR 8	YEAR 9
SPRING 2	<p>TENNIS</p> <ul style="list-style-type: none"> ▪ Racket and ball familiarisation ▪ Forehand ▪ Backhand ▪ Outwitting opponents ▪ Basic serves ▪ Singles/doubles ▪ Games assessment <p>THEORY TERM 2:</p> <ul style="list-style-type: none"> ▪ HW2 ▪ Retrieval Quiz ▪ Assessment 2 	<p>VOLLEYBALL</p> <ul style="list-style-type: none"> ▪ Dig ▪ Set ▪ Serve ▪ Smash and block ▪ Tactics/outwitting opponents ▪ Games assessment <p>THEORY TERM 2:</p> <ul style="list-style-type: none"> ▪ HW2 ▪ Retrieval Quiz ▪ Assessment 2 	<p>BADMINTON</p> <ul style="list-style-type: none"> ▪ Grip and short serve ▪ Long serve ▪ Overhead clear ▪ Underarm clear ▪ Drop shot ▪ Net shot ▪ Singles/doubles game play ▪ Games assessment <p>THEORY TERM 2:</p> <ul style="list-style-type: none"> ▪ HW2 ▪ Retrieval Quiz ▪ Assessment 2
TERM	YEAR 7	YEAR 8	YEAR 9
SUMMER 1	<p>INVASION GAMES</p> <ul style="list-style-type: none"> ▪ Principles of attack ▪ Principles of defence ▪ Outwitting an opponent ▪ Creating space ▪ Tactics ▪ Performance analysis 	<p>INVASION GAMES</p> <ul style="list-style-type: none"> ▪ Principles of attack ▪ Principles of defence ▪ Outwitting an opponent ▪ Creating space ▪ Tactics ▪ Performance analysis 	<p>INVASION GAMES</p> <ul style="list-style-type: none"> ▪ Principles of attack ▪ Principles of defence ▪ Outwitting an opponent ▪ Creating space ▪ Tactics ▪ Performance analysis
SUMMER 2	<p>INVASION GAMES</p> <ul style="list-style-type: none"> ▪ Principles of attack ▪ Principles of defence ▪ Outwitting an opponent ▪ Creating space ▪ Tactics ▪ Performance analysis 	<p>INVASION GAMES</p> <ul style="list-style-type: none"> ▪ Principles of attack ▪ Principles of defence ▪ Outwitting an opponent ▪ Creating space ▪ Tactics ▪ Performance analysis 	<p>INVASION GAMES</p> <ul style="list-style-type: none"> ▪ Principles of attack ▪ Principles of defence ▪ Outwitting an opponent ▪ Creating space ▪ Tactics ▪ Performance analysis

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	THEORY TERM 3: <ul style="list-style-type: none">▪ End of year assessment 3	THEORY TERM 3: <ul style="list-style-type: none">▪ End of year assessment 3	THEORY TERM 3: <ul style="list-style-type: none">▪ End of year assessment 3
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*NB: The curriculum has been adapted in terms of activity and order due to Covid19 restrictions and guidelines. Some of the activities within the SOW will not be taught and the order of activities has been adapted to suit guidelines, lack of facilities, rotating equipment to avoid sharing of equipment between year group bubbles etc.

New rationale

Revised curriculum has a clear intent:

- To get kids active and high participation in physical activity after lockdown and isolation
- High intensity activity to allow maximum activity and health benefits
- Well-being for students is paramount
- Understanding of invasion games and this can transfer to any game activity done in the future