# PHYSICAL EDUCATION CURRICULUM MAP

Netball Handball Advanced skills, knowledge, tac tics and rules

Hockey Fitness testing Advanced ball control Speed and direction

change

Basketball Intermediate ball handling skills, knowledge. and tactics

FURTHER STUDY

 A Level PE
Sports at professional level
Level 2/3 fitness qualifications

### CAREER PATHS

• Fitness instructor • Physiotherapy • Sports coaching • Athlete • Sports therapy

### SKILLS

Teamwork • Leadership • Time management • Risk management • Decision making

## End of Year Assessment

INTEREST

A continued passion and love of learning about a variety of sports and fitness training.

#### **Health and** <u>Fitness</u> **Baseline tests HIIT training Football** Advanced skills, knowledge

rules

**Sports Day** Practice

Rounders Intermediate batti ng and bowling technique Tactics and Game planning

**Basketball** Advanced ball

handling skills, knowledge rules and tactics <u>Hockey</u>

Advanced ball control Tactics, rules and knowledge Fitness testing

#### November Exams / Mocks

End of Year

#### Hockey

Intermediate ball control Speed and direction change Fitness testing

Basketball

handling skills, knowledge, and tactics

## Assessment

Rounders Intermediate bat ting and bowling technique **Tactics** and Game planning

**Sports Day** 



**Health and Fitness** 

Baseline tests Explore the skeleton, muscle joints Football

Advanced skills, knowledge rules

#### Netball **Handball**

Advanced skills, knowledge rules and tactics

# Netball

Handball Intermediate skills, knowledge, and tactics

Intermediate ball

Practice

End of Year

Winter Assessment

# Assessment

**Health and Fitness** Baseline tests Benefits of sports **Football** 

Intermediate skills, knowledge rules



**Sports Day** practice

Rounders

Developed batting and bowling technique

**Basketball** 

Developed ball handling skills, knowledge and rules

Hockey

Developed ball control Speed and direction change Fitness testing

knowledge, and

rules

Winter Assessment

End of Year Assessment

#### Basketball

Basic ball handling skills, knowledge rules

#### **Bat and Ball Games**

Basic batting and bowling technique

**Sports Day** practice



**Health and Fitness** 

Baseline tests Circuits Football

Developed skills, knowledge rules

Netball Winter **Handball** Developed skills,

Assessment

Winter Assessment

#### Hockey

Basics of ball control Keeping possession **Fitness Testing** 

#### Netball Handball

Basic skills, knowledge rules

#### **Health and Fitness**

Purpose of warm up and cool down Baseline tests Circuits Football Basic skills, knowledge

