**Physical Education Curriculum Map 2023-2024**

**Subject Intent:** EXCITE – ENGAGE – ENABLE – EXCEL.

To develop students’ knowledge, skills and understanding in a variety of sports and physical activities. To enable and inspire them in becoming confident and competent performers with the motivation to engage in physical activity as part of a healthy and active lifestyle. Through carefully selected and sequenced activities, students will develop in physical competence to be able to perform increasingly complex and advanced skills. They will develop the knowledge and understanding of strategies and tactics as participants and as leaders so that they are able to perform independently and confidently, taking ownership of their involvement in activities. Moreover, through the EXCEL curriculum, students will recognise and value the difference that sport and physical activity can have on their lives now and in the future.

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| **R****Real World****E****Engaging & Enriching****S****Skills for Life****I****Inclusive****L****Leadership****I****Independence****E****Encourages Reflection****N****Next Steps****C****Challenge****E****Ethics & Empathy** | **KS2 National Curriculum** | **Unit** | **7** | **8** | **9** | **10** | **11** | **Next Steps** |
| Pupils should be taught to: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]- perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best. | 1 | **Functional Movement Skills -** *Baseline* | **Functional Movement Skills -** *Baseline* | **Components of Fitness** – *An introduction and baseline* | **Component 1**Preparing participants to take part in Sport and Physical ActivityLOC | **Component 2**Taking Part and Improving Other Participants Sporting PerformanceLOA/LOB/LOC | **KS5:*** **LEVEL 3 SPORT**
* **SPORTS MASSAGE L3**
* **FITNESS INSTRUCTING L2/L3**
* **SPORTS COACHING L3**
* **ALEVEL PE/ SCIENCES**
* **SPORTS APPRENTICESHIPS**

**Careers:** * **PE TEACHER**
* **PHYSIOTHERAPIST**
* **PERSONAL TRAINER**
* **GYM INSTRUCTOR**
* **SPORTS COACH**
* **REFEREE**
* **ELITE / PROFESSIONAL SPORTS PERFORMER**
* **SPORTS JOURNALISM/ COMMENTATOR**
* **LIFEGUARD**
* **LEISURE CENTRE MANAGER**
* **OUTDOOR PURSUITS MANAGER**
* **HEALTH PROFESSIONAL**
* **SPORTS THERAPIST/ MASSEUSE**
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| **Invasion games 1– Maintaining possession and creating scoring opportunities***Boys – Football**Girls - Netball* | **Invasion games 1 – Regaining possession, attacking and defending principles – positional play***Basketball**Football**Netball* | **Invasion games 1 – Understanding and applying strategy and tactics***Basketball**Football**Netball* |
| 2 | **Health and Fitness for life –** *fitness and the body systems – including orienteering* | **Health and Fitness for progress –** *methods of training* | **Health and Fitness for performance –** *components of fitness applied to physical exercise* | **Component 1**Preparing participants to take part in Sport and Physical ActivityLOA/ LOB |
| **Invasion games 2 – Maintaining possession and creating scoring opportunities***Boys – Basketball**Girls - Football* | **Invasion games 2 – Regaining possession, attacking and defending principles – positional play** *Basketball, Football,* *Netball* | **Invasion games 2 and Sports Leadership – applying rules and regulations** *Basketball**Netball**Football* |
| 3 | **Further Fundamentals 1–** *Badminton, Hockey and Gymnastics* | **Well Being Through Sport** - *nurturing positive mental health and well being in children and young people through physical activities* | **Net games and Sports Leadership – applying rules and regulations***Badminton**Volleyball**Table tennis* | **Component 1** PSA and Controlled Assessment window | **Component 3**Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity |
| 4 | **Functional Movement Skills -** *retest* | **Functional Movement Skills -** *retest* | **Components of Fitness** - retest |
| **Further Fundamentals 2 –** *Tag rugby, Hockey and Gymnastics* | **Net fundamentals –** *Badminton, Volleyball, Table tennis* | **Net games and Sports Leadership – applying rules and regulations***Badminton**Volleyball**Table tennis* |
| 5 | **Striking 1 –***Cricket and Rounders* | *Tennis, Cricket and Rounders* | *Tennis, Cricket and Rounders* | **Component 2**Taking Part and Improving Other Participants Sporting PerformanceLOA/ LOB |
| **Athletics 1 –***Introduction to skills* | **Athletics 1 –***Progressing skills* | **Athletics 1 –***Performing skills* |
| 6 | **Striking 2 –** *Cricket and Rounders variations* | *Tennis, Cricket and Rounders* | *Tennis, Cricket and Rounders* | **External Exam** |
| **Athletics 2 –** *Setting PBs* | **Athletics 2 –** *Beating PBs* | **Athletics 2 –** *Goal setting and**Beating PBs* |