

Physical Education Curriculum Map – Core PE

Intent

The Conisborough College Physical Education curriculum is designed to expose students to a wide range of sports and other physical activities. In KS3 PE, we offer a wide range of sporting activities: Invasion games, net and wall games, striking and fielding games and athletics, drawing upon the knowledge of external sport specialists where appropriate. Our curriculum champions technical proficiency within each sporting activity, development of tactical understanding and promotes our college values of Kindness, Determination, Respect and Excellence. It provides opportunities for students to adopt leadership roles within lessons and to learn the value of an active lifestyle. Our curriculum and approach to teaching PE is designed to develop a habit of physical activity and where appropriate, a love of sport and competition. It aims to convey the importance of being physically active and fit for life by providing positive experiences of PE and sport, to have a positive effect on the long-term health of all our students: those that already love sport and physical activity and wish to compete and those students that are still developing their interest.

In KS4, we offer AQA GCSE PE and OCR Cambridge Nationals courses, aiming to prepare our students for future sports studies and develop their understanding of anatomy and physiology, components of fitness, physical training and the key issues in sport in the modern world. These courses are also delivered to foster a passion for sport and the subject of PE, as well as enabling students to pursue a career in a sporting field.

Our extracurricular programme is extensive and aligned with our curriculum, aiming to provide as broad a spectrum of sporting opportunities and experiences as possible. We offer a range of clubs for invasion games, such as football, futsal, rugby, basketball, netball and handball. We also offer net and wall games clubs, such as Badminton, Volleyball and table tennis and in the summer, we offer athletics club and striking and fielding activities such as cricket and rounders. Students will have the opportunity to represent the school competitively at inter-school competitions and at regional and county level. We aim to produce high quality sportspeople that are proud to represent the college and aim to give them a platform to become the elite athletes of the future.

Implementation

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Students will develop fundamental skills in invasion games (football, basketball, handball), focusing on dribbling, passing, and shooting and attacking and defensive principles within adapted versions of full context games. Alongside this, they will build knowledge of Health-Related Fitness (HRF), exploring key fitness components through practical activities. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.	Students will continue to strengthen core invasion game skills in new contexts such as touch rugby and netball, developing fundamental skills of passing, tackling, defensive and attacking positioning and rules of the game. They will also learn basic techniques in Badminton and Volleyball, focusing on serving, rallying, and positioning as well as developing fundamental game understanding through adapted versions of full context games. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.	Students will develop their fitness, understanding and performance in Athletics. Students will develop fundamental throwing, running, and jumping skills within Athletics events. Students will lead safe and effective 3-part warmups: pulse raiser, dynamic stretches, and a sport-specific skill activity, to support their understanding of the importance of preparation prior to exercise. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.	All students will participate in Sports Day, applying the techniques learnt in their Athletics lessons in Summer 1 in competition. In curriculum lessons, Students will focus specifically on developing fitness, and an understanding of basic throwing, catching, striking and fielding skills within summer sports such as Cricket and Rounders. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.		

Year 8	Students will revisit invasion games with a greater emphasis on decision-making in football, basketball, and handball. Students will begin to apply HRF knowledge to improve personal fitness, linking training methods to performance and developing training plans to improve physical fitness. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.	Students will progress to applying skills in more complex invasion game scenarios such as touch rugby and netball, while improving tactical awareness and game understanding. In badminton and Volleyball, students will refine serving and returning skills, focusing on shot selection and positioning and begin to apply tactical principles within play.	Students will develop their fitness, understanding and performance in Athletics. Students will learn more specific skills of throwing, running, and jumping Athletics events as well as how to apply them in isolation and in full game/competition context.	All students will participate in Sports Day, applying the techniques and tactical approaches learnt in their Athletics lessons in Summer 1. In curriculum lessons, Students will focus specifically on developing fitness, technical proficiency around fundamental skills learnt in Year 7 and begins to develop their understanding of simple tactics within summer sports such as Cricket and Rounders.
Year 9	Students will refine technical ability in invasion games, with an increased focus on tactical application and team strategies. Lessons focus on structured team activities and learning within full-game contexts to teach principles of play and allow students to apply fundamental skills learnt in Year 7 and 8. HRF will explore principles of training and their impact on performance. This section of the HRF curriculum prepares students for GCSE PE, developing their understanding of the physical training aspect of the course. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.	Students will apply their knowledge in invasion games (T1 Rugby, Netball) to develop advanced tactical concepts such as creating and denying space, creating attacking opportunities and defending in organised structures. Students will focus on the development of proficient and consistent performance of skills in opposed and unopposed scenarios In Badminton and Volleyball, students will focus on technical mastery of a range of shots, accuracy and consistency in rallies and competitive play.	Students will develop their fitness, understanding and performance in Athletics. Students will learn more detailed technical skills of throwing, running and jumping Athletics events with a greater focus on consistent, proficient performance. Students will learn how to apply these skills in isolation and in full game/competition context.	All students will participate in Sports Day, applying the techniques and tactical approaches learnt in their Athletics lessons in Summer 1. In curriculum lessons, Students will focus specifically on developing fitness, technical proficiency around fundamental skills learnt in Year 7 and simple tactical approaches learnt in Year 8 and continue to develop their understanding of simple tactics within summer sports such as Cricket and Rounder, aiming to embed these tactics into their approach to competition.

Year 10	Students will refine technical skills, tactical understanding and principles and key rules of the game through a game-based approached to learning. These will consist of adapted versions of invasion games (Football, Handball, Basketball) and full context matches. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.	Students will refine technical skills, tactical understanding and principles and key rules of the game through a game-based approached to learning. These will consist of adapted versions of invasion games (Rugby and Netball) and full context matches. Students will develop their understanding of tactical approaches, key rules of competition and refine technical skills in Badminton and Volleyball.	Students will develop their fitness, understanding and performance in Athletics. Students will learn detailed technical skills of throwing, running and jumping Athletics events with a strong focus on consistent, proficient performance. Students will learn how to apply these skills in isolation and in full game/competition context. Students w	All students will participate in Sports Day, applying the techniques and tactical approaches learnt in their Athletics lessons in Summer 1. In curriculum lessons, Students will focus specifically on developing fitness, technical proficiency around fundamental skills, simple tactical approaches learnt and refine their individual athletics techniques with a view to developing a performance approach to a range of throwing, jumping and running events They will also continue to develop their understanding of simple tactics within summer sports such as Cricket and Rounder, aiming to embed these tactics into their approach to competition.
Year 11	Students will refine technical skills, tactical understanding and principles and key rules of the game through a game-based approached to learning. These will consist of adapted versions of invasion games (Football, Handball, Basketball) and full context matches. Students will be able to lead appropriately structured, safe and effective 3-part warmups/cool downs: Pulse Raiser, Dynamic Stretches and a Sport-Specific skill activity, to support their understanding of the importance of preparation prior to exercise.	Students will refine technical skills, tactical understanding and principles and key rules of the game through a game-based approached to learning. These will consist of adapted versions of invasion games (Rugby and Netball) and full context matches. Students will develop their understanding of tactical approaches, key rules of competition and refine technical skills in Badminton and Volleyball.	Students will develop their fitness, understanding and performance in Athletics. Students will learn detailed technical skills of throwing, running and jumping Athletics events with a strong focus on consistent, proficient performance. Students will learn how to apply these skills in isolation and in full game/competition context. Students w	