

# The Marches - Physical Education

## Year 7 – Curriculum Map

**The Three Pillars of progression:**  
 The aim of Year 7 is to start creating a lifelong love for PE.  
 Your lessons will link to the 3 pillars of progression.

- 1) Motor competence
- 2) Rules and strategies
- 3) Healthy participation

### Athletics

To introduce students to the three fundamental skills of running, jumping and throwing in Athletics. To work individually and within a team to practice, develop and refine these skills. During this unit students will also develop their physical strength, stamina and speed to cope with the demands of different activities whilst developing their mental determination to succeed whilst performing.



### Striking and fielding (rounders/cricket)

You will learn the technique of throwing under and overarm over short and long distances. You will learn how to bat and bowl in rounders and develop your fielding skills by learning the long barrier technique. You will learn the rules of the game including those specific to bowling and batting and you will learn how to score.



### Handball

You will learn the basic rules of handball to play successfully. Knowledge of basic rules, numbers on team, some tactical awareness, and different defensive setups, when to pass/shoot/dribble.



### Assessment: Spring 2

Performance and Decision Making

### Dance

You will be introduced to new dance styles. To will learn how to the 5 basic actions and how to change your dynamics. You will begin to learn of to perform your dance to the best of your ability.

### Summer Term

### Assessment: Summer

Performance and Decision Making

### Football

You will learn the fundamental skills of passing the ball using a range of techniques. You will be taught to control the ball using a variety of body parts, planning touches, allowing the use of the body to protect the ball.



### Gymnastics

To explore individual balances using different parts of the body and develop partner balances using counter tension and counterbalance. Learn the 8 basic gymnastics shapes and demonstrate these with body tension and control. Be able to construct a floor routine with a start position, canon, unison, linking movements and an end position and adapt your skills on low apparatus.

### Badminton

You will learn how to hold the racket and play basic shots building into rallies. Simple serve and return. You will be learning to move your opponent around the court.



### Assessment: Spring 1

Performance and Decision Making

### Spring Term

### Hockey

You will learn the basic rules of the game and develop skills such as knowing when to tackle, pass, shoot and dribble.



### Assessment: Autumn 1

Leadership and Fitness/Mindset (ongoing throughout the year)

### Autumn Term

### Rugby

You will learn the basic laws and principles of the game. You will learn core skills that will remain important throughout your rugby career; how to tackle, pass, identify space and how to present the ball and create a ruck.

### Netball

You will learn the basic principles of the game, positions and areas on court. You will learn the different passes and where to pass. You will be introduced to the positions during a netball match and their zones.

Assessment: Autumn 2  
Performance and Decision Making

### SHOW YOUR COMMITMENT...

**How many of these can you complete?**

Try your best in all lessons.

Bring your PE kit to all lessons.

Attend at least one extra curricular club each term.

Represent The Marches in a sporting fixture.

Your Physical Education journey starts here...



Leadership

Performance

Assessment

Decision Making

Mind Set

# The Marches - Physical Education

## Year 8 – Curriculum Map

**The Big Picture:**  
 The aim of Year 8 is to broaden your sporting experiences. Your lessons will link to the 3 pillars of progression.

- 1) Motor competence
- 2) Rules and strategies
- 3) Healthy participation

### Athletics

To develop the three fundamental skills of running, jumping and throwing in Athletics. To work individually and within a team to practice, develop and refine more advanced skills. Students will further develop their physical strength, stamina and speed to cope with the demands of different activities whilst continuing to develop their mental determination to succeed. Students will take on a variety of different roles including performing and coaching.



### Striking and fielding (rounders/cricket)

You will develop and refine existing skills and techniques needed to bat and bowl effectively and you will develop your existing catching, fielding and throwing skills, performing them with accuracy and consistency. You will develop an understanding of the rules of the game and apply your skills with tactical awareness while batting, bowling and fielding in games.



### Handball

You will learn the basic rules of handball to play successfully. Knowledge of basic rules, numbers on team, some tactical awareness and different defensive setups, when to pass/shoot/dribble.

Assessment: Spring 2

Performance and Decision Making

### Dance

You will develop your skills in choreography by learning how to use space and relationships. Your dance will be based around contact. Your performance skills will be challenged using different music to support your dance.



### Badminton

You will learn to hit a long and short serve. You will learn an overhead clear and a drop shot and should be able to apply these skills in games.

Assessment: Spring 1

Performance and Decision Making

### Hockey

You will learn to develop your skills in game situations and start learning about tactics and team formations. You will be introduced to set plays such as short and long corners.

Assessment: Autumn 1

Leadership and Fitness/Mindset (ongoing throughout the year)

Spring Term

Summer Term

Assessment: Summer

Performance and Decision Making

### Football

You will learn the fundamental skills of turning with the ball. You will learn principles of 1 v 1 defending including tackling, jockeying and marking. In attack you will be taught to shoot from a variety of angles including volleying. (Heading not allowed in training).



### Gymnastics / Parkour

You will be introduced to handling gymnastic equipment and how to use the springboard effectively. You will progress your skills of rolling and balancing including individual, partner and group balances. You will learn how to access the vault and develop confidence in flight actions by learning vaulting skills. Be able to construct a routine and adapt it to perform on apparatus. Parkour is the physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping and climbing movements. You will learn a variety of movements that will allow you to safely do this. You will explore the most interesting way to navigate over gym equipment using and developing strength, agility, spatial awareness, coordination, control, precision and creativity.

Assessment: Autumn 2  
 Performance and Decision Making

### SHOW YOUR COMMITMENT...

How many of these can you complete?

- Try your best in all lessons.
- Bring your PE kit to all lessons.
- Attend at least one extra curricular club each term.
- Represent The Marches in a sporting fixture.

Your Physical Education journey starts here...



### Rugby

You will develop your knowledge of the laws of the game and begin to explore technical aspects such as scrummaging and mauling. You will continue to develop key skills of the game such as creating space and defending as a team.



### Netball

You will learn the basic principles of the game, positions and areas on court. You will learn the different passes and where to pass as well as attacking and defending strategies. You will also learn basic tactics such as rebounds and simple set plays.

### Assessment

Leadership

Decision Making

Performance

Mind Set

# The Marches - Physical Education

## Year 9 – Curriculum Map

**The Big Picture:**  
 The aim of Year 9 is to develop skills and embed knowledge.  
 Your lessons will link to the 3 pillars of progression.  
 1) Motor competence  
 2) Rules and strategies  
 3) Healthy participation

### Athletics

To master the three fundamental skills of running, jumping and throwing in Athletics. To work individually to practice, develop and refine advanced skills. Students will further develop their physical strength, stamina and speed to cope with the demands of different activities whilst continuing to develop their mental determination to succeed. Students will take on a variety of different roles including coaching, officiating and performing.



### Striking and fielding (rounders/cricket)

You will refine existing skills and techniques needed to bat and bowl effectively. You will develop catching, fielding and throwing skills, perform them with accuracy and consistency and further develop an understanding of the rules of the game. You will apply your skills with tactical awareness while batting, bowling and fielding in games and have the opportunity to experience a range of roles i.e. performer, coach, official. Revise bowling technique to include a wider range of pace, length, variation, consistency and deception. You will learn the requirements of different fielding positions and develop further fielding skills including backstop, bases, short and deep fielding, roles and responsibilities. You will revise your batting skills – timing, placement, deception and recap position, stance and grip of the bat. You will be introduced to the use of the body weight distribution to place the ball in the field.

### Pre GCSE/Cambridge National

You will learn the phases of a warm-up and be able to deliver a warm-up to your peers. You will know the qualities and attributes of a good leader. You will know some of the leadership roles that are available in sports (manager, coach, teachers etc). You will have a basic understanding of health and safety and know what a risk assessment is. You will be given opportunities to develop your organisation and communication skills. You will be taught the process of leading a session including how to evaluate the session you led.

### Fitness/Fitness Room

You will learn how to keep your body physically fit. You will take part in a variety of activities such as workout classes, gym sessions and finding ways that work to improve your fitness.



Assessment: Spring 2

Performance and Decision Making

Summer Term

### Football

You will learn to cross the ball and improve passing quality from set pieces. You will learn dribbling skills and methods to beat an opponent with the ball. You will learn the principles of attack and defend and the contribution of individual skills to the team's overall play.



Assessment: Spring 1

Performance and Decision Making

Spring Term

### Basketball

You will learn the basic skills and rules of basketball, such as double dribble, travelling and the rules for contact. You will begin to explore different ways of scoring, such as the set shot, jump shot and layups, as well as some information about the different positions in basketball.



Assessment: Autumn 2

Performance and Decision Making

Autumn Term

Assessment: Autumn 1  
 Leadership and Fitness/Mindset (ongoing throughout the year)

### Rugby

You will enhance your knowledge of the laws and principles of the game. You will begin to learn certain tactics of the game such as how to attack and defend as a team in different ways and begin to think about the different positions and their responsibilities. You will have opportunities to learn advanced skills such as jackalling and line out play.

### Netball

You will learn more advanced set plays and learn how to play in different positions. You will be expected to lead a small group for a warm-up and even start to lead skills and drills.



Your Physical Education journey starts here...



### SHOW YOUR COMMITMENT...

How many of these can you complete?

Try your best in all lessons.

Bring your PE kit to all lessons.

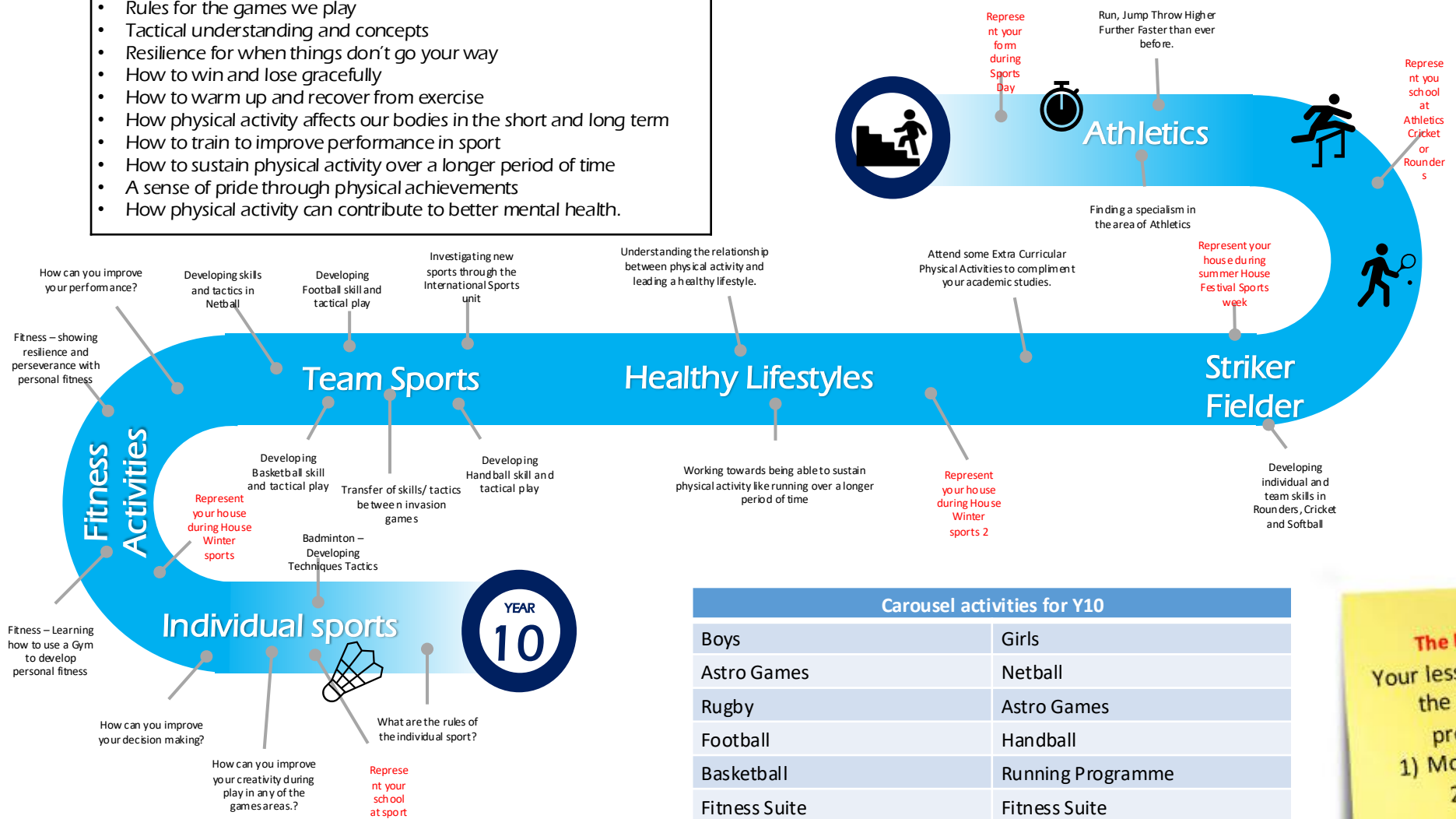
Attend at least one extra curricular club each term.

Represent The Marches in a sporting fixture.

# What will you be learning in Year 10 Core PE?



- Skill and attributes learnt through the activities**
- Skills for the games we play
  - Rules for the games we play
  - Tactical understanding and concepts
  - Resilience for when things don't go your way
  - How to win and lose gracefully
  - How to warm up and recover from exercise
  - How physical activity affects our bodies in the short and long term
  - How to train to improve performance in sport
  - How to sustain physical activity over a longer period of time
  - A sense of pride through physical achievements
  - How physical activity can contribute to better mental health.



Carousel activities for Y10	
Boys	Girls
Astro Games	Netball
Rugby	Astro Games
Football	Handball
Basketball	Running Programme
Fitness Suite	Fitness Suite
Badminton	Badminton
Athletics	Athletics
Striking Fielding	Striking Fielding

**The Big Picture:**  
 Your lessons will link to the 3 pillars of progression.  
 1) Motor competence  
 2) Rules and strategies  
 3) Healthy participation

# What will you be learning in Year 11 Core PE?

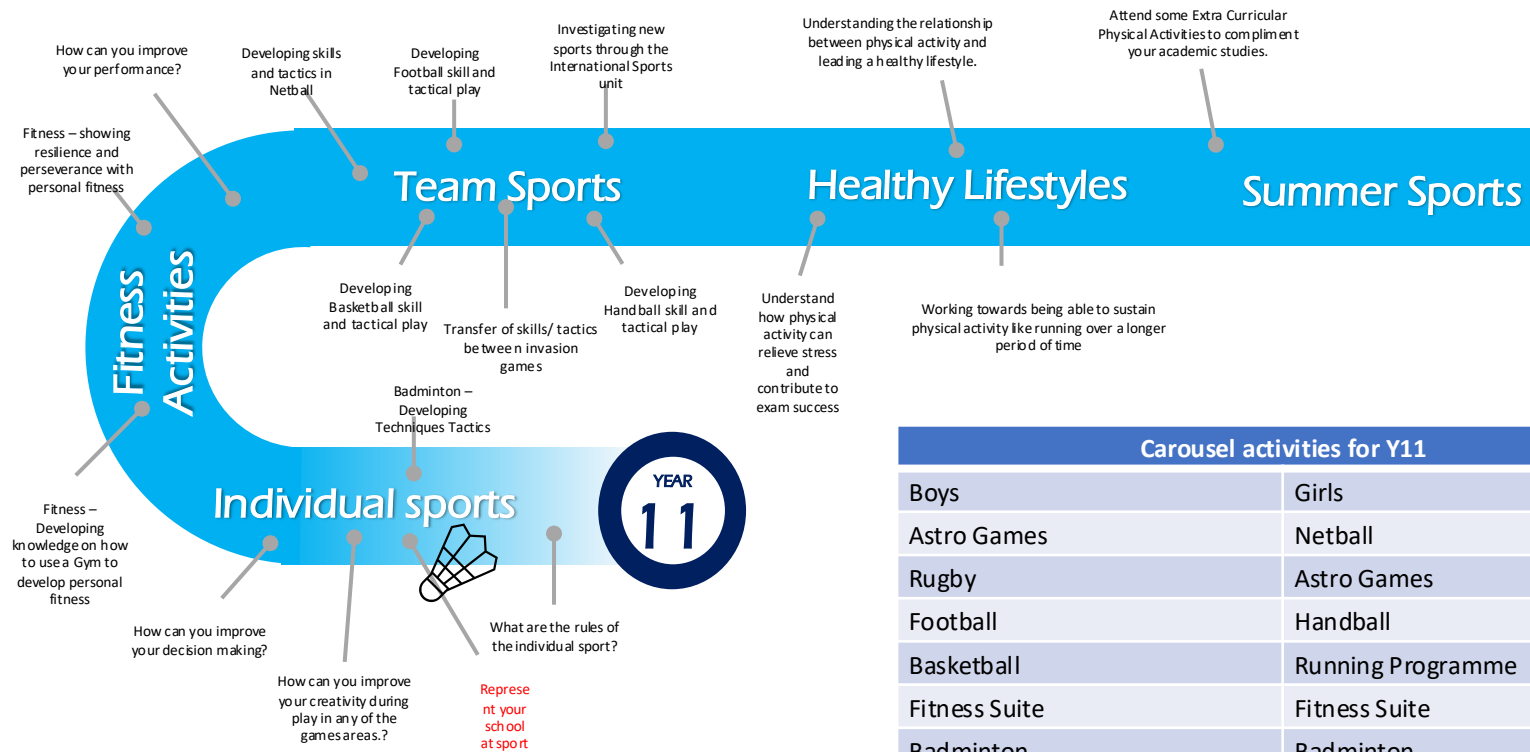
## Skill and attributes learnt through the activities

- Skills for the games we play
- Rules for the games we play
- Tactical understanding and concepts
- Resilience for when things don't go your way
- How to win and lose gracefully
- How to warm up and recover from exercise
- How physical activity affects our bodies in the short and long term
- How to train to improve performance in sport
- How to sustain physical activity over a longer period of time
- A sense of pride through physical achievements
- How physical activity can contribute to better mental health.



**The Big Picture:**  
Your lessons will link to the 3 pillars of progression.

- 1) Motor competence
- 2) Rules and strategies
- 3) Healthy participation



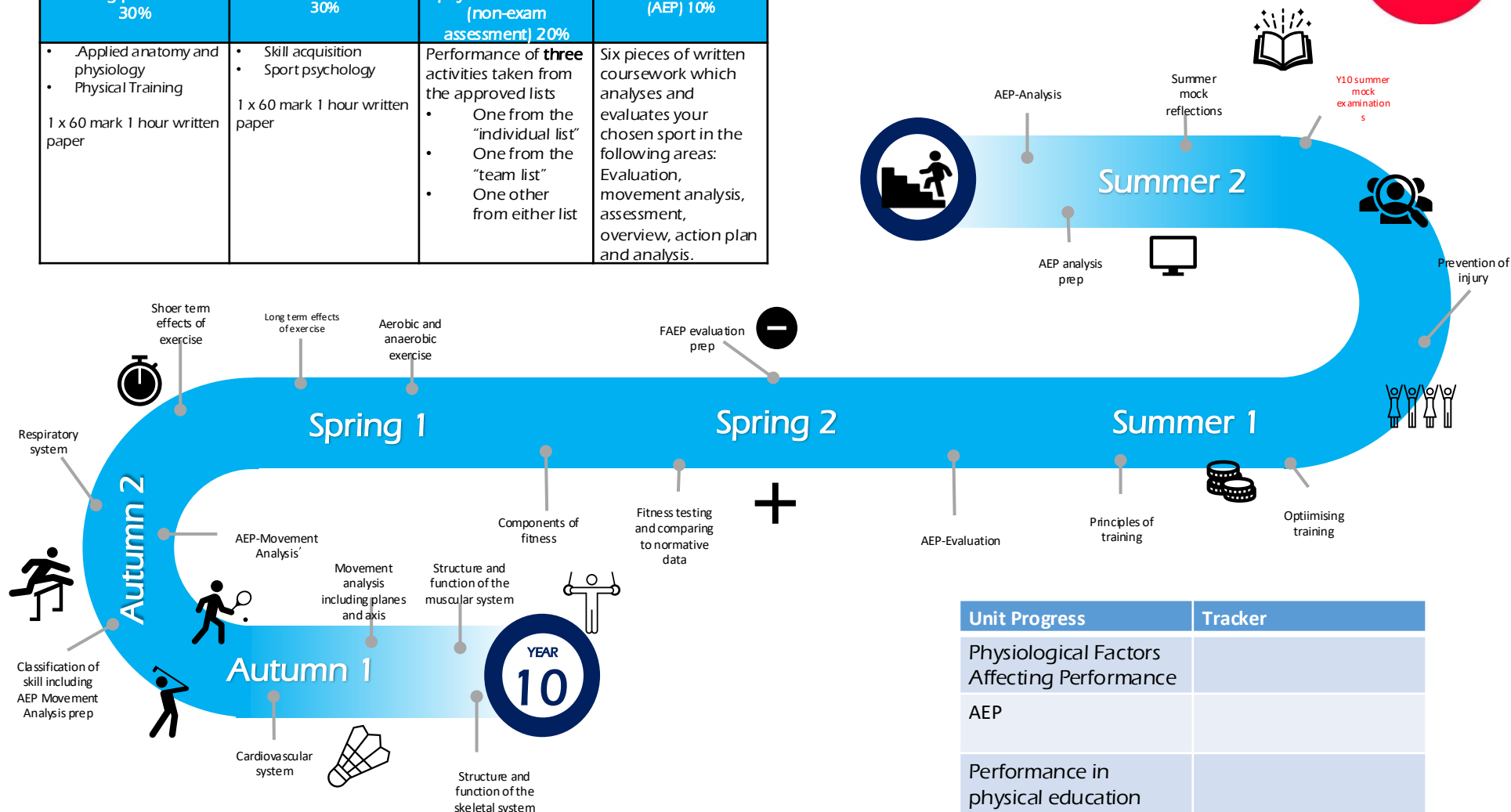
## Carousel activities for Y11

Boys	Girls
Astro Games	Netball
Rugby	Astro Games
Football	Handball
Basketball	Running Programme
Fitness Suite	Fitness Suite
Badminton	Badminton
Athletics	Athletics
Striking Fielding	Striking Fielding

# What will you be learning in Y10 GCSE PE?

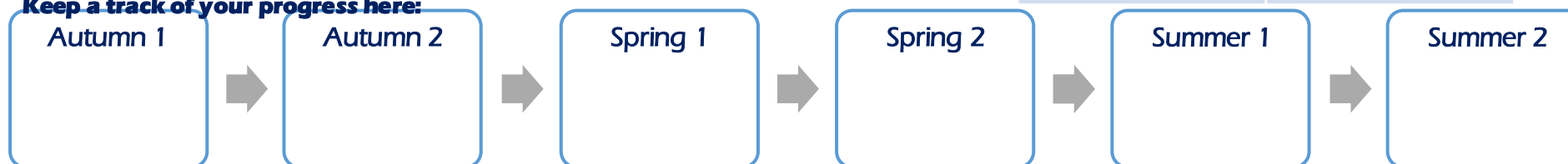


Physical factors affecting performance 30%	Socio-cultural influences and sports psychology 30%	Performance in physical education (non-exam assessment) 20%	Analysing and Evaluating Performance (AEP) 10%
<ul style="list-style-type: none"> <li>Applied anatomy and physiology</li> <li>Physical Training</li> </ul> 1 x 60 mark 1 hour written paper	<ul style="list-style-type: none"> <li>Skill acquisition</li> <li>Sport psychology</li> </ul> 1 x 60 mark 1 hour written paper	Performance of <b>three</b> activities taken from the approved lists <ul style="list-style-type: none"> <li>One from the "individual list"</li> <li>One from the "team list"</li> <li>One other from either list</li> </ul>	Six pieces of written coursework which analyses and evaluates your chosen sport in the following areas: Evaluation, movement analysis, assessment, overview, action plan and analysis.



Unit Progress	Tracker
Physiological Factors Affecting Performance	
AEP	
Performance in physical education	

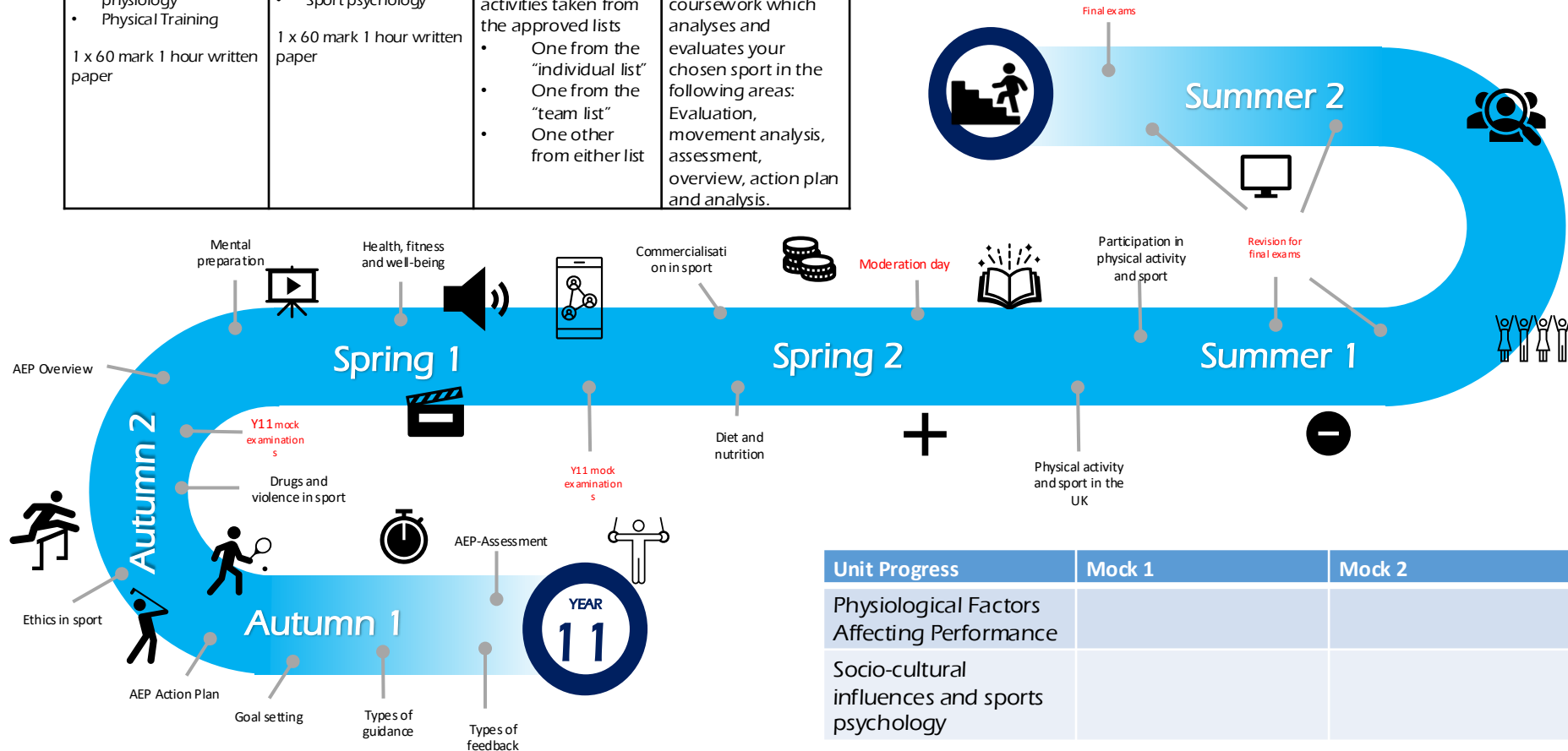
Keep a track of your progress here:



# What will you be learning in Y11 GCSE PE?

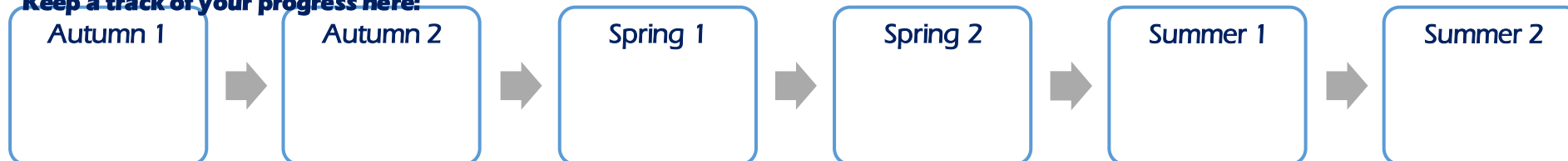


Physical factors affecting performance 30%	Socio-cultural influences and sports psychology 30%	Performance in physical education (non-exam assessment) 20%	Analysing and Evaluating Performance (AEP) 10%
<ul style="list-style-type: none"> <li>Applied anatomy and physiology</li> <li>Physical Training</li> </ul> <p>1 x 60 mark 1 hour written paper</p>	<ul style="list-style-type: none"> <li>Skill acquisition</li> <li>Sport psychology</li> </ul> <p>1 x 60 mark 1 hour written paper</p>	<p>Performance of <b>three</b> activities taken from the approved lists</p> <ul style="list-style-type: none"> <li>One from the "individual list"</li> <li>One from the "team list"</li> <li>One other from either list</li> </ul>	<p>Six pieces of written coursework which analyses and evaluates your chosen sport in the following areas:</p> <p>Evaluation, movement analysis, assessment, overview, action plan and analysis.</p>



Unit Progress	Mock 1	Mock 2
Physiological Factors Affecting Performance		
Socio-cultural influences and sports psychology		

Keep a track of your progress here:

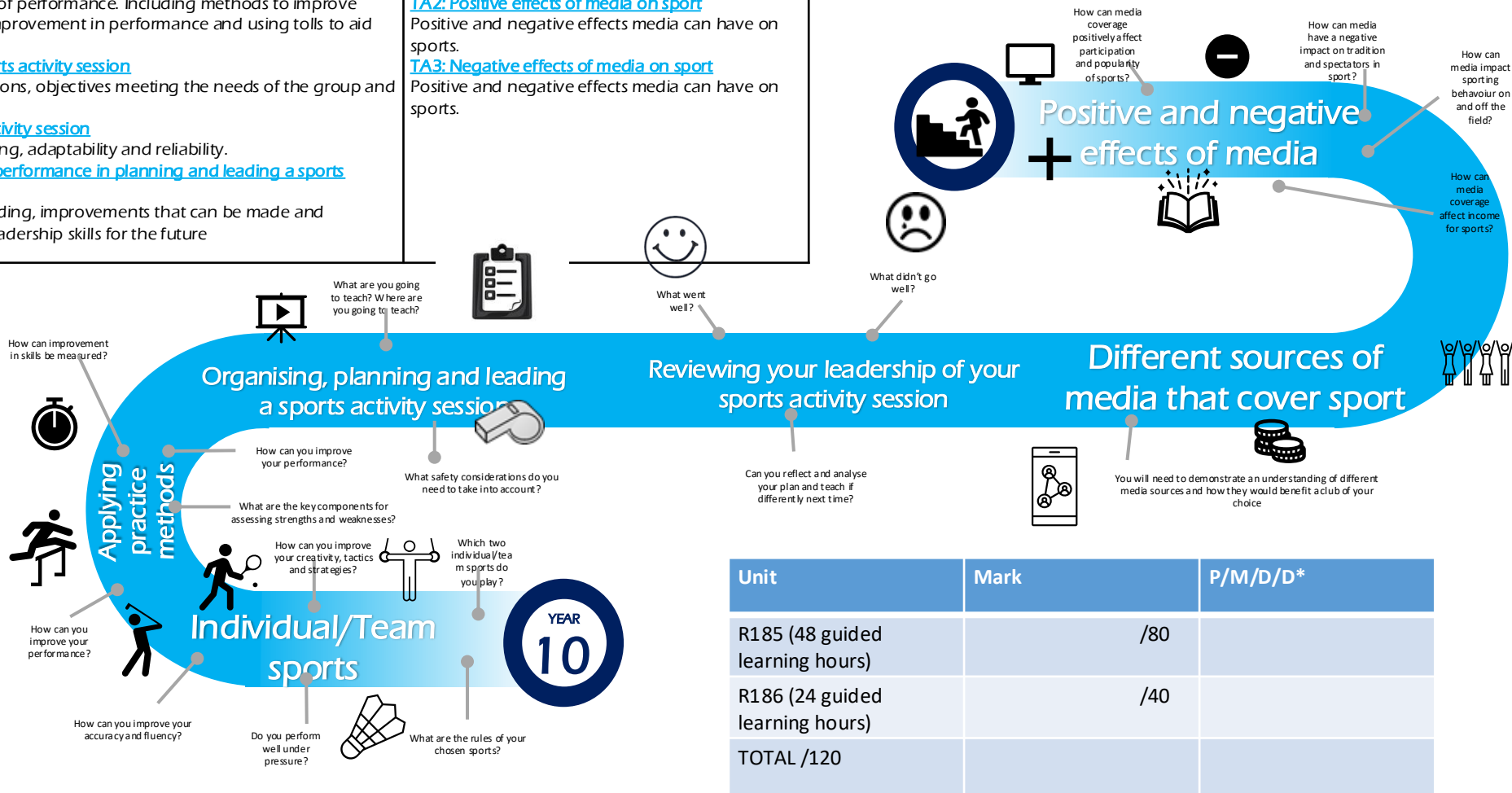


# What will you be learning in Sports Studies?



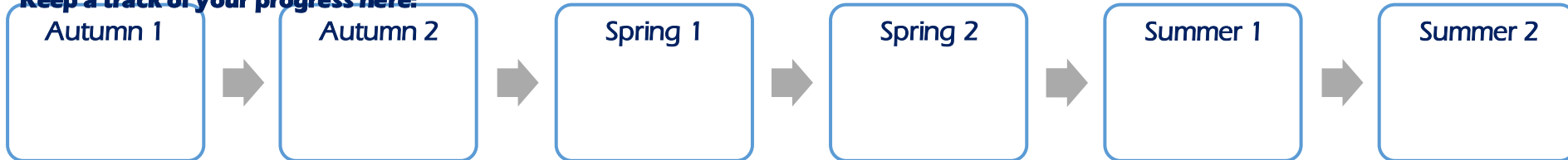
R185 Performance and Leadership in sports activities	R186 – Sport and the media
<p><b>TA1: Key components of performance</b> Performance in two selected activities. Performance of skills and techniques, decision making and managing and maintaining performance.</p> <p><b>TA2: Applying practice methods to support improvement in a sporting activity</b> Strengths and weaknesses of performance. Including methods to improve performance, measuring improvement in performance and using tools to aid evaluation.</p> <p><b>TA3: Organisation of a sports activity session</b> Including safety considerations, objectives meeting the needs of the group and leading the session.</p> <p><b>TA4: Leading a sporting activity session</b> Including safe practice, timing, adaptability and reliability.</p> <p><b>TA5: Reviewing your own performance in planning and leading a sports activity session</b> Including the planning, leading, improvements that can be made and opportunities to develop leadership skills for the future</p>	<p><b>TA1: The different sources of media that cover sport</b> Distinguish between different social media sources and how they cover sport.</p> <p><b>TA2: Positive effects of media on sport</b> Positive and negative effects media can have on sports.</p> <p><b>TA3: Negative effects of media on sport</b> Positive and negative effects media can have on sports.</p>

## Sports Studies New Specification



Unit	Mark	P/M/D/D*
R185 (48 guided learning hours)	/80	
R186 (24 guided learning hours)	/40	
TOTAL /120		

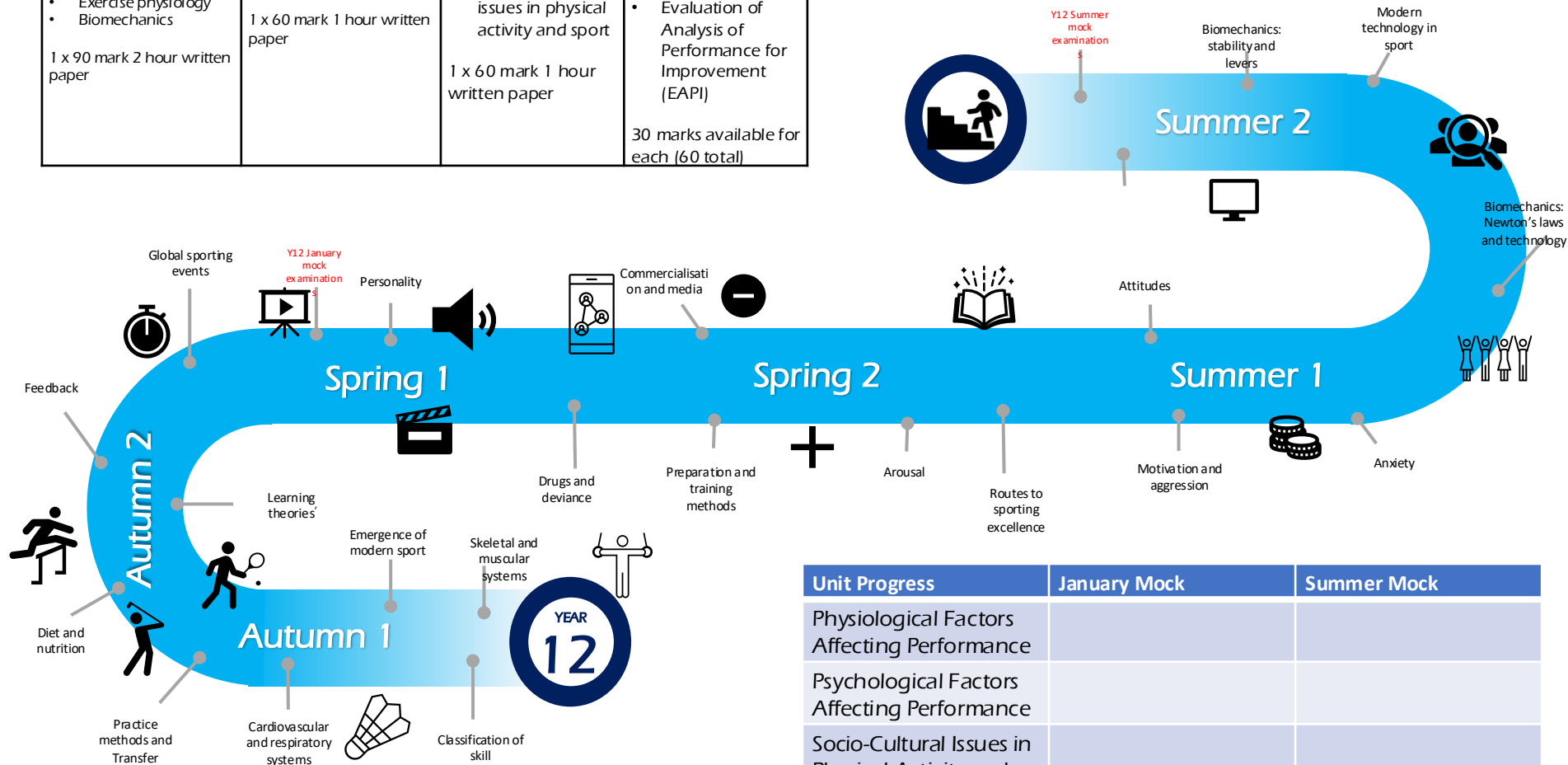
Keep a track of your progress here:



# What will you be learning in Y12 A level PE?

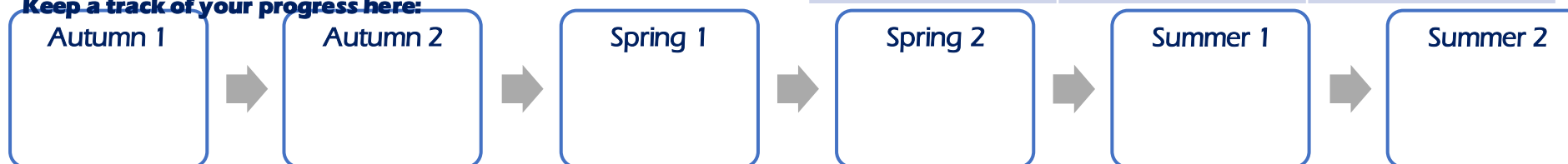


Physiological Factors Affecting Performance 30%	Psychological Factors Affecting Performance 20%	Socio-Cultural Issues in Physical Activity and Sport 20%	Performance in Physical Education (Non-exam Assessment) 30%
<ul style="list-style-type: none"> <li>Applied anatomy and physiology</li> <li>Exercise physiology</li> <li>Biomechanics</li> </ul> <p>1 x 90 mark 2 hour written paper</p>	<ul style="list-style-type: none"> <li>Skill acquisition</li> <li>Sport psychology</li> </ul> <p>1 x 60 mark 1 hour written paper</p>	<ul style="list-style-type: none"> <li>Sport and society</li> <li>Contemporary issues in physical activity and sport</li> </ul> <p>1 x 60 mark 1 hour written paper</p>	<ul style="list-style-type: none"> <li>Performance in your sport</li> <li>Evaluation of Analysis of Performance for Improvement (EAPI)</li> </ul> <p>30 marks available for each (60 total)</p>



Unit Progress	January Mock	Summer Mock
Physiological Factors Affecting Performance		
Psychological Factors Affecting Performance		
Socio-Cultural Issues in Physical Activity and Sport		

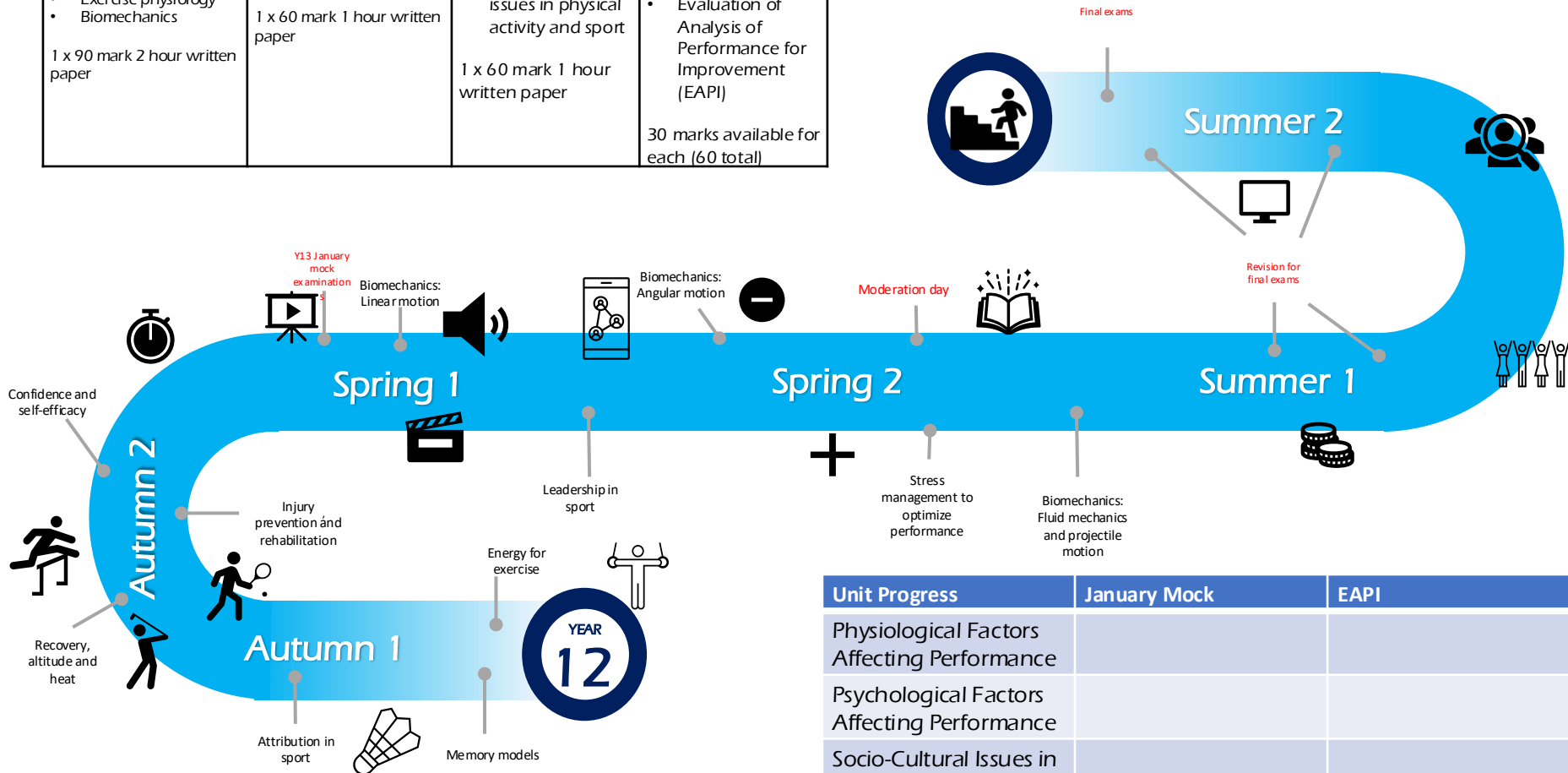
Keep a track of your progress here:



# What will you be learning in Y12 A level PE?



Physiological Factors Affecting Performance 30%	Psychological Factors Affecting Performance 20%	Socio-Cultural Issues in Physical Activity and Sport 20%	Performance in Physical Education (Non-exam Assessment) 30%
<ul style="list-style-type: none"> <li>Applied anatomy and physiology</li> <li>Exercise physiology</li> <li>Biomechanics</li> </ul> <p>1 x 90 mark 2 hour written paper</p>	<ul style="list-style-type: none"> <li>Skill acquisition</li> <li>Sport psychology</li> </ul> <p>1 x 60 mark 1 hour written paper</p>	<ul style="list-style-type: none"> <li>Sport and society</li> <li>Contemporary issues in physical activity and sport</li> </ul> <p>1 x 60 mark 1 hour written paper</p>	<ul style="list-style-type: none"> <li>Performance in your sport</li> <li>Evaluation of Analysis of Performance for Improvement (EAPI)</li> </ul> <p>30 marks available for each (60 total)</p>



Unit Progress	January Mock	EAPI
Physiological Factors Affecting Performance		
Psychological Factors Affecting Performance		
Socio-Cultural Issues in Physical Activity and Sport		

Keep a track of your progress here:

