

Department Curriculum Map 2014-15



Department PE

Skills required in Yr11

A01: Recall, select and communicate their knowledge and understanding of physical activity. (Theory)

A02: Apply skills knowledge and understanding in physical activity. (Practical)

A03: Analyse and evaluate physical activity and identify action to bring about improvement. (Analysis of Performance)

Year	AUT1	AUT2	SPR1	SPR2	SUM1	SUM2	Secured
11	A01 A02 A03	A01 A02 A03	A01 A02 A03	A01 A02 A03	A01		Students can recall and communicate knowledge and understanding of factors that affect performance in physical activity. They can explain effects of physical on the body and mind. They are able to plan and execute exercise safely. They
Skills							
Theme/ Focus/ Content	A01 – A healthy, active lifestyle and your cardiovascular system. A02 – Fitness training / Planning a six week PEP using two different methods of training to improve fitness. A03 - Fitness training AoP	A01 – A healthy, active lifestyle and your respiratory system. A02 – Fitness training. Carrying out a six week PEP using two different methods of training to improve fitness. A03 – Fitness training AoP	A01 - A healthy, active lifestyle and your muscular system. A02 – Practical exam preparation for the four sports being examined.	A01 - A healthy, active lifestyle and your skeletal system. A02 - Practical exam preparation for the four sports being examined. A03 – Preparation for AoP exam	A01 - Revision		

							can demonstrate the ability to select and apply skills, tactics and techniques effectively. They can comment on their own and others work identifying areas for improvement and can plan strategies to facilitate improvement.
10	A01 A02 A03	A01 A02 A03	A01 A02 A03	A01 A02 A03	A01 A02 A03	A01 A02 A03	Describe and explain the key concepts with regards to exercise and physical activity. Select and apply the appropriate skills, techniques and tactics in a range of sports. Plan and carry out exercise safely.
Skills							
Theme/ Focus/ Content	A01 - Healthy lifestyle and how they can benefit you. - Influences on your healthy lifestyle. A02 - Netball A03 – AoP netball	A01 - Exercise and fitness as part of your healthy lifestyle. A02 – Trampolining, A03 – AoP trampolining	A01 – Physical activity as part of your healthy, active lifestyle. A02 - Basketball A03 – AoP basketball	A01 – Physical activity as part of your healthy, active lifestyle. A02 - Volleyball A03 – AoP volleyball	A01 – Your personal health and well-being. A02 - Athletics A03 – AoP athletics	A01 – Physical activity and your healthy mind and body. A02 – Rounders Practical exam A03 – AoP rounders	

							Observe and make judgements about theirs and others performances
9							
Skills	<ul style="list-style-type: none"> Analysing and comparing performance. Performing at maximum levels. Recall, select and communicate knowledge and understanding of fitness. 	<ul style="list-style-type: none"> Analysing performance Apply skills knowledge and understanding in trampolining 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding of basketball. 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding of rugby/netball/Football. 	<ul style="list-style-type: none"> Analysing and comparing performance. Performing at maximum levels. Recall, select and communicate knowledge and understanding of athletics. 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding of rounders. 	Use a range of different skills in a variety of physical activities at the appropriate time. Observe performances and identify strengths and weaknesses making suggestions for improvement. Explain the reason for warming up. Plan activities. Apply rules in the capacity of an official.
Theme/ Focus/ Content	Fitness <ul style="list-style-type: none"> Fitness components Fitness testing Different methods of training Planning own group fitness session. Target zones 	Trampolining <ul style="list-style-type: none"> Body landings Combinations Advanced skills Routines 	Basketball <ul style="list-style-type: none"> Passing Receiving Dribbling Shooting Game play Officiating 	<ul style="list-style-type: none"> Rugby Netball Football 	Athletics <ul style="list-style-type: none"> 100m 200m 800m 1500m Relay Shot putt Discus Javelin Long jump High jump 	<ul style="list-style-type: none"> Rounders Throwing Catching Batting Bowling Game play Officiating 	

<p>8</p> <p>Skills</p>	<ul style="list-style-type: none"> Analysing and comparing performance. Performing at maximum levels. Recall, select and communicate knowledge and understanding of fitness. 	<ul style="list-style-type: none"> Analysing performance Apply skills knowledge and understanding in trampolining 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding of basketball. 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding of rugby/netball Football. 	<ul style="list-style-type: none"> Analysing and comparing performance. Performing at maximum levels. Recall, select and communicate knowledge and understanding of athletics. 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding of rounders. 	<p>Select and apply a range of skills in different sports. Plan short activities. Understand the reason for warming up. Identify strengths and weaknesses in performance and give basic feedback. Describe and apply rules in a variety of different physical activities.</p>
<p>Theme/ Focus/ Content</p>	<p>Fitness</p> <ul style="list-style-type: none"> Fitness components Fitness testing Different methods of training Planning a teacher advised session. Effects of exercise on body. 	<p>Trampolining</p> <ul style="list-style-type: none"> Body landings Combinations Routines 	<p>Basketball</p> <ul style="list-style-type: none"> Passing Receiving Dribbling Shooting Game play 	<ul style="list-style-type: none"> Netball Football Rugby 	<p>Athletics</p> <ul style="list-style-type: none"> 100m 200m 800m 1500m Relay Shot putt Discus Javelin Long jump High jump 	<ul style="list-style-type: none"> Rounders Throwing Catching Fielding Batting Bowling Game play 	
<p>7</p> <p>Skills</p>	<ul style="list-style-type: none"> Analysing and comparing performance. Performing at maximum levels. Recall, select and 	<ul style="list-style-type: none"> Analysing performance Apply skills knowledge and understanding in trampolining 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit 	<ul style="list-style-type: none"> Analysing and comparing performance. Performing at maximum levels. Recall, select and 	<ul style="list-style-type: none"> Analysing performance Selecting and applying skills and tactics to outwit 	<p>Select and apply basic skills in a range of sports. Identify</p>

	communicate knowledge and understanding of fitness.	<ul style="list-style-type: none"> Recall, select and communicate knowledge and understanding of trampolining. 	<p>opponents.</p> <ul style="list-style-type: none"> Recall, select and communicate knowledge and understanding of basketball. 	<p>opponents.</p> <ul style="list-style-type: none"> Recall, select and communicate knowledge and understanding of rugby/netball/football 	communicate knowledge and understanding of athletics.	<p>opponents.</p> <ul style="list-style-type: none"> Recall, select and communicate knowledge and understanding of basketball. 	strengths and weaknesses in performance. Know basic rules and scoring systems for a variety of sports. Understand why we warm up.
Theme/ Focus/ Content	<p>Fitness</p> <ul style="list-style-type: none"> Importance of warm up and cool down. Fitness components Fitness testing Different methods of training Measuring heart rate. 	<p>Trampolining</p> <ul style="list-style-type: none"> Safety Spotting Shaped jumps Body landings Routines 	<p>Basketball</p> <ul style="list-style-type: none"> Passing Receiving Dribbling Shooting Game play 	<ul style="list-style-type: none"> Netball Football Rugby 	<p>Athletics</p> <ul style="list-style-type: none"> 100m 200m 800m 1500m Relay Shot putt Discus Javelin Long jump High jump 	<ul style="list-style-type: none"> Rounders Throwing Catching Batting Bowling Game play 	

In half terms 2, 3 and 4 the activity will differ depending on the group.