

Physical Education Overview map for Athletics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can you improve your Personal Best?</p> <p><u>Running events</u> Starting – preparation for start and correct set up, Finishing – sprint through the line, Leg action – appropriate speed, Arm action – pump arms fast, Head carriage – straight ahead, Relay – upsweep and downsweep,</p> <p><u>Jumping</u> Start position, position in air, landing</p> <p><u>Throwing events</u> Initial stance – start position low and stationary, Grip – finger pads not palms, Throwing action – push not throw, Follow through and release phase – low to high,</p>	<p>How to improve performance – coaching self/partner to a personal best.</p> <p>Pacing.</p> <p>Race tactics.</p> <p>Performance in competitive situation.</p>	<p>Performance in competitive situations – races and throwing competitions.</p>

Physical Education Overview map for Badminton

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation?</p> <p>Grip and Ready Position- Footwork and Court Positioning</p> <p>Underarm Clear/ Long Serve</p> <p>Overhead Clear - Forehand</p> <p>Drop Shot - Forehand</p> <p>Net Shot - Forehand</p>	<p>Conditioned practices to encourage rallying/continuity of play.</p> <p>Outwitting opponents- Finding space.</p> <p>1 v 1 Half Court Singles</p> <p>Decision Making- Identifying the correct shot to use.</p> <p>Knowledge of rules and court markings.</p> <p>Analyse other performances.</p>	<p>Performance of shots in isolation.</p> <p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Boy's Dance

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation?</p> <p>Perform contemporary dance moves linked to a football movement theme - basic leaps, balances, turns and traveling and step patterns.</p> <p>Body tension and extension and co-ordination of body parts.</p> <p>Control of body shape.</p> <p>Balance.</p>	<p>Choreographing routines.</p> <p>Working in time with music.</p> <p>Performance to peers.</p> <p>Dance competition.</p>	<p>Performance to peers.</p> <p>Dance competition.</p>

Physical Education Overview map for Fitness

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>Use selected methods of training to increase fitness.</p> <p>Use selected method of training to increase knowledge of:</p> <p>Warming Up / Cooling Down</p> <p>Muscle locations / Antagonistic pairs.</p> <p>Methods of Training.</p> <p>Components of fitness</p> <p>Aerobic / Anaerobic fitness</p> <p>Breathing Rate / Minute Ventilation / Heart rate / Stroke Volume / Cardiac Output.</p>	<p>Sporting application task.</p> <p>Select activities for warm up/cool down.</p>	<p>Physical performance in each method of training studied.</p> <p>Performance in application tasks.</p> <p>End of year exam.</p>

Physical Education Overview map for Football

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short and long with dominant foot</p> <p>Dribbling – both feet, change pace and direction</p> <p>Control – both feet on floor</p> <p>Shooting – dominant foot, close and mid range</p> <p>Attacking principles – creating space</p> <p>Defending principles – mark players with ball, defend off the ball</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Small sided games</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Girl's Dance

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation?</p> <p>Perform set choreography linked to the theme of Michael Jackson's 'Thriller' - basic leaps, balances, turns and traveling and step patterns.</p> <p>Body tension and extension and co-ordination of body parts.</p> <p>Control of body shape.</p> <p>Balance.</p>	<p>Choreographing routines, taking the theme and style into consideration.</p> <p>Working in time with music.</p> <p>Performing to peers.</p> <p>Observing others and providing valuable feedback.</p> <p>Dance competition.</p>	<p>Performance to peers.</p> <p>Dance competition.</p>

Physical Education Overview map for Gymnastics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation?</p> <p>Balances Partner Balances Travel Techniques- Cartwheel, Forward Rolls etc. Flight Techniques - Jumps and Leaps Linking Movements Components of a good performance. Control of body shape, body tension, extension and co-ordination of body parts.</p>	<p>Planning of individual, paired and group routines using music. Creating balances sequences Creating travel sequences. Creating flight sequences. Creating a gymnastic sequence with different elements to music. Performing to peers and identifying strengths and areas for improvement.</p>	<p>Performance in a routine. Peer Assessment. Questioning.</p>

Physical Education Overview map for Handball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short passes from stationary, passing for possession</p> <p>Catching – two handed stationary from a variety of heights/paces</p> <p>Pick ups – stationary ball</p> <p>Dribbling – dominant hand into space, 3 steps at start and end</p> <p>Shooting – from 3 step approach</p> <p>Breaking down a defence – drop off crossover move</p> <p>Attacking play – use of attacking positions</p> <p>Defensive play – how to defend the D</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Small sided games</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Netball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	How can we perform effectively in a competitive situation? Footwork – Stopping/landing and pivoting Ball handling – Catching whilst stationary Passing – Passing over short distances Shooting – Stationary shooting from close range Defensive principles – Marking an opposition player Attacking principles – Creating space	Outwitting opponents Decision making Modified match situations e.g. 2v1, 3v2, 4v2 etc Small sided games Knowledge of the rules	Performance in modified match situations. Performance in match situations.

Physical Education Overview map for OAA

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	How can we perform effectively in a competitive situation? Team building strategy tasks Navigation around a course using a basic map Orienteering map skills	Route planning Use of strategies Working with others Roles within a team Decision making	Performance in tasks Pairs relay competition

Physical Education Overview map for Rugby League

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation?</p> <p>Passing - Short Handling – both hands Receiving – targets up Running – holding ball out in front Tackling – dominant shoulder Control – when going into a tackle. Kicking – understand the differences Evading – running into space. Attacking principles – beating an opponent. Defending principles – protect yourself when tackling.</p>	<p>Outwitting opponents Decision making Modified match situations eg 2v1, Small sided games Knowledge of rules</p>	<p>Performance in modified match situations. Performance in match situations.</p>

Physical Education Overview map for Trampolining

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	<p>How can we perform effectively in a competitive situation? Perform the following core skills: Safety routines: Spotting and controlled stopping. Straight bouncing Shapes: Tuck, straddle and pike – with form and accuracy. Twists: Half and full twist – with form and accuracy. Seat landing: Seat landing, seat landing half twist, half twist seat landing and swivel hips – with form and accuracy. Front landing – with form and accuracy. Back landing – with form and accuracy.</p>	<p>Producing and performing core routines. Decision making: Selecting appropriate movements in a routine to allow the routine to flow. Performing to peers. Observing others and providing valuable feedback.</p>	<p>Performance of movements in isolation. Performance of movements/routine to peers.</p>

Physical Education Overview map for Volleyball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
7	How can we perform effectively in a competitive situation? Set/volley shot – in isolation, Ready position Return of serve – hand feed from short distance, low height Dig – in isolation, Serving – float short distance Attacking principles – aim for space	Outwitting opponents Decision making Modified match situations eg 2v2 small sided conditioned games Knowledge of rules	Performance in modified match situations.

Physical Education Overview map for Athletics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can you improve your Personal Best?</p> <p><u>Running events</u> Starting – Reacting to the go, Finishing – chest dip, Leg action – longer strides, Arm action – pump arms fast, Head carriage – straight ahead, Posture – running position mid race, Relay – timing of run,</p> <p><u>Jumping</u> Start position, position in air, landing</p> <p><u>Throwing events</u> Initial stance – start position facing way from direction of throw, Sidestep into throw, Grip – finger pads not palms, Into neck Throwing action – push out at 45 degree angle, Follow through and release phase – low to high, how to avoid a no throw.</p>	<p>How to improve performance – coaching self/partner to a personal best.</p> <p>Pacing.</p> <p>Race tactics.</p> <p>Performance in competitive situation.</p> <p>Decision making.</p>	<p>Performance in competitive situations – races and throwing competitions.</p>

Physical Education Overview map for Badminton

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Serves – Long and Short Overhead Clear- Forehand Drop Shot - Forehand Net Shot – Forehand and Backhand Smash Shot – Forehand Footwork and Court Positioning</p>	<p>Conditioned practices and small-sided games. Outwitting opponents. 1 v 1 Half Court Singles 1 v 1 Full Court Singles 2 v 2 Full Court Doubles Knowledge of rules and court markings. Decision making – Identifying the correct shot to use. Analyse other performances and suggest ways to improve performance.</p>	<p>Performance of shots in isolation. Performance in modified match situations. Performance in match situations.</p>

Physical Education Overview map for Boy's Dance

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Perform basic and more efficient and technically difficult contemporary dance moves linked to an Olympic movement theme - basic leaps, balances, turns and traveling and step patterns.</p> <p>Body tension and extension and co-ordination of body parts.</p> <p>Control of body shape.</p> <p>Balance.</p>	<p>Choreographing routines.</p> <p>Working in time with music.</p> <p>Performance to peers.</p> <p>Dance competition.</p>	<p>Performance to peers.</p> <p>Dance competition.</p>

Physical Education Overview map for Fitness

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>Use selected methods of training to increase fitness.</p> <p>Use selected method of training to increase knowledge of:</p> <p>Warming Up / Cooling Down.</p> <p>Bone locations / Types of joint</p> <p>Functions of the Skeleton</p> <p>Immediate effects of exercise</p> <p>Long Term effects of exercise</p> <p>Principles of Training</p>	<p>Sporting application task.</p> <p>Select activities for warm up/cool down.</p> <p>Design parts of a fitness session.</p>	<p>Physical performance in each method of training studied.</p> <p>Performance in application tasks.</p> <p>End of year exam.</p>

Physical Education Overview map for Football

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – both feet, short and long (lofted and driven) Dribbling – to beat an opponent Control – along ground and aerially Shooting – both feet, short, mid and long range Attacking principles – passing and running forward Defending principles – Tackling in 1v1s</p>	<p>Outwitting opponents Decision making Modified match situations eg 2v1, 3v2, 4v2 etc Small sided games Knowledge of rules</p>	<p>Performance in modified match situations. Performance in match situations.</p>

Physical Education Overview map for Girl's Dance

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation? Perform basic and more efficient and technically difficult set choreography linked to the theme of 'Rock n Roll' - basic leaps, balances, turns and traveling and step patterns. Body tension and extension and co-ordination of body parts. Control of body shape. Balance.</p>	<p>Choreographing routines, taking the theme and style into consideration. Working in time with music. Performing to peers. Observing others and providing valuable feedback. Dance competition.</p>	<p>Performance to peers. Dance competition.</p>

Physical Education Overview map for Gymnastics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Balances and Counter Balances. Flight/dismount off equipment - landings Travel Techniques Effective Transitions Control of body shape. Body tension, extension and co-ordination of body parts. Components of a good performance.</p>	<p>Planning of individual, paired and group routines. Creating a gymnastic sequence with different elements. Selecting movements which allow the routine to flow. Performing to peers and identifying strengths and areas for improvement.</p>	<p>Performance in a routine. Peer Assessment. Questioning.</p>

Physical Education Overview map for Handball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short passes on move passing forwards</p> <p>Catching – one/two handed stationary from a variety of heights/paces</p> <p>Pick ups – moving ball, one hand</p> <p>Dribbling – dominant/non dominant hand, past an opponent, feinting with the body</p> <p>Shooting – after a dribble, from an angle</p> <p>Breaking down a defence – wall pass, pivot play</p> <p>Attacking play – interchange of positions</p> <p>Defensive play – Man to man defence</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Small sided games</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Netball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Footwork – Stopping/landing and pivoting</p> <p>Ball handling – Catching whilst stationary and on the run</p> <p>Passing – Passing over short to mid-range distances</p> <p>Defensive principles – Defending the pass</p> <p>Attacking principles – Movement off the ball to get free</p> <p>Shooting – Stationary shooting</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Small sided games</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for OAA

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	How can we perform effectively in a competitive situation? Team building strategy tasks Estimating distances/Map skills Navigation around the short Orienteering course	Route planning Use of strategies Working with others Roles within a team Decision making	Performance in tasks Orienteering competition

Physical Education Overview map for Rugby League

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short & long Handling – both hands – moving into tackle Receiving – targets up – communicating. Running – Out in front – transfer to pass. Tackling – more varied tackles. Control – Use of appropriate hands and side away from defender. Kicking – perform kicks in closed play Evading – side steps, hand offs. Attacking principles – Attempts on beating an opponent. Defending principles – strategy to finish on top of the attacker.</p>	<p>Outwitting opponents Decision making Modified match situations eg 2v1, attempts at 3v2. Small sided games Knowledge of rules</p>	<p>Performance in modified match situations. Performance in match situations.</p>

Physical Education Overview map for Trampolining

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation? Perform the following core skills with an increased quality of execution: Straight bouncing – with centring, height and body tension. Shapes: Tuck, straddle and pike – with form, height and accuracy. Twists: Half and full twist – with form, height and accuracy. Seat landing: Seat landing, seat landing half twist, half twist seat landing and swivel hips – with form, height and accuracy. Front landing: Front landing, half twist front landing, front landing half twist, seat to front, front to seat – with form, height and accuracy. Back landing: Back landing, half twist back landing, back landing half twist – with form, height and accuracy.</p>	<p>Producing and performing core routines with increased height and quality of execution. Decision making: Selecting appropriate movements in a routine and considering their order to allow the routine to flow. Performing to peers. Observing others and providing valuable feedback.</p>	<p>Performance of movements in isolation. Performance of movements/routine to peers. Trampolining routine competition.</p>

Physical Education Overview map for Volleyball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
8	<p>How can we perform effectively in a competitive situation?</p> <p>Set/volley shot – in isolation, on move, Ready position</p> <p>Return of serve – hand feed from short distance, low height</p> <p>Dig – in isolation on move at angles,</p> <p>Serving – float mid court distance</p> <p>Spike – over lower net</p> <p>Attacking principles – aim for space, low over the net</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations/small sided conditioned games eg 2v2, 3v3</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Athletics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can you improve your Personal Best?</p> <p><u>Running events</u></p> <p>Starting – Power out for low start ahead of rest of field, Finishing – chest dip in final step, Leg action – High knees into long strides, Arm action – aerodynamic forward motion, Head carriage – look at position of others whilst maintaining straight ahead position, Posture – relaxed correct technique points shown Relay – timing of run,</p> <p><u>Throwing events</u></p> <p>Initial stance – back of circle to glide, Grip – into neck with a high elbow, Throwing action – momentum, speed, Follow through and release phase – low to high, Quick transition between the phases of the glide throw should be seamless.</p>	<p>How to improve performance – coaching self/partner to a personal best.</p> <p>Pacing.</p> <p>Race tactics.</p> <p>Performance in competitive situation.</p> <p>Awareness of others and own strengths and weaknesses and using this to increase finishing position in a competitive situation.</p> <p>Knowledge of competition rules.</p>	<p>Performance in competitive situations – races and throwing competitions.</p>

Physical Education Overview map for Badminton

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Serves – Long and Short</p> <p>Overhead Clear - Forehand and backhand</p> <p>Drop Shot – Forehand and backhand</p> <p>Net Shot – Forehand and Backhand</p> <p>Smash Shot – Forehand</p> <p>Footwork and Court Positioning</p>	<p>Conditioned practices and small-sided games.</p> <p>Outwitting opponents.</p> <p>1 v 1 Half Court Singles</p> <p>1 v 1 Full Court Singles</p> <p>2 v 2 Full Court Doubles</p> <p>Knowledge of rules and court markings.</p> <p>Decision making – Identifying the correct shot to use.</p> <p>Analyse other performances and suggest ways to improve performance.</p>	<p>Performance of shots in isolation.</p> <p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Boy's Dance

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Perform both basic and more efficient and technically difficult versions of street dance moves: Jumps, holds/grabs, step patterns, turns and traveling. Body tension and extension and co-ordination of body parts. Control of body shape. Balance.</p>	<p>Choreographing routines. Working in time with music. Performance to peers. Dance competition.</p>	<p>Performance to peers. Dance competition.</p>

Physical Education Overview map for Fitness

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>Use selected methods of training to increase fitness.</p> <p>Use selected method of training to increase knowledge of:</p> <p>Warming Up / Cooling Down.</p> <p>Muscle locations / Antagonistic pairs /</p> <p>Aerobic and Anaerobic fitness</p> <p>Components of fitness</p> <p>Methods of training</p> <p>Immediate and Long-term effects of exercise</p> <p>Principles of training</p>	<p>Sporting application task.</p> <p>Select activities for warm up/cool down.</p> <p>Design parts of a fitness session – specific to a training method.</p>	<p>Physical performance in each method of training studied.</p> <p>Performance in application tasks.</p> <p>End of year exam.</p>

Physical Education Overview map for Football

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short/long and lofted/driven/curled</p> <p>Dribbling – beat opponent on either side</p> <p>Control – variety of feeds, paces and distances under pressure</p> <p>Shooting – from a variety of feeds, paces and distances under pressure</p> <p>Attacking principles – use of disguise</p> <p>Defending principles – man to man marking system</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Small sided games</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Girl's Dance

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation? Perform both basic and more efficient and technically difficult choreography based on different styles in a unit called 'Dance around the World' - Leaps, balances, step patterns, turns and traveling. Body tension and extension and co-ordination of body parts. Control of body shape. Balance.</p>	<p>Choreographing routines, taking the theme and style into consideration. Working in time with music. Performing to peers. Observing others and providing valuable feedback. Dance competition.</p>	<p>Performance to peers. Dance competition.</p>

Physical Education Overview map for Gymnastics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Balance, Partner Balances and Counter-balances. Assisted flight techniques Dismount using equipment Travel Techniques Linking movements Control of body shape Vaulting Using equipment safely e.g. trampette, springboard.</p>	<p>Linking a series of movements together to create a small floor routine.</p> <p>Understanding how to move and use equipment safely in a routine.</p> <p>Creating a gymnastic sequence in small groups using different pieces of equipment e.g. springboard and trampette.</p> <p>Performing to peers and identifying strengths and areas for improvement. Decision making – when to use appropriate movements.</p>	<p>Performance in a routine. Peer Assessment. Questioning.</p>

Physical Education Overview map for Handball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short and long passes</p> <p>Catching – one/two handed on the move from a variety of heights/paces</p> <p>Pick ups – moving ball, one hand</p> <p>Dribbling – dribbling at the D, feint then dribble, beat an opponent on either side</p> <p>Shooting – over an opponent</p> <p>Breaking down a defence – use of wide player to feed centre/guard attacking the D</p> <p>Attacking play – Injection of speed to the attack</p> <p>Defensive play – Zonal defence positions</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Small sided games</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for Netball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Footwork – Stopping / landing, pivoting and performing a running pass</p> <p>Ball handling – Catching whilst stationary, on the run and in the air</p> <p>Passing – Passing over short to long-range distances</p> <p>Shooting – Stationary shooting / stepping</p> <p>Attacking principles – Getting free using a variety of methods</p> <p>Defensive principles – Defending the pass and interceptions</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Small sided games</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>

Physical Education Overview map for OAA

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	How can we perform effectively in a competitive situation? Compass work/finding north Bearings and direction of travel Navigation around the long Orienteering course	Route planning Use of strategies Decision making	Performance in tasks Orienteering competition

Physical Education Overview map for Rugby League

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – float and spin Handling – ball playing development. Receiving – various hand targets hit. Running – Passing at speed. Tackling – more tackles completed using both shoulders. Control – control in a tackle and offloading. Kicking – Using appropriate kicks in a game situation. Evading – Hand offs, 2v1, 3v2. Attacking principles – performing moves to beat opponents. Defending principles – marking and angle running.</p>	<p>Outwitting opponents Decision making Modified match situations eg 2v1, 3v2. Small sided games Knowledge of rules</p>	<p>Performance in modified match situations. Performance in match situations.</p>

Physical Education Overview map for Trampolining

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation? Perform the core and advanced skills listed below with an increased quality of execution.</p> <p>Straight bouncing – with centring, height and body tension. Shapes: Tuck, straddle and pike – with form, height and accuracy. Twists: Half and full twist – with form, height and accuracy. Seat landing: Seat landing, seat landing half twist, half twist seat landing and swivel hips – with form, height and accuracy. Front landing: Front landing, half twist front landing, front landing half twist, seat to front, front to seat, half turntable – with form, height and accuracy. Back landing: Back landing, half twist back landing, back landing half twist, back to front, front to back and cradle – with form, height and accuracy. Front somersault.</p>	<p>Producing and performing routines with height, quality of execution and accuracy. Decision making: Selecting appropriate movements in a routine and considering their order to allow the routine to flow. Performing to peers. Observing others and providing valuable feedback.</p>	<p>Performance of movements in isolation. Performance of movements/routine to peers. Trampolining routine competition.</p>

Physical Education Overview map for Volleyball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
9	<p>How can we perform effectively in a competitive situation?</p> <p>Set/volley shot – reverse set Return of serve – from mid court serve Dig – from hard feeds Serving – jump float Spike/attacking overhead shot on full net from hand feeds Attacking principles – Net play Defensive principles – Block Emergency retrieval techniques</p>	<p>Outwitting opponents Decision making Modified match situations/small sided conditioned games eg 2v2, 3v3, 4v4 Knowledge of rules</p>	<p>Performance in modified match situations. Performance in match situations.</p>