

Physical Education Overview map for Athletics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
10	<p>How can you improve your Personal Best?</p> <p><u>Running events</u> Starting – Power out for low start, small steps to develop momentum prior to mid race technique, Finishing – chest dip in final step, Leg action – High knees into long strides on toes, Arm action – aerodynamic forward motion, hand position, Head carriage – look at position of others whilst maintaining straight ahead position, Posture – relaxed correct technique points shown</p> <p><u>Throwing events</u> Initial stance – back of circle, low body position, high elbow ready to glide, Grip – into neck with a high elbow, Throwing action – momentum, speed, Follow through and release phase – low to high, elbow position Glide technique - low at speed with powerful upwards release.</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>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Serves – Long, Short and Flick Overhead Clear- Forehand and Backhand Drop Shot – Forehand and Backhand Smash Shot – Forehand and Backhand Drive - 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 Fitness

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
10	Increase knowledge of how the methods of training can increase fitness and which sports these would be suited to. Methods to study are: Continuous Fartlek Interval – Circuit, Plyometrics, HIIT.	Sporting application task. Select activities for warm up/cool down. Training Methods changed each lesson.	Physical performance in each method of training studied. Performance in application tasks.

Physical Education Overview map for Football

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – full range with both feet Dribbling – advanced techniques to beat opponent. Control – on half turn with disguise to create space Shooting – with swerve, volley and half volley. First time finishing. Attacking principles – each position's role in attack Defending principles - each position's role in defence. Zonal marking.</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>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Perform both basic and more efficient and technically difficult choreography in the style of 'contemporary' - Leaps, balances, step patterns, turns and traveling.</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 assessment lesson.</p>

Physical Education Overview map for Gymnastics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Balance Travel Flight and dismount</p> <p>Vaulting- <ul style="list-style-type: none"> ○ Run Up ○ Flight ○ Landing </p> <p>Straddle Vault Tuck (Through) Vault.</p>	<p>Vault using a trampet Vault using a springboard.</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. Competition Questioning</p>

Physical Education Overview map for Handball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short and long passes in set plays eg weave</p> <p>Catching – with frontal and sideways body position</p> <p>Dribbling – dribbling to create space for team mates</p> <p>Shooting – under pressure, striding/vertical/jump/whilst falling</p> <p>Breaking down a defence – feinting shot/pass, set plays</p> <p>Attacking play – setting screens with and without the ball</p> <p>Defensive play – blocking, stealing the ball, pressurising defensive formations</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Competitive matches</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>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Footwork – Pivoting, running pass and turning in the air</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 – Stepping, stationary and contesting rebounds</p> <p>Attacking principles – Getting free and clearing space</p> <p>Defending principles – 1st, 2nd and 3rd stage defending</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>
10	How can we perform effectively in a competitive situation? Team building strategy tasks Compass work/finding north Estimating distances/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 Rounders

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Throwing – underarm, overarm Bowling – underarm, donkey drop Catching – One handed catch, two handed catch, high catch, low catch. Batting Fielding – short barrier, long barrier Rules</p>	<p>Outwitting Opponents Batting Placement Team Tactics Small Fielding/Batting games Modified Game Situations Rounders Game</p>	<p>Performance in isolated drills. Performance in modified game situations. Performance in Game Situation.</p>

Physical Education Overview map for Rugby League

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – demonstrating all passes LtoR and RtoL. Handling – One handed play of ball, speed of play of the balls have increased. Receiving – Developing advanced techniques of high and low catching. Running – holding the ball correctly., Tackling – Increase into all tackles Control – Controlling in defence and attack. Kicking – Using correct kicks and placing them. Evading – Creating space developing 3v2. Attacking principles – Working on angles of running. Defending principles – Using all tackles to control the attackers.</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>
10	<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.</p> <p>Twists: Half and full twist – with form, height and accuracy.</p> <p>Seat landing: Seat landing, seat landing half twist, half twist seat landing and swivel hips – with form, height and accuracy.</p> <p>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.</p> <p>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.</p> <p>Somersaults: Front and back somersaults.</p>	<p>Producing and performing routines featuring advanced skills with height, quality of execution and accuracy in swing time.</p> <p>Decision making: Selecting appropriate movements in a routine and considering their order to allow the routine to flow.</p> <p>Performing to peers.</p> <p>Observing others and providing valuable feedback.</p>	<p>Performance of movements in isolation.</p> <p>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>
10	<p>How can we perform effectively in a competitive situation?</p> <p>Set/volley shot – attacking sets and attacking reverse sets</p> <p>Return of serve – from full court serves</p> <p>Dig – from full court serves</p> <p>Serving – Float, jump float and topspin</p> <p>Spike - on full net from sets, volleys or digs</p> <p>Attacking principles - net play, back court play, footwork and court positioning, anticipation and reaction to the ball</p> <p>Defensive principles – Block, net play, back court play, footwork and court positioning, anticipation and reaction to the ball</p> <p>Emergency retrieval techniques - rebounding</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations/small sided games eg 2v2, 3v3, 4v4</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>
11	<p>How can you improve your Personal Best?</p> <p><u>Running events</u> Starting – Power out for low start, small steps to develop momentum prior to mid race technique, Finishing – chest dip in final step, Leg action – High knees into long strides on toes, Arm action – aerodynamic forward motion, hand position, Head carriage – look at position of others whilst maintaining straight ahead position, Posture – relaxed correct technique points shown</p> <p><u>Throwing events</u> Initial stance – back of circle, low body position, high elbow ready to glide, Grip – into neck with a high elbow, Throwing action – momentum, speed, Follow through and release phase – low to high, elbow position Glide technique - low at speed with powerful upwards release.</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>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Serves – Long, Short and Flick Overhead Clear- Forehand and Backhand Drop Shot – Forehand and Backhand Net Shot – Forehand and Backhand Smash Shot – Forehand and Backhand Drive - 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 Dodgeball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	How can we perform effectively in a competitive situation? Throwing accuracy Catching Agility to dodge	Outwitting opponents Decision making Match situations Knowledge of rules	Performance in match situations.

Physical Education Overview map for Fitness

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	Increase knowledge of how the methods of training can increase fitness and which sports these would be suited to. Methods to study are: Continuous Fartlek Interval – Circuit, Plyometrics, HIIT.	Sporting application task. Select activities for warm up/cool down. Training Methods changed each lesson.	Physical performance in each method of training studied. Performance in application tasks.

Physical Education Overview map for Football

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – full range with both feet Dribbling – advanced techniques to beat opponent. Control – on half turn with disguise to create space Shooting – with swerve, volley and half volley. First time finishing. Attacking principles – each position's role in attack Defending principles - each position's role in defence. Zonal marking.</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>
11	<p>How can we perform effectively in a competitive situation? Perform both basic and more efficient and technically difficult choreography in the style of 'contemporary' - 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 assessment lesson.</p>

Physical Education Overview map for Gymnastics

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Balance Travel Flight and dismount</p> <p>Vaulting- <ul style="list-style-type: none"> ○ Run Up ○ Flight ○ Landing </p> <p>Straddle Vault Tuck (Through) Vault.</p>	<p>Vault using a trampet Vault using a springboard.</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. Competition Questioning</p>

Physical Education Overview map for Handball

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – short and long passes in set plays eg weave</p> <p>Catching – with frontal and sideways body position</p> <p>Dribbling – dribbling to create space for team mates</p> <p>Shooting – under pressure, striding/vertical/jump/whilst falling</p> <p>Breaking down a defence – feinting shot/pass, set plays</p> <p>Attacking play – setting screens with and without the ball</p> <p>Defensive play – blocking, stealing the ball, pressurising defensive formations</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2, 4v2 etc</p> <p>Competitive matches</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>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Footwork – Pivoting, running pass and turning in the air</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 – Stepping, stationary and contesting rebounds</p> <p>Attacking principles – Getting free and clearing space</p> <p>Defending principles – 1st, 2nd and 3rd stage defending</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>
11	How can we perform effectively in a competitive situation? Team building strategy tasks Compass work/finding north Estimating distances/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 Rounders

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Throwing – underarm, overarm</p> <p>Bowling – underarm</p> <p>Catching - One handed catch, two handed catch, high catch, low catch.</p> <p>Batting</p> <p>Fielding – short barrier, long barrier</p> <p>Rules</p>	<p>Outwitting Opponents</p> <p>Batting Placement</p> <p>Team Tactics</p> <p>Small Fielding/Batting games</p> <p>Modified Game Situations</p> <p>Rounders Game</p>	<p>Performance in isolated drills.</p> <p>Performance in modified game situations.</p> <p>Performance in Game Situation.</p>

Physical Education Overview map for Rugby League

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Passing – increasing distances of all passes.</p> <p>Handling – using the appropriate techniques in beating an opponent.</p> <p>Receiving – taking the ball in the air.</p> <p>Running – passing and catching at speed during a game.</p> <p>Tackling – all tackles performed including smother. Speed to get back to your feet.</p> <p>Control – Breaking out of the tackle to free the ball.</p> <p>Kicking – to correct areas</p> <p>Evading – running at a defender to create overlaps.</p> <p>Attacking principles – performing moves to beat defenders.</p> <p>Defending principles – tackling in pairs to prevent attackers from scoring.</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations eg 2v1, 3v2.</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 Table Tennis

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	How can we perform effectively in a competitive situation? Serving – flat, deep, spin Forehand push shots Backhand push shots Defensive shots – chop, spin Attacking shots – drive, topspin, smash	Outwitting opponents Decision making Match situations Knowledge of rules	Performance in match situations.

Physical Education Overview map for Trampolining

<u>Year group</u>	<u>Substantive Knowledge</u>	<u>Disciplinary Knowledge</u>	<u>Assessment</u>
11	<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.</p> <p>Twists: Half and full twist – with form, height and accuracy.</p> <p>Seat landing: Seat landing, seat landing half twist, half twist seat landing and swivel hips – with form, height and accuracy.</p> <p>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.</p> <p>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.</p> <p>Somersaults: Front and back somersaults.</p>	<p>Producing and performing routines featuring advanced skills with height, quality of execution and accuracy in swing time.</p> <p>Decision making: Selecting appropriate movements in a routine and considering their order to allow the routine to flow.</p> <p>Performing to peers.</p> <p>Observing others and providing valuable feedback.</p>	<p>Performance of movements in isolation.</p> <p>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>
11	<p>How can we perform effectively in a competitive situation?</p> <p>Set/volley shot – attacking sets and attacking reverse sets</p> <p>Return of serve – from full court serves</p> <p>Dig – from full court serves</p> <p>Serving – Float, jump float and topspin</p> <p>Spike - on full net from sets, volleys or digs</p> <p>Attacking principles - net play, back court play, footwork and court positioning, anticipation and reaction to the ball</p> <p>Defensive principles – Block, net play, back court play, footwork and court positioning, anticipation and reaction to the ball</p> <p>Emergency retrieval techniques - rebounding</p>	<p>Outwitting opponents</p> <p>Decision making</p> <p>Modified match situations/small sided games eg 2v2 up to full game of 6v6</p> <p>Knowledge of rules</p>	<p>Performance in modified match situations.</p> <p>Performance in match situations.</p>