

St Cuthbert Mayne School Curriculum Map



Department: Physical Education

Year 10

Mission Statement: The ultimate vision for the PE department is to develop a curriculum that inspires all pupils to succeed and excel in a wide range of sports and other physical activities. Our curriculum provides opportunities for students to experience competitive and non-competitive situations through a programme that fosters a lifelong interest in sports and physical activity. Opportunities are given both in curriculum time and through extra curricular activities to develop health and fitness and support the school's core values within the confines and ethos of a caring Christian community. Aims & Purpose Physical Education contributes to the overall education of young people, by facilitating learning that leads to enjoyment and achievement. Participating in a broad and balanced Physical Education programme provides the opportunity for all students to succeed and for them to lead full and valuable lives through engaging in purposeful physical activity. A high-quality physical education curriculum inspires all pupils to enjoy, succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. At St Cuthbert Mayne School our curriculum for Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Key Stage 4

All pupils have three 55 minute lessons per fortnight of PE throughout Key Stage 4. Student progress is monitored regularly through half termly data checks and department meetings. Students are organised into single sex groups and are taught by a qualified teacher. The curriculum is taught in six half term blocks throughout the academic year covering two different activities each half term. This allows students the opportunity to develop skills, knowledge and understanding across 12 different modules. Pupils will learn to develop their skills and techniques to develop their competence and creativity to perform at higher levels in a wide variety of activities. These activities include netball, football, rugby, hockey, basketball, badminton, rounders, cricket, dance, gymnastics, trampolining, athletics, health related fitness. All pupils are encouraged to be active and value the importance of exercise and participation. This can take the form of performer, coach or official in all activities. All members of the PE Department are fully committed to high quality teaching and learning to ensure pupils make progress in their learning at St. Cuthbert Mayne School.

Autumn Term 1

Year 10 Autumn Term 1				
	Boys		Girls	
Topic/Unit	Badminton or Benchball	Rugby or Hockey	Basketball or Hockey	Netball or Football
Knowledge (Content covered)	BADMINTON Advanced positional play & court movement, short and long serving, forehand /backhand drive, overhead clear, net shots, drop shot & game play. Refining tactics and strategies to outwit opponents. BENCHBALL Refining throwing, passing and receiving skills. Developing attacking and defensive principles to outwit opponents. Developing tactical awareness and strategic play based on	RUGBY Passing using width, outwitting opponents, recap tackling and rucking, restarting play, scrums, role of referee. HOCKEY Refining dribbling, passing & receiving, attacking principles, outwitting opponents, positions, refining game strategies, outwitting opponents in a game situation.	BASKETBALL Passing, receiving, dribbling, shooting , developing shooting with dominant and non dominant hand-the lay up, defensive strategies-man to man and zonal, strategies for attack/ 3 man weave, tactical awareness, competitive game play HOCKEY Refining dribbling, passing, receiving with control,	NETBALL Recap fundamentals, passing and receiving with control, complex attacking and defending principles including 3rd stage defending, refining game strategies and tactics in competitive games FOOTBALL Use of width, attacking as a formations and roles unit/team, defending and defensive roles, within a team, set plays-corners,

	benchball rules and conditioned games.		attacking strategies, defensive strategies, advanced development of rule knowledge, positioning and team structure, outwitting an opponent in game play	free kicks, and strategies, the role of the referee
Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication	In depth analysis of knowledge, techniques & rules, teamwork, communication	In depth analysis of knowledge, techniques & rules, teamwork, communication	Knowledge and understanding of umpiring/refereeing skills, analysis of techniques, advanced tactical awareness
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	BADMINTON Coaching/Officiating Extra-curricular sports club Local external sports clubs	RUGBY Torquay RFC & Paignton RFC Opportunities for leadership, coaching and officiating at club and in lessons HOCKEY Torbay Hockey club Opportunities for leadership, coaching and officiating at club and in lessons	BASKETBALL Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Lv1, officiating and leadership within lessons and club. HOCKEY Torbay Hockey club Opportunities for leadership, coaching and officiating at club and in lessons	NETBALL Teignbridge Titans Netball club, Dart Netball Club, Officiating at STCM Netball club and opportunities to undertake EN recognised officiating awards FOOTBALL Torquay United FC, opportunities for leadership, coaching and officiating at after school club and during lessons.

Autumn Term 2

Year 10 Autumn Term 2				
	Boys		Girls	
Topic/Unit	Volleyball or Basketball	Football or Handball	Fitness	Benchball or Handball
Knowledge (Content covered)	VOLLEYBALL Develop more advanced core skills and apply them in game situations in order to beat opposition - dig, volley, serve, set, block. Pupils will develop the use of attacking and defensive tactics. BASKETBALL Passing, receiving, dribbling, shooting, developing shooting with dominant and non dominant hand-the lay up, defensive strategies; man to man and zonal, strategies for attack/3 man weave, tactical awareness, competitive game play.	FOOTBALL Refining more advanced skills. The use of width, attacking as a unit/team, defending and defensive roles, formations & team tactics, set plays including corners and free kicks, the role of a referee HANDBALL Develop ball handling skills, passing and shooting techniques, familiarisation of rules, attacking plays, moving with the ball, beating players, screening, outwitting opponents in a game situation	FITNESS A variety of different fitness styles including boxercise, crossfit training, circuit training with other fitness components such as squats, planks, lunges, fitness training in the school fitness suite and learning to use resistance machines.	BENCHBALL Refining throwing, passing and receiving skills. Developing attacking and defensive principles to outwit opponents. Developing tactical awareness and strategic play based on benchball rules and conditioned games. HANDBALL Develop ball handling skills, passing and shooting techniques, familiarisation of rules, attacking plays, moving with the ball, beating players, screening, outwitting opponents in a game situation.

Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication	In depth analysis of knowledge, techniques & rules, teamwork, communication	Develop knowledge of a range of different types of training to improve health and fitness.	In depth analysis of knowledge, techniques & rules, teamwork, communication
Assessment	Regular Self, Peer & Teacher Assessment End of	Regular Self, Peer & Teacher Assessment End of	Regular Self, Peer & Teacher Assessment	Regular Self, Peer & Teacher Assessment End

	Unit Assessment in line with school policy.	Unit Assessment in line with school policy.	End of Unit Assessment in line with school policy	of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	BASKETBALL Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Lv1, officiating and leadership within lessons and club.	FOOTBALL Local Football Clubs, Devon FA & Torbay Schools STCM Afterschool Football Club Leadership, Coaching, Officiating	FITNESS School fitness suite and local fitness clubs available for fitness training. Potential career opportunities as Fitness Instructor, Personal Trainer.	HANDBALL Opportunities for leadership, coaching and officiating during lessons.

Spring Term 1

	BOYS PE		GIRLS PE	
Topic/Unit	Fitness	Rugby, Handball or Hockey	Dodgeball or Volleyball	Pickleball or Badminton
Knowledge (Content covered)	FITNESS A variety of different fitness styles including crossfit training, completing circuit training with other fitness components such as squats, planks, lunges, fitness training in the school fitness suite and learning to use resistance machines and free weights.	RUGBY Passing using width, outwitting opponents, recap tackling and rucking, restarting play, scrums, role of referee. HANDBALL Develop ball handling skills, passing and shooting techniques, familiarisation of rules, attacking plays, moving with the ball, beating players, screening, outwitting opponents in a game situation. HOCKEY Refining dribbling, passing & receiving, attacking principles, outwitting opponents, positions, refining game strategies, outwitting opponents in a game situation.	DODGEBALL Developing passing, receiving, attacking & defensive skills, outwitting opponents, competitive game play. VOLLEYBALL Develop more advanced core skills and apply them in game situations in order to beat opposition - dig, volley, serve, set, block. Pupils will develop the use of attacking and defensive tactics.	PICKLEBALL Developing serving technique, forehand /backhand shots, smash, & net play. Increase knowledge of rules & positional play & court movement during game play. Develop tactics and strategies to outwit opponents. BADMINTON Advanced positional play & court movement, short and long serving, forehand /backhand drive, overhead clear, net shots, drop shot & game play. Refining tactics and strategies to outwit opponents.
Skills	Develop knowledge of a range of different types of training to improve health and fitness.	In depth analysis of knowledge, techniques & rules, teamwork, communication	Knowledge and understanding of techniques and/or tactics,	In depth analysis of knowledge, techniques & rules, teamwork, communication

			rules and regulations, communication skills.	
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	FITNESS Torbay Athletics Club, Local Gyms, Fitness Training	RUGBY & HOCKEY Torquay RFC & Paignton RFC Torbay Hockey club Opportunities for leadership, coaching and officiating at club and in lessons	DODGEBALL/ VOLLEYBALL Opportunities for leadership, coaching and officiating at club and in lessons	PICKLEBALL/ BADMINTON Local Tennis & Badminton Clubs. Opportunities for leadership, coaching and officiating at club and in lessons

Spring Term 2

	BOYS PE		GIRLS PE	
Topic/Unit	Dodgeball or Volleyball	Netball, Lacrosse or Pickleball	Lacrosse or Unihoc	Hockey, Rugby or Football
Knowledge (Content covered)	DODGEBALL Passing, Catching, Attacking & Defensive skills, Outwitting opponent, Competitive Game Play VOLLEYBALL In this unit pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition - dig, volley, serve, set, block. Pupils will	NETBALL Recap passing skills and fundamental rules, timing of pass and support play, marking and defending, attacking play, outwitting opponents in gameplay LACROSSE Throwing, catching, ground ball pick ups, moving with the ball- cradling, defensive strategies, attacking strategies- face, roll and split	LACROSSE Throwing, catching, ground ball pick ups, moving with the ball/cradling, defensive strategies, attacking strategies (face, roll and split dodge), creating and using space, outwitting opponents in a competitive situation. UNIHOC Dribbling, Passing & Receiving with control,	HOCKEY Refine dribbling, passing, receiving & shooting skills. Advanced tactics and attacking/defensive strategies to outwit opponents. RUGBY Develop passing and receiving skills using width. Develop knowledge of rules and attacking/defensive

	develop the use of attacking and defensive tactics.	dodge, creating and using space, outwitting opponents in a competitive situation. PICKLEBALL Developing serving technique, forehand /backhand shots, smash, & net play. Increase knowledge of rules & positional play & court movement during game play. Develop tactics and strategies to outwit opponents.	Outwitting Opponents, Attacking & Defensive Team Strategies	strategies to outwit opponents. FOOTBALL Refine fundamental skills and rules, spatial awareness and court linkage, advanced attacking principles, 1st/2nd stage defending, tactics & outwitting opponents.
Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication.	Further development of techniques and tactical awareness rules, team cohesion.	Development of techniques, tactical awareness, rules, team - work and communication.	In depth analysis of knowledge, techniques & rules, teamwork, communication.
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	DODGEBALL/ VOLLEYBALL Leadership, officiating & coaching opportunities in lessons. After school sports clubs & local external sports clubs.	NETBALL/LACROSSE/ PICKLEBALL Coaching & Officiating Local sports clubs; Torquay Tennis Club, Teignbridge Titans Netball club, Dart Netball Club, Officiating at STCM Netball club.	UNILOC Coaching & Officiating Hockey Clubs, Leadership opportunities in lessons	HOCKEY/RUGBY/ FOOTBALL Leadership, officiating & coaching opportunities in lessons After school sports clubs & local external sports clubs.

Summer Term 1

	BOYS PE		GIRLS PE	
Topic/Unit	Cricket	Athletics	Rounders	Athletics
Knowledge (Content covered)	CRICKET Advanced Fielding, Slip Catching, Development of Bowling, Straight drive & Pull Shot batting technique, Competitive Game Play, Role of Umpires	ATHLETICS Refine knowledge of Short and Middle Distance running techniques, Jumping and Throwing.	ROUNDERS Focus on refining more advanced core batting, bowling and fielding skills and applying them more tactically in competitive game situations	ATHLETICS Refine knowledge of Short and Middle Distance running techniques, Jumping and Throwing.
Skills	In depth analysis of knowledge, techniques & rules, teamwork, communication	Refine specific skills & techniques of running styles, pacing, throwing and jumping in athletics.	In depth analysis of knowledge, techniques & rules, teamwork, communication.	Refine specific skills & techniques of running styles, pacing , throwing and jumping in athletics.
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Leadership, Coaching, Officiating Local cricket clubs	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.	STCM Afterschool Rounders Club, local Rounders Leagues, Leadership opportunities in lessons and clubs.	ATHLETICS Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.

Summer Term 2

	BOYS PE	GIRLS PE
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Topic/Unit	Rounders	Athletics	Rounders or Outdoor Volleyball	Cricket or Pickleball
Knowledge (Content covered)	ROUNDERS Focus on refining more advanced core batting, bowling and fielding skills and applying them more tactically in competitive game situations.	ATHLETICS Refine knowledge of Short and Middle Distance running techniques, Jumping and Throwing.	ROUNDERS Focus on refining more advanced core batting, bowling and fielding skills and applying them more tactically in competitive game situations. VOLLEYBALL developing skills and decision making in the game selecting the appropriate shot.	CRICKET Basic principles of play. Skills in batting, bowling and fielding will be developed through games/conditional situations. PICKLEBALL Developing serving technique, forehand /backhand shots, smash, & net play. Increase knowledge of rules & positional play & court movement during game play. Develop tactics and strategies to outwit opponents.
Skills	Application of more complex batting, bowling and fielding techniques. Increased knowledge and understanding of tactical awareness and the ability to adapt and refine skills and techniques.	Refine specific skills & techniques of running styles, pacing , throwing and jumping in athletics.	Application of more complex techniques, increased knowledge and understanding of tactical awareness and the ability to adapt and refine skills and techniques.	Develop the ability to apply consistency & accurate timing in the use of techniques for when attacking and defending.
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.

Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	STCM Afterschool sports clubs, local sports clubs & leagues, Leadership opportunities in lessons and clubs.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.	STCM Afterschool sports clubs, local sports clubs & leagues, Leadership opportunities in lessons and clubs.	Leadership, Coaching & Officiating Local cricket clubs; Torquay, Barton & Paignton Torquay Tennis Club
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BTEC TECH AWARD IN SPORT Year 10 Autumn Term

Topic/Unit	COMPONENT 1: Preparing Participants to Take Part in Sport and Physical Activity
Knowledge (Content covered)	Learning outcome A: Explore types and provision of sport and physical activity for different types of participant A1 Types and providers of sport and physical activities Learners will explore the different types of sport and physical activities that people may choose to take part in and will be able to compare and contrast the provision of these sports and physical activities from different sectors. A2 Types and needs of sport and physical activity participants Learners will understand the characteristics of different types of participant and how this affects their different physical, social and mental health needs. A3 Barriers to participation in sport and physical activity for different types of participant Learners will know about barriers to participation that can prevent some types of participant from taking part in regular sport and physical activity. A4 Methods to address barriers to participation in sport and physical activity for different types of participant Learners will understand how different methods can be used to address these barriers to participation for different types of participant to increase participation in regular sport and physical activity. Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity B1 Different types of sports clothing and equipment required for participation in sport and physical activity Learners will need to understand the different types of sports clothing and equipment and their uses for participation in different types of sports and physical activities. B2 Different types of technology and their benefits to improve sport and physical activity participation and performance

	Learners will explore a range of different types of technology and its use in sport and physical activity to improve performance and participant experience. B3 The limitations of using technology in sport and physical activity Learners will need to develop an understanding of the limitations that technology can have for sport and physical activity participation. Learning outcome C: Be able to prepare participants to take part in physical activity C1 Planning a warm-up Learners will know about the types of activities that should be included in a pulse raiser, a mobiliser and preparation stretch and be able to plan a warm- up to cover each component. They will also understand how the cardiorespiratory and musculoskeletal systems respond to each component of a warm-up. C2 Adapting a warm-up for different categories of participants and different types of physical activities Learners will know how to adapt warm-up activities to make them appropriate for the needs of different types of participant and how to make the activities in a warm-up specific to different types of physical activity. C3 Delivering a warm-up to prepare participants for physical activity Learners will be able to deliver the different component of a warm-up to prepare participants to take part in physical activity.
Skills	exploration of why people take part in sport, research into new technological developments in sport, preparation for physical activity - devising warm ups.
Assessment	Preparation for written coursework - Pearson set assignment Component 1
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Personal trainer, Sports coach, PE teacher, Forces recruit, Gym Instructor, Athlete, Nurse, Doctor

BTEC TECH AWARD IN SPORT Year 10 Spring Term

Topic/Unit	COMPONENT 1: Preparing Participants to Take Part in Sport and Physical Activity
Knowledge (Content covered)	In this term students will be completing Component 1 Pearson set assignment, based on the work that they covered in the Autumn Term- Preparing participants to take part in sport and physical activity..

Skills	Identifying the components of fitness required in different sports monitoring heart rate & recovery rate. Understanding the Skills in sports, e.g. passing, scoring, travelling, intercepting. Identifying rules and regulations in sports.
Assessment	PEARSON SET ASSIGNMENT - COMPONENT 1 Pearson sets the assignments for the assessment of this component 1. The assignment for this component consists of three tasks. The assignment will take approximately 20 supervised hours to complete. The assignments will be marked by centres and moderated by Pearson. Learners must use the Pearson-set Assignment to provide the required evidence to achieve this component.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Personal trainer, Sports coach, PE teacher, Forces recruit, Gym Instructor, Athlete, Nurse, Doctor, Nutritionist, Dietician.

BTEC TECH AWARD IN SPORT Year 10 Summer Term

Topic/Unit	Component 2: Taking Part and Improving Other Participants Sporting Performance
Knowledge (Content covered)	Learning outcome A: Understand how different components of fitness are used in different physical activities A1 Components of physical fitness Learners will know the definition of each component of physical fitness and their potential impact on sporting performance. A2 Components of skill-related fitness Learners will know the definition of each component of skill-related fitness and understand their potential impact on sporting performance. Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials B1 Techniques, strategies and fitness required for different sports Learners will be able to demonstrate a range of skills and strategies for a selected sport, in both isolated practices and competitive situations. B2 Officials in sport

Learners will know the roles of different officials for a selected sport and understand the key responsibilities associated with each of these roles.

B3 Rules and regulations in sports

Learners will know the key rules and regulations of a selected sport. They will understand how the rules and regulations are applied, the actions an official may take if these rules are not adhered to and how these actions may vary dependent upon the situation.

Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials

B1 Techniques, strategies and fitness required for different sports

Learners will be able to demonstrate a range of skills and strategies for a selected sport, in both isolated practices and competitive situations.

B2 Officials in sport

Learners will know the roles of different officials for a selected sport and understand the key responsibilities associated with each of these roles.

B3 Rules and regulations in sports

Learners will know the key rules and regulations of a selected sport. They will understand how the rules and regulations are applied, the actions an official may take if these rules are not adhered to and how these actions may vary dependent upon the situation.

Learning outcome C: Demonstrate ways to improve participants sporting techniques

C1 Planning drills and conditioned practices to develop participants' sporting skills

Learners will know how to work with sports participants to help to improve their sporting skills. They will be able to provide demonstrations of techniques used for different sports skills and provide teaching points to help to develop participants technique to perform the sports skill. They will know how to select and plan for different drills and conditioned practices to develop specific sports skills. Learners will also be able to set up each of the drills and support participants as they take part in the drills and conditioned practices to improve their sporting skills.

C2 Drills to improve sporting performance

Learners will understand how different drills and adapted games can improve sporting techniques and performance. They will also understand how to use each type of drill and adapted game to develop sporting technique for different types of participant. Learners will also know how to set up each of the drills and be able identify what pieces of equipment are needed for each drill.

Skills	videoing skills in select sports, researching the rules and regulations of sports, planning drills to improve performance.
Assessment	Preparation for written coursework - Pearson set assignment Component 2
Gatsby 4 (Linking curriculum learning to	Personal trainer, Sports coach, PE teacher, Forces recruit, Gym Instructor, Athlete, Nurse, Doctor, Nutritionist, Dietician.



careers) GATSBY BENCHMARK 4	
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