St Cuthbert Mayne School Curriculum Map

Department: Physical Education

Year 9

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 3

All pupils have four 55 minute lessons per fortnight of PE throughout Key Stage 3. 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, athletics, 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 9 Autumn Term 1				
	BOYS PE		**GIRLS PE**	
Topic/Unit	**Rugby**	**Hockey**	**Basketball**	**Football**
Knowledge (Content covered)	Passing & use of space, outwitting opponents 3v2 5v3, tackling and rucking, restarting play, scrum development, competitive games	Refine fundamental skills and rules including passing, receiving and shooting, use of space and spatial awareness, advanced attacking and defending principles, outwitting opponents in games play, advanced tactics and positional play/formations, leadership development.	Ball familiarisation, passing and receiving, dribbling, pivoting, triple threat, shooting-set shot, lay up, jump shot, attacking and outwitting an opponent, defensive stance and techniques, competitive game play.	Ball Control & Turning, Passing, Heading, Shooting, Attacking play/Beating an opponent, Defensive Tactics, Set Plays, Competitive Games
Skills	Knowledge of more advanced techniques &	Further development of more advanced techniques, tactical	Knowledge of specific techniques & rules,	Students to think about how to apply more advanced rules, skills,

	rules, teamwork, communication	awareness, communication skills, officiating and leadership	teamwork, communication, officiating and leadership	strategies and tactics to outwit the opposition
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.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Torquay RFC & Paignton RFC Coaching/Officiating	Torbay Hockey Club. STCM Afterschool Hockey Club Coaching/Officiating/Leadership in lessons/clubs	Torbay Tigers Basketball, Newton Abbot Pacers. Coaching/Officiating/Leadership opportunities in lessons and at STCM Basketball Club.	Local Football Clubs STCM Afterschool Football Club Leadership, Coaching, Officiating

Autumn Term 2

Year 9 Autumn Term 2				
	BOYS PE		**GIRLS PE**	
Topic/Unit	**Football**	**Badminton**	**Netball**	**Gymnastics Vaulting**
Knowledge (Content covered)	Ball Control & Turning, Passing, Heading, Shooting, Attacking play/Beating an opponent, Defensive Tactics, Set Plays, Competitive Games	Refining skills: Forehand & backhand drive, underarm & overhead clear, smash, underarm & overarm drop shot, double & singles game play and outwitting opponents.	Refining fundamental skills and rules including passing, receiving and shooting, use of space and spatial awareness, advanced attacking and defending principles, outwitting opponents in games play, advanced tactics and positional play/formations, leadership development.	Introduction to the use of springboards and trampette technique, squat onto boxes of varying heights, students will be able to dismount from the vault in varying ways, using jumps and rolls.

Skills	Students to think about how to apply more advanced rules, skills, strategies and tactics to outwit the opposition	Refining core badminton skills, and the ability to outwit opponents by using the correct shots during a competitive situation. Scoring Games	Knowledge of specific techniques & rules, teamwork, communication, officiating and leadership skills.	Students will develop skills to be able to vault over the boxes using a squat on, side vault, through vault or straddle vault. The handstand flat back technique will be taught to all students, some will be able to take this further and perform a handspring or headspring with or without support.
Assessment	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	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	Local Football Clubs STCM Afterschool Football Club Leadership, Coaching, Officiating	Leadership, Coaching and officiating Opportunities	Torbay Hockey Club. STCM Afterschool Hockey Club Coaching/Officiating/Leadership in lessons/clubs	Torbay Olympic Gymnastics Club, South Devon Gymnastics Club, Bay Bouncers, leadership opportunities in lessons

Spring Term 1

Year 9 Spring Term 1				
	BOYS PE		**GIRLS PE**	
Topic/Unit	**Netball**	**Gymnastics Vaulting**	**Fitness**	**Volleyball**
Knowledge (Content covered)	Refining fundamental skills and rules including passing, receiving and shooting, use of space and	Introduction to the use of springboards and trampette technique, squat onto boxes of	To introduce a variety of different fitness training methods & principles of training. For example	Introduction to Volleyball and set technique Introduce Dig Technique, Underarm serve,

	spatial awareness, advanced attacking and defending principles, outwitting opponents in games play, advanced tactics and positional play/formations, leadership development.	varying heights, students will be able to dismount from the vault in varying ways, using jumps and rolls.	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.	Spike/Block, Attacking/Defensive Principles, competitive Game Play
Skills	Knowledge of specific techniques & rules, teamwork, communication, officiating and leadership skills.	Students will develop skills to be able to vault over the boxes using a squat on, side vault, through vault or straddle vault. The handstand flat back technique will be taught to all students, some will be able to take this further and perform a handspring or headspring with or without support.	Develop knowledge and understanding of lots of different types of training to improve health and fitness: fartlek training, interval training, continuous training, weight training	Development of techniques, tactical awareness, rules, teamwork and 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	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
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Teignbridge Titans Netball club, Dart Netball Club Officiating, coaching, leadership opportunities at Netball club and in lessons	Torbay Olympic Gymnastics Club, South Devon Gymnastics Club, Bay Bouncers, leadership opportunities in lessons	Torbay Athletics Club, Local Gyms, Leadership opportunities in lessons.School gym available for fitness training. Potential careers opportunities as Fitness Instructor, Personal Trainer	Leadership, Coaching/Officiating

Spring Term 2

Year 9 Spring Term 2				
	BOYS PE		**GIRLS PE**	
Topic/Unit	**Fitness**	**Basketball**	**Hockey**	**Badminton**
Knowledge (Content covered)	To introduce a variety of different fitness training methods & principles of training. For example 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.	Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations.	Refining fundamental skills on both the open and reverse stick, and rules including passing, receiving and shooting, use of space and spatial awareness, advanced attacking and defending principles, outwitting opponents in games play, advanced tactics and positional play/ formations, leadership development.	Refining skills: Forehand & backhand drive, underarm & overhead clear, smash, underarm & overarm drop shot, double & singles game play and outwitting opponents.
Skills	Develop knowledge and understanding of lots of different types of training to improve health and fitness: fartlek training, interval training, continuous training, weight training	Knowledge of specific techniques & rules, teamwork, communication, officiating and leadership	Knowledge of specific techniques & rules, teamwork, communication, officiating and leadership skills.	Refining core badminton skills, and the ability to outwit opponents by using the correct shots during a competitive situation. Scoring Games
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	Torbay Athletics Club, Local Gyms, Leadership opportunities in lessons.School gym available for fitness training. Potential careers opportunities as Fitness Instructor, Personal Trainer	Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Level 1, officiating and leadership within lessons and club.	Teignbridge Titans Netball club, Dart Netball Club Officiating, coaching, leadership opportunities at Netball club and in lessons	Leadership, Coaching and officiating Opportunities

Summer Term 1

Year 9 Summer Term 1				
	BOYS PE		**GIRLS PE**	
Topic/Unit	**Cricket**	**Athletics**	**Rounders**	**Athletics**
Knowledge (Content covered)	Basic principles of play when selecting and applying tactics. Advanced skills in batting, bowling and fielding will be developed through games/conditional situations	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.	Development of more advanced skills and consistency in batting, bowling and fielding. Extend knowledge of rules and strategies in game play.	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.
Skills	Develop the ability to outwit opponents using strategies and tactics. Apply consistency & accurate timing in the use of techniques for	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.	Execution of more advanced skills for batting, bowling and fielding. Development of tactical play, outwitting opponents as a batter and fielder and	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.

	batting, bowling and fielding		officiating skills through game play.	
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.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.

Summer Term 2

Year 9 Summer Term 2				
	BOYS PE		**GIRLS PE**	
Topic/Unit	**Rounders**	**Athletics**	**Cricket**	**Athletics**
Knowledge (Content covered)	Development of more advanced skills and consistency in batting, bowling and fielding. Extend knowledge of rules and strategies in game play.	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.	Focus on application of batting, bowling and fielding skills within competitive games.	Extend knowledge of Short and Middle Distance running, Jumping and Throwing.
Skills	Execution of more advanced skills for batting, bowling and fielding. Development of tactical play, outwitting	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.	Pupils will learn to use basic principles of play when selecting/applying tactics to produce a successful outcome.	Extend skills and techniques of running styles, pacing, throwing and jumping in athletics.

	opponents as a batter and fielder and officiating skills through game play.		Pupils will further develop the skills necessary to outwit opponents. Batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.	
Assessment	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	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 Rounders Club, local Rounders Leagues, Leadership opportunities in lessons and clubs.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.	Torquay, Barton & Paignton Cricket Clubs. Leadership, Afterschool Cricket Club. Officiating, coaching & leadership opportunities in lessons and clubs.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.