

# Practical Sport Curriculum Map

Big ideas Head Heart Hands	<ol> <li>Fundamental movement and skill application</li> <li>Rules, regulations and tactical awareness</li> <li>Character development</li> <li>Physical health</li> <li>A student's knowledge of rules, regulations, tactics, components of fitness, effect of exercise and an ability to analyse performance.</li> <li>A student's skills in communication, leadership, respect, resilience, effort and confidence.</li> <li>A student's skill level and abilities to apply skills and decision making in competitive situations. A student's level of fitness.</li> </ol>	
	Year 7	
	Core PE (Period 1 - 4)	Elite Sport (Monday Period 5)
Unit 1	Students will cover 5 of the following sports during Unit 1 and Unit 2  - Gymnastics - Dance - Badminton - Table tennis - Basketball - OAA - Lacrosse - Basketball  Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to analyse personal performance  Prior learning: Fundamental movement completed, knowledge of sports through Elite	Topic: Skill application  Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football & Rugby  Prior learning: KS1 and KS2 knowledge. Basic understanding of movement and application of attacking and defending principles.  Future learning: Application into game play. Applicable to all sports and activities.
Unit 2	Sport, external knowledge surrounding a BAHL.  Future learning: Support the development of participating in these activities in conditioned and competitive situations	Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring opportunities * taught through Football, American Football, Rugby & Netball  Prior learning: KS1 and KS2 knowledge, Principles from Football (Girls) and Rugby (Boys).  Future learning: Application into game play. Applicable to all sports and activities.





#### Topic: **Topic: Skill application** Unit 3 **Athletics** Discus Attacking/defending, Movement (on and off ball), Positional play, Tactical play, Scoring **Shot Putt** Javelin opportunities \* taught through Cricket & Rounders High Jump 100m 200m **Prior learning**: KS1 and KS2 knowledge, Principles from Football, Rugby, Netball. Aspects from Core PE 400m 800m all applicable Relay Future learning: Application into game play. **Prior learning**: KS1 and KS2 knowledge. Basic Applicable to all sports and activities. understanding of movement and application of attacking and defending principles. Future learning: Movement applies to all sports and activities. Year 8 Unit 3 Year 8 Elite Sport (Monday Period 5) Core PE (Period 1 - 4) Students will cover 5 of the following sports **Topic: Skill application** Unit 1 during Unit 1 and Unit 2 **Gymnastics** Attacking/defending, Movement (on and off ball), Dance Positional play, Tactical play, Scoring Badminton opportunities Table tennis \* taught through Football & Rugby Basketball OAA **Prior learning**: Y7 Unit 1 Skill application Lacrosse Future learning: Application into game play. Content taught: Skill application, knowledge of Applicable to all sports and activities. rules, tactics, key components of fitness, the **Topic: Skill application** Unit 2 ability to analyse personal performance Attacking/defending, Movement (on and off ball), **Prior learning**: Fundamental movement Positional play, Tactical play, Scoring completed, knowledge of sports through Elite opportunities Sport, external knowledge surrounding a BAHL. \* taught through Football, American Football, Rugby & Netball **Future learning**: Support the development of participating in these activities in conditioned **Prior learning**: Y7 Unit 2 Skill application and competitive situations **Future learning**: Application into game play.

Applicable to all sports and activities.





#### Topic: **Topic: Skill application** Unit 3 **Athletics** Discus Attacking/defending, Movement (on and off ball), **Shot Putt** Positional play, Tactical play, Scoring Javelin opportunities \* taught through Cricket & Rounders High Jump 100m 200m **Prior learning**: Y7 Unit 3 Skill application 400m 800m Future learning: Application into game play. Applicable to all sports and activities.. Relay **Prior learning**: Knowledge of the ready, execution and follow through phase of each discipline Future learning: Movement applies to all sports and activities. Year 9 Unit 3 Year 9 Elite Sport (Monday Period 5) Core PE (Period 1 - 4) Students will cover 5 of the following sports **Topic: Skill application** Unit 1 during Unit 1 and Unit 2 Badminton Attacking/defending, Movement (on and off ball), Table tennis Positional play, Tactical play, Scoring Basketball opportunities **Fitness** \* taught through Football & Rugby OAA Rugby **Prior learning**: Y7 & 8 Unit 1 Skill application Lacrosse Ultimate Future learning: Application into game play. Applicable to all sports and activities. Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the Unit 2 **Topic: Skill application** ability to analyse personal performance Attacking/defending, Movement (on and off ball), **Prior learning**: Fundamental movement Positional play, Tactical play, Scoring completed, knowledge of sports through Elite opportunities Sport, external knowledge surrounding a BAHL. \* taught through Football, American Football, Rugby & Netball **Future learning**: Support the development of participating in these activities in conditioned **Prior learning**: Y7 & 8 Unit 2 Skill application and competitive situations Future learning: Application into game play. Applicable to all sports and activities.



## Practical Sport Curriculum Map

### Unit 3 Topic: **Topic: Skill application Athletics** Attacking/defending, Movement (on and off ball), Discus **Shot Putt** Positional play, Tactical play, Scoring Javelin opportunities High Jump \* taught through Cricket & Rounders 100m **Prior learning**: Y7 & 8 Unit 3 Skill application 200m 400m 800m Future learning: Application into game play. Relay Applicable to all sports and activities **Prior learning**: Knowledge of the ready, execution and follow through phase of each discipline. Ability to analyse performance of themselves and others **Future learning**: Movement applies to all sports and activities. Year 10/11 Students will cover the following sports during Y10 and Y11 Unit Netball 1-3 Football Rugby Tag Rugby American Football Rounders Cricket **Fitness** Badminton Basketball **Table Tennis** Lacrosse

Content taught: Skill application, knowledge of rules, tactics, key components of fitness, the ability to

analyse personal performance