

St John Fisher Catholic High School – Physical Education Curriculum Map 2019-20

The PE department aim to provide a program of study that provides a positive learning experience for all students to achieve their full potential.

Assessment

Students have 6-8 lessons of each activity and are being assessed throughout the block of work and are given a grade for each activity.

Key Stage 3 Curriculum - Year 7 to develop basic skills, knowledge and understanding of the rules.

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	AUT 1*	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 7 Group 1 (boys)	Baseline Assessment Rugby /Football/Fitness (Field)	Rugby (Field/MUGA)	Table Tennis (Gym)	Football (Field/MUGA)	Athletics	Cricket/*Rounders (MUGA)
(girls)	Baseline Assessment Netball/Fitness (Yard)	Netball (Sports Hall)	Trampolining (Gym)	Basketball (Yard)	Athletics	Softball/*Rounders (Field)
Year 7 Group 2 (boys)	Baseline Assessment Rugby /Football/Fitness (Field)	Orienteering (Yard)	Basketball/Netball (Sports Hall)	Gymnastics/*Dance (Gym)	Athletics	Rounders (Field)
(girls)	Baseline Assessment Netball/Fitness (Yard)	Table Tennis (Gym)	Dodgeball (Sports Hall)	Tag Rugby/Football (MUGA)	Athletics	Short Tennis (Yard)
Theory Theme	Warm Up/ Cool Down	Muscles/ Bones	Components of Fitness	Training	Movement Analysis	Diet

Key Stage 3 Curriculum - Year 8 to develop skills, tactics and strategies.

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 8 Group 1 (boys)	Handball (Sports Hall)	Orienteering (Yard)	Table Tennis (Gym)	Rugby /*Football (Field/MUGA)	Athletics	Cricket (MUGA)
	Netball/Rugby /*Football (MUGA/Yard)	Badminton (Sports Hall)	Trampolining (Gym)	Netball (Yard)	Athletics	Trampolining (Sports Hall)
Year 8 Group 2 (boys)	Netball/*Basketball (Yard)	Rugby (Field/MUGA)	Basketball/Netball (Sports Hall)	Gymnastics/HRF/Dance (Gym)	Athletics	Rounders (Field)
	Trampolining (Gym)	Table Tennis (Gym)	Rugby /Football (Field/MUGA)	Basketball (Yard)	Athletics	Short Tennis (Yard)
Theory Theme	Warm Up/ Cool Down	Muscles/ Bones	Components of Fitness	Training	Movement Analysis	Diet

Key Stage 3 Curriculum -Year 9 - to develop advanced tactics, officiating and leadership skills.

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 9 Group 1 (boys)	Handball (Sports Hall)	HRF (Sports Hall)	Table Tennis (Gym)	Rugby League/*Football (Field/MUGA)	Athletics	Cricket (MUGA)
	Netball/Rugby /*Football (MUGA/Yard)	Netball (Yard)	Trampolining (Gym)	Badminton (Sports Hall)	Athletics	Trampolining (Sports Hall)
Year 9 Group 2 (boys)	Netball/*Basketball (Yard)	Rugby League (Field/MUGA)	Basketball/Netball (Sports Hall)	Gymnastics/HRF/Dance (Gym)	Athletics	Rounders (Field)
	Trampolining (Gym)	Table Tennis (Gym)	Rugby League/Football (MUGA/Field)	Basketball (Yard)	Athletics	Short Tennis (Yard)
Theory Theme	Warm Up/ Cool Down	Muscles/ Bones	Components of Fitness	Training	Movement Analysis	Diet