

Wennington Hall School

Physical Education Curriculum Map 2021-22



Curriculum Mapping 2020 – 2021

Subject	Autumn				Spring				Summer			
PE	Half Term 1	Skills/Knowledge	Half Term 2	Skills/Knowledge	Half Term 3	Skills/Knowledge	Half Term 4	Skills/Knowledge	Half Term 5	Skills/Knowledge	Half Term 6	Skills/Knowledge
Year 7	<p>Swimming</p> <p>Basic water safety in the swimming pool environment. Making floating shapes.</p> <p>Jumping or sliding entry when confident.</p>	<p>To become self-confident and believe in their abilities.</p> <p>Safety when entering and exiting the water.</p> <p>Basic water shapes to include Star-float, Mushroom float.</p> <p>Basic movement skills to include, jumping, hopping, spinning.</p> <p>Flexibility for the different movements.</p>	<p>Swimming</p> <p>Re-emphasise basic water safety in the swimming pool environment. Continue to make floating shapes and retrieving objects.</p> <p>Learn the basics of at least one stroke or develop existing stroke technique.</p> <p>Basic push and glides.</p> <p>Mobility exercises.</p>	<p>To begin to understand how it improves strength and flexibility, increases stamina and improves balance and posture.</p> <p>Safe and appropriate participation.</p> <p>Understanding the basic principle of progression.</p> <p>How we need strength to form a competent stroke.</p> <p>Begin to understand the different muscle groups used associated with swimming.</p>	<p>Trampoline</p> <p>Basic combinations to include tuck jump, twists and body landings</p> <p>Understanding the safety surrounding the sport and how to keep yourself and others safe.</p> <p>Skills in isolation or unopposed practice.</p> <p>Warm up and cool downs.</p>	<p>Know your safety responsibilities.</p> <p>Be part of group organisation and communication.</p> <p>Appreciate the principles of safe support.</p> <p>Know the structure and purpose of preparation for activity.</p> <p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Learning how your body reacts to exercise intensity.</p> <p>Control, balance and co-ordination with the use of arms.</p>	<p>Football</p> <p>Introduction to game play, drills and basic skills to include passing, dribbling and shooting.</p> <p>Warm up and cool downs.</p>	<p>To understand why we increase our heart rate before exercise and physical activity.</p> <p>To be able to move into space.</p> <p>Know the difference between defence and attack.</p> <p>Communicate with team mates.</p> <p>To dribble the ball with control, balance and co-ordination.</p> <p>Shoot a stationary ball with some accuracy using the skills above.</p> <p>To understand muscle movements within performance.</p> <p>Show progression of the different selected skills.</p>	<p>Trampoline</p> <p>Basic combinations to include tuck jump, straddle and pike.</p> <p>Twists and body landings with routines of at least 6 sequences.</p> <p>Skills in isolation or unopposed practice.</p> <p>Understanding and following the safety surrounding the sport and how to keep yourself and others safe.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>To use control and balance using arms and straight legs.</p> <p>Understanding why we use arms to aid control and lift.</p> <p>Use of check bouncing and straight bouncing to show control throughout a 6 sequence routine. <i>*numeracy skills.</i></p> <p>Learning how the body reacts to height and impact and the dangers surrounding possible injuries.</p> <p>Basic knowledge of the muscles and bones in the body.</p>	<p>Football</p> <p>Following of rules that are introduced and how to develop existing skills through game play and drills.</p> <p>Perform and replicate dribbling, passing and shooting in drills and a small sided game.</p> <p>Warm up and cool downs.</p>	<p>To understand why we increase our heart rate before exercise and physical activity.</p> <p>To understand why we have rules and regulations to create a fair game play situation.</p> <p>To accurately keep score of a game <i>*numeracy skills.</i></p> <p>Dribble past a static opponent with balance and control.</p> <p>To find space to gain an advantage over the opposition.</p> <p>Control, accuracy and body position.</p>

Amendments to plan

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Year 8	<p>Swimming</p> <p>Re-emphasise water safety in the swimming pool environment. Entry into the deep end and retrieving varying weighted objects.</p> <p>Develop at least one stroke technique with unilateral and bilateral breathing.</p> <p>Mobility exercises.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Muscle movements and performance to include voluntary movement and types of muscles used.</p> <p>Strength and flexibility to form a competent stroke.</p> <p>Confidence in the water particularly with the breathing technique.</p> <p>Safe and appropriate participation.</p> <p>What is required to progress and develop a skills.</p>	<p>Table Tennis</p> <p>Grip, ready position and understanding the rules of the game to include the serve.</p> <p>Basic shot selection to include forehand and backhand.</p> <p>Warm up and cool downs.</p>	<p>To be able to serve over the net with a drop-hit technique (co-ordination).</p> <p>Ready position for game play and rallies.</p> <p>Accurately keep score of a game or number of shots in a rally <i>*numeracy skills.</i></p> <p>Understand the tactics to outwit an opponent by moving them around the table.</p> <p>Application of the rules and the roles and responsibilities of officials.</p> <p>Why it is important to warm up and cool down for exercise and physical activity.</p>	<p>Trampoline</p> <p>Combinations to include sequencing. Seat landing, half twist and different jumps.</p> <p>Introduce swivel hips and straight legs</p> <p>Introduce front and back landings.</p> <p>Warm up and cool downs.</p>	<p>How flexibility and balance can determine the outcome of a set move/routine/jump.</p> <p>To use control and follow safety guidelines when attempting new skills.</p> <p>Control and consistency of skills learnt.</p> <p>Begin to look at muscle movements and the types of muscles associated with Trampoline.</p> <p>Basic principles of training to help with development to include specificity, progression and time.</p> <p>Why it is important to warm up and cool down for exercise and physical activity.</p>	<p>Football</p> <p>Dribbling, Shooting and exploring further the rules of the game.</p> <p>Developing teamwork skills, communication, creativity and support.</p> <p>Introduce technical and tactical demands of the game.</p> <p>Warm up and cool downs.</p>	<p>To understand why we increase our heart rate before exercise and physical activity.</p> <p>Use of acceleration and control.</p> <p>Consistent accuracy.</p> <p>To find space to gain an advantage over the opposition and understand why we do this when attacking.</p> <p>Defensive and attacking formations.</p> <p>Communicate with team mates to create opportunities to go over, through or round your opponents.</p> <p>To keep score of a small sided game. <i>*numeracy skills.</i></p>	<p>Badminton</p> <p>Game play (rallies) and exploring the rules of competition. Basic shot selection to include (underarm/overarm).</p> <p>Grip and ready position.</p> <p>Warm up and cool downs.</p>	<p>To understand why we increase our heart rate before exercise and physical activity.</p> <p>Ready position for game play and rallies.</p> <p>Accurately keep score of a game or number of shots in a rally <i>*numeracy skills.</i></p> <p>Understand the tactics to outwit an opponent by moving them around the court.</p> <p>Applying the rules and understanding the responsibilities as a player.</p>	<p>Golf</p> <p>Grip, stance and aim linked to distance control. Develop the fundamentals to gain an understanding of the sport.</p> <p>Warm up and cool down.</p>	<p>Understanding why balance and flexibility are important for the pre-swing fundamentals of the grip, stance and aim.</p> <p>How to increase accuracy and consistency.</p> <p>How strength, flexibility and balance can determine the distance of a shot.</p> <p>Finding ways to increase power (strength x speed).</p> <p>Why technique can also determine the outcome of distance.</p> <p>Why it is important to warm up and cool down for exercise and physical activity.</p>

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Year 9	<p>MTB</p> <p>M check and safety. Ride down a steep decent with control. Use of brakes and gears effectively with support.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Understanding the safety aspects involved with a dangerous sport.</p> <p>To be able to highlight any faults and rectify them with the help of staff.</p> <p>Use of body positioning to maintain control throughout.</p> <p>Use of muscles associated with MTB.</p> <p>Exercise intensity and how it can be determined.</p>	<p>Gym</p> <p>Induction into the use of the equipment and be safe in the gym environment.</p> <p>To explore cardiovascular fitness & appropriate testing.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Understanding the safety aspects involved with a gym environment.</p> <p>Fitness training methods and recording the results.</p> <p>Aerobic endurance to include continuous and interval training.</p> <p>Introduction to anatomy and physiology for sports performance.</p>	<p>Trampoline</p> <p>Sequences & routines to include front & back landing, swivel hips and full twists.</p> <p>Introduce shaped drops and advanced twists.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Basic principles of training to help with development to include specificity, progression, reversibility and time.</p> <p>Muscle movements, types of contraction and the types of muscles associated with Trampoline.</p> <p>Evaluate your process with the use of video evidencing.</p> <p>Develop core strength and flexibility.</p> <p>Consolidate existing skills and learn new ones.</p> <p>More consistency and control of skills learnt.</p>	<p>Badminton</p> <p>Game play (rallies) and re-affirming the rules of competition. Understand the service area and forehand/backhand selection with consistent rallies.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Accurately keep score of a game or number of shots in a rally *numeracy skills.</p> <p>Understand the tactics to outwit an opponent by moving them around the court with varied shots.</p> <p>Applying the rules and understanding the responsibilities as a player and score keeper.</p> <p>Adapting to different game play situations.</p> <p>Consolidate existing skills and learn new ones.</p>	<p>Table Tennis</p> <p>Serving, rallies and the tactics and technical demands.</p> <p>Shot selection to include forehand smash and backhand recovery.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Consolidate existing skills and learn new ones.</p> <p>Adapting to game play situations and your opponent.</p> <p>Outwitting your opponent with strategies and tactics.</p> <p>Develop tactics and techniques to improve effectiveness.</p> <p>Identify what makes a performance effective.</p> <p>Accurately keep score of a game or number of shots in a rally *numeracy skills.</p>	<p>Gym</p> <p>Fitness for sport and exercise.</p> <p>Training for personal fitness.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Flexibility, strength and speed training.</p> <p>Safety standards for individual training plans.</p> <p>FITT principle.</p> <p>Factors for success.</p> <p>Basic principles of training.</p> <p>How exercise affects the body in the short term.</p>

Amendments to plan

Lockdown Learning Spring 2

1. Access to the school's Instagram page with relevant exercise plans and ideas to stay active.
2. Pupils on site accessing the Gym and Trampoline (assessed with PE grade descriptors) and opportunities for team building exercises across KS3.
3. Off-site provision included MTB and Climbing/Bouldering for vulnerable pupils. Cross-curricular themes included History and Geography.

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Year 10	<p>Badminton/ Table Tennis</p> <p>Serve, stance. Forehand drive/smash and the rules of competition.</p> <p>Technical and tactical demands.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Consolidate existing skills and learn new ones.</p> <p>Adapting to game play situations and your opponent.</p> <p>Outwitting your opponent with planned strategies and tactics and ideas to improve their effectiveness.</p> <p>Identify what makes a performance effective and suggest improvements.</p> <p>Develop shot selections with more precision.</p> <p>Accurately keep score of a game or number of shots in a rally *numeracy skills.</p>	<p>Skiing</p> <p>Linked carved turns. Parallel skiing from above half way on the slope. Instructor guidance for advanced skiers.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Accurately keep track of the number of linked turns *numeracy skills.</p> <p>Understand the dangers of the Skiing environment and follow the safety instructions.</p> <p>Perform new actions and skills with control and fluency.</p> <p>Identify what makes a performance effective and suggest improvements.</p> <p>Develop core strength and flexibility.</p>	<p>Trampoline/Gym</p> <p>Routines to include a somersault for some individuals. Shaped drops & advanced twists.</p> <p>Fitness training methods and individual training plans.</p> <p>Analysis of performance.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Exercise intensity and the effects on the body.</p> <p>Benefits of physical exercise for mental well-being.</p> <p>Further principles of training.</p> <p>Strategies for success.</p> <p>Target & Goal setting.</p> <p>Identify what makes a performance effective and suggest improvements.</p> <p>Functions of the respiratory system.</p> <p>Functions of the cardiovascular system.</p>	<p>Gym/Swimming</p> <p>Various circuit training, personalised training programmes and understanding the components of fitness.</p> <p>Developing stroke technique to include breathing.</p> <p>Timed Swims over various distances.</p> <p>Lifesaving techniques.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Exercise intensity and the effects on the body.</p> <p>Identify what makes a performance effective and suggest improvements.</p> <p>Programme design for specific individuals.</p> <p>Exploring different strategies to become successful.</p> <p>How to measure success.</p> <p>How to make targets and goals attainable.</p> <p>Benefits of physical exercise for mental well-being.</p>	<p>Gym/MTB</p> <p>Links to BTEC Sport, ie training plan, fitness testing, psychology, sports injuries, nutrition and recovery.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Identify what makes a performance effective and suggest improvements.</p> <p>Programme design for specific individuals.</p> <p>Identifying the dangers associated with physical exercise and planning accordingly.</p> <p>Exploring muscle movements form specific muscle groups.</p> <p>When to eat and what to eat to remain competitive.</p> <p>What happens to your body during recovery.</p> <p>Benefits of physical exercise for mental well-being.</p> <p>Motivational factors.</p>	<p>Gym/Badminton</p> <p>Links to BTEC Sport, ie training plan, fitness testing, psychology, sports injuries, nutrition, recovery, anatomy & physiology and evaluating progress.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Identify what makes a performance effective and suggest improvements.</p> <p>Having a clear understanding of how your body works in relation to physical exercise (cardiovascular system, respiratory system).</p> <p>Required fitness components ie. Muscular Endurance, Power, Agility.</p> <p>Exploring different strategies to become successful.</p> <p>How to measure success using data.</p> <p>How to make targets and goals attainable.</p> <p>Benefits of physical exercise for mental well-being.</p> <p>Benefits of motivation.</p>

Amendments to plan

Changes to Curriculum Map

1. Spring term 2 (March) Trampoline/Gym now in place using the new assessment criteria for both KS3 & KS4.

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PE	Half Term 1	Skills/Knowledge	Half Term 2	Skills/Knowledge	Half Term 3	Skills/Knowledge	Half Term 4	Skills/Knowledge	Half Term 5	Skills/Knowledge	Half Term 6	Skills/Knowledge
Year 11	<p>Badminton/ Table Tennis</p> <p>Serve, stance. Forehand drive/smash and the rules of competition.</p> <p>Technical and tactical demands.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Consolidate existing skills and learn new ones.</p> <p>Outwitting your opponent with planned strategies and tactics and ideas to improve their effectiveness.</p> <p>Develop shot selections with precision.</p> <p>Accurately keep score of a game or number of shots in a rally *numeracy skills.</p> <p>Evaluate and analyse and make improvements based on this information.</p>	<p>Trampoline/Gym</p> <p>Routines to include a somersault for some individuals. Shaped drops & advanced twists.</p> <p>Fitness training methods and individual training plans.</p> <p>Analysis of performance.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Exercise intensity and the effects on the body.</p> <p>Benefits of physical exercise for mental well-being.</p> <p>Further strategies for success.</p> <p>The influence of goal setting on motivation and performance.</p> <p>Investigate functions of the respiratory system.</p> <p>Investigate functions of the cardiovascular system.</p> <p>Evaluate and analyse and make improvements based on this information.</p>	<p>Skiing</p> <p>Linked carved turns. Parallel skiing from above half way on the slope. Instructor guidance for advanced skiers.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Accurately keep track of the number of linked turns *numeracy skills.</p> <p>Understand the dangers of the Skiing environment and follow the safety instructions.</p> <p>Perform new actions and skills with control and fluency.</p> <p>Develop core strength and flexibility.</p> <p>Evaluate and analyse and make improvements based on this information.</p>	<p>Gym/Swimming</p> <p>Various circuit training, personalised training programmes and understanding the components of fitness.</p> <p>Developing stroke technique to include breathing.</p> <p>Timed Swims over various distances.</p> <p>Lifesaving techniques.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Exercise intensity and the effects on the body.</p> <p>Programme design for specific individuals.</p> <p>How to measure success.</p> <p>Benefits of physical exercise for mental well-being.</p> <p>Evaluate and analyse and make improvements based on this information.</p> <p>The influence of goal setting on motivation and performance.</p>	<p>Gym/MTB</p> <p>Links to BTEC Sport, ie training plan, fitness testing, psychology, sports injuries, nutrition and recovery.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Identifying the dangers associated with physical exercise and planning accordingly.</p> <p>Exploring muscle movements form specific muscle groups.</p> <p>When to eat and what to eat to remain competitive.</p> <p>What happens to your body in the recovery phase.</p> <p>Benefits of physical exercise for mental well-being.</p> <p>The influence of goal setting on motivation and performance.</p> <p>Evaluate and analyse and make improvements based on this information.</p>	<p>Gym/Badminton</p> <p>Links to BTEC Sport, ie training plan, fitness testing, psychology, sports injuries, nutrition, recovery, anatomy & physiology and evaluating progress.</p> <p>Warm up and cool downs.</p>	<p>Why it is important to warm up and cool down for exercise and physical activity.</p> <p>Having a clear understanding of how your body works in relation to physical exercise (cardiovascular system, respiratory system).</p> <p>Required fitness components ie. Muscular Endurance, Power, Agility.</p> <p>How to measure success using data.</p> <p>Benefits of physical exercise for mental well-being.</p> <p>The influence of goal setting on motivation and performance.</p> <p>Evaluate and analyse and make improvements based on this information.</p>

Amendments to plan

Changes to Curriculum Map

1. Spring term 2 (March) Trampoline/Gym now in place using the new assessment criteria for both KS3 & KS4.
2. Skiing was cancelled due to the restrictions in place.