**Y10 and 11 PE Curriculum Progression Map for CORE PE**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Dates** | 4th September – 20th October | 30th October – 15th December | 2nd January – 9th February | 19th February – 23rd March | 9th April – 25th May | 4th June – 24th July |
| **Weeks** | 7 Weeks | 7 Weeks | 6 Weeks | 5 Weeks | 5 Weeks | 7 weeks |
| **Lessons** | 7 Lessons | 7 Lessons | 6 Lessons | 5 Lessons | 5 Lessons | 7 Lessons |
| **Inset** | 2nd, 3rd, 20th September | 2nd December | - | - | - | 23rd July, 24th July |
| **Unit Title** | Fitness  | Dodgeball | Badminton | Basketball | Football | Rounders |
| **Sequence** | Key skills to include:Understand the importance of a healthy lifestyle and the effects.Be comfortable demonstrating correct technique in different methods of training with explanations.Show awareness of the different components that can be trained through various fitness zones.Be able to effectively use a wide range of equipment to meet personal needs. | Key skills to include:BlockingDodging DuckingRollingAttackingDefendingThrowingWall blocking | Key skills to include:Recap Badminton BasicsDevelop Overhead ClearServes – Short & LongBackhand ClearDoubles and singles games | Key skills to include:**T**he use of reverse and left-hand lay ups Strategies for attack- screens, blocks, high & low posts.Develop shooting–Jump shots/free throws The attacking role The defensive roleThe Role of the Referee | Key skills to include:Pupils will develop advanced principles of play when selecting and applying tactics for defending and attacking. Passing, shooting, control, heading defensive will be developed through small sided games and conditional situations. Pupils will demonstrate high quality performances and accurate replication throughout. | Key skills to include:Pupils will learn to use principles of play when selecting and applying tactics to produce a successful outcome. Pupils will continue to develop the skills necessary to outwit opponents. Advanced skills in batting, bowling and fielding will be further developed through games and conditional situations. Pupils will demonstrate high quality performances and accurate replication throughout. |
| **Rationale** | To encourage a healthy and active lifestyle.To understand what component of fitness is being enhanced through various methods of training and be able to plan to meet needs.To fully understand how improved fitness can affect performance and want to train. | 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 in a game.To develop a deeper understanding of tactical gameplay in order to outwit opponents.  | Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare mini tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness. | Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness. | Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will work in groups, taking on a range of roles and responsibilities to help each other prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and detailed decision making. | Developing more advanced skills and apply them in match in order to outwit opposition. Pupils will develop the execution of techniques for batting, bowling and fielding. Pupils will prepare mini competitions and compete in them. They will work in groups taking on a range of responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness. Pupils should be able to accurately umpire & run a rounders game.  |
| **Key Building Blocks** | Knowledge of:FitnessHealthLeading a Healthy, Active Lifestyle | Knowledge of:Experienced setting up and organising dodgeball practices in groupsApplied and adapted the principles of attack and defence in small sided gamesLead own warm up and cool down safely.Learnt about specific techniques Used and applied football rules correctly. | Knowledge of:Experienced a range of net gamesExperienced a range of roles within gamesExperienced some strategic ideasPlayed competitively  | Knowledge of:Collaborated with and led others used and interpreted rules.Experienced a wide range of skills and technique in basketballExperienced different roles in team.Experienced team strategies.Used set plays | Knowledge of:Collaborated with and led others and used and interpreted rulesExperienced a wide range of skills and techniques in footballExperienced different roles in a teamPlayed competitively | Knowledge of:A range of batting, bowling and fielding techniques.A range of tacticsUnderstanding and identification of specialist positions for rounder’s.Umpired small sided game |
| **Retrieval Practices** | Whiteboard activitiesQ and A sessionPractical performanceDemonstration  | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration |
| **Key Skills** |  Listening

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| Practical application Preparing safely Cooperation  |

 | BlockingDodging DuckingRollingAttackingDefendingThrowingWall blocking | Pupils will develop the skills necessary to outwit opponents. Pupils will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand & backhand), drop shots & smashes will be developed through game play and conditional situations. Pupils will work towards demonstrating high quality performances and accurate replication throughout. | Pupils will develop advanced principles of play when selecting and applying tactics for defending and attacking. Passing, receiving, dribbling, lay ups, set shots and tactics will be developed through small sided games and conditional situations. Pupils will demonstrate high quality performances and accurate replication throughout. | The Defensive RoleThe Attacking RoleThe Use of Wide PlayDefending and Attacking CornersSet Pieces – Direct and Indirect Free KicksThe Role of the Referee | Preparing safelyCooperation and communicationTeamworkTactics |
| **Key terms** | Muscular EnduranceAgilityMuscular StrengthPowerHealthy Lifestyle Choices | Planning and playing of gamesTeam strategy, Team play, TournamentsCompetitionsOfficiatingOutwitting an opponent,  | Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences), ICT (Research about badminton stats and potential governing body awards/courses). | Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences), ICT (Research about basketball stats and potential governing body awards/courses). | Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences), ICT (Research about football stats and potential governing body awards/courses). | Tactics and techniques, - stance, body position, follow-through, mechanics of movement, no ball, batting order, bowling techniques, field placements, coaching, officiating/umpiring, anticipation. |
| **Numeracy** | Measuring, timing, angles | Pitch measurements and markings, angles.  | Scoring, Movement.  | Scoring, timings.  | Angles, measurements, timings.  | Scoring systems, pitch angles.  |
| **Formative Assessment** | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback |
| **Summative Assessment** | Fitness test results | Practical assessment  | Practical assessment with instant feedback | Practical assessment  | Practical assessment  | Practical assessment l |
| **SMSC, BV & Cultural Capital** | Links with the Olympics, discussion of Athletic events and various Athletes from around the world who excel.  | Teams and players from around the world.  | Citizenship – sportsmanship and learning to be tolerant of others.  | Citizenship – sportsmanship and learning to be tolerant of others. | Citizenship – sportsmanship and learning to be tolerant of others. Links with the Olympics, world Championships, Diamond League events.  | Citizenship – sportsmanship and learning to be tolerant of others. |
| **Linking curriculum to careers** | Linking to fitness instructor careers and PT trainers who complete fitness tests as part of their job.  | Links to jobs and careers within the Football industry. Coaching, managers etc.  | Links to jobs and careers within the health, fitness and sports industry.  | Links to jobs and careers within the health, fitness and sports industry. | Links to jobs and careers within the health, fitness and sports industry. | Links to jobs and careers within the health, fitness and sports industry. |