

2023-  
2024

## PE curriculum map



## Brownhills Ormiston Academy PE Curriculum map

### Year 7 PE

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p><b>Rugby, Netball, Fitness, Badminton, Football, Multi Skills.</b></p> <p><b>Key concepts/ skills taught</b></p> <ul style="list-style-type: none"> <li>• Fundamental movement skills – Running, jumping, throwing, catching, balancing and stability.</li> <li>• Introduction to outwitting opponents for invasion Developing basic skills for invasion</li> <li>• Basic passing and handling, introductions to contact and tackling, identifying space in attack and defence offside and laws of rugby.</li> <li>• Developing different types of passing</li> </ul>	<p><b>Basketball and Swimming</b></p> <p><b>Key concepts/ skills taught</b></p> <ul style="list-style-type: none"> <li>• Introduction to accurate replication</li> <li>• Basic passing and dribbling of the ball.</li> <li>• Developing different types of passing basketball and application, stopping and pivoting, dribbling, ball familiarisation, introduction to lay up and rules of basketball</li> <li>• Familiarisation of swimming strokes and developing body position in swimming.</li> <li>• Water safety and stroke development</li> </ul>	<p><b>Gymnastics, Badminton, Fitness, Futsal, Hockey, Tag Rugby.</b></p> <p><b>Key concepts/ skills taught</b></p> <ul style="list-style-type: none"> <li>• Accurate replication in parkour</li> <li>• Out witting in net and wall.</li> <li>• Identifying new rules in sport</li> <li>• Introduction to body control and movement, fundamentals of performing a shoulder roll travel across the apparatus.</li> <li>• Ready position and grip, control and contact with the ball, introduction to forehand and backhand, maintaining a rally over a net.</li> <li>• Introduction to basic passing</li> </ul>	<p><b>Handball, Gymnastics, Hockey, Fitness, Gymnastics.</b></p> <p><b>Key concepts/ skills taught.</b></p> <ul style="list-style-type: none"> <li>• Introduction to body control and movement, fundamentals of performing a shoulder roll travel across the apparatus.</li> <li>• Understand the correct grip and techniques in hockey.</li> <li>• Balances and rolls, creating and applying sequences independently, introduction to travel, weights on hands, control and extension.</li> <li>•</li> </ul>	<p><b>Athletics, Cricket &amp; Rounders.</b></p> <p><b>Key concepts/ skills taught</b></p> <ul style="list-style-type: none"> <li>• Basic striking and fielding techniques.</li> <li>• How to field and retrieve the ball correctly.</li> <li>• Performing the basic throwing and catching techniques and application.</li> <li>• Introduction to bowling technique and application towards a target.</li> <li>• Fielding techniques, application to game like situations. Batting fundamentals, grip, stances and contact. Bowling and introduction to rules and regulations.</li> <li>• Sportsmanship and game</li> </ul>	<p><b>Softball, Tennis, Dance, Futsal, Swimming.</b></p> <p><b>Key concepts/ skills taught</b></p> <ul style="list-style-type: none"> <li>• Basic skills and techniques for throwing, jumping and running events in athletics.</li> <li>• Basic skills and techniques in rugby and futsal.</li> <li>• Making and applying decisions, in competition</li> <li>• Safety in swimming, introduction to stroke development in front crawl, backstroke and breaststroke, sculling, floating and push and glide.</li> </ul>

<p>basketball and application, stopping and pivoting, dribbling, ball familiarisation, introduction to lay up and rules of basketball</p> <ul style="list-style-type: none"> <li>• Footwork, jumping, pivoting, dodging, passing and shooting. Rules of netball, positions and basic tactics.</li> <li>• Introduction to attacking, defending, passing, dribbling and shooting in football.</li> <li>• Introduction to commenting on skills and performance</li> <li>• Introduction to warm up and cool downs</li> <li>• Health and wellbeing the role of physical activity on personal health</li> <li>• Effects of exercise on the body</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding passing, attacking and defending in Basketball.</li> </ul>	<p>and ball control, identifying and moving into space, fundamental dribbling and shooting</p> <ul style="list-style-type: none"> <li>• Ready position in badminton, basic rules and regulations of the sport, grip and serves, overhead clears, introduction to drop shot and smash.</li> <li>• Outwitting opponents in net and wall.</li> <li>• Balances and rolls, creating and applying sequences independently, introduction to travel, weights on hands, control and extension.</li> <li>• Identifying new rules in sport such as Tag Rugby.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to warm up and cool downs</li> <li>• Health and wellbeing the role of physical activity on personal health</li> <li>• Effects of exercise on the body</li> </ul>	<p>etiquette in cricket.</p> <ul style="list-style-type: none"> <li>• Batting –grip, stance front foot drive.</li> </ul>	
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<ul style="list-style-type: none"> <li>• Ready position and grip, control and contact with the ball, introduction to forehand and backhand, maintaining a rally over a net.</li> </ul>					
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## Year 8 PE

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Football, Rugby, Netball, Gymnastics, Multi-Skills, Fitness.</p> <p><b>Key skills/concepts taught</b></p> <ul style="list-style-type: none"> <li>• Exploring advanced skills, techniques and tactics for invasion.</li> <li>• Linking skills and application in competition.</li> <li>• Analysing performance on how skills have</li> </ul>	<p>Gymnastics, Swimming, Badminton, OAA, Futsal.</p> <p><b>Key skills/concepts taught</b></p> <ul style="list-style-type: none"> <li>• Application of fundamental movements in multi skills.</li> <li>• Evaluating and analysing performance in Futsal</li> <li>• Advanced replication in net and wall.</li> <li>•</li> </ul>	<p>Futsal, OAA, Hockey, Badminton, Basketball.</p> <p><b>Key skills/concepts taught</b></p> <ul style="list-style-type: none"> <li>• Advanced replication in net and wall.</li> <li>• Application to different formats. E.g. doubles in badminton.</li> <li>• Developing rules and regulations in sport and application to competition.</li> </ul>	<p>OAA, Handball, Basketball, Hockey</p> <p><b>Key skills/concepts taught</b></p> <ul style="list-style-type: none"> <li>• Advanced navigations skills with use of compass and grid references.</li> <li>• Solving problems through competition.</li> <li>• Developing importance of teamwork and cooperation.</li> </ul>	<p>Athletics, Cricket, Rounders</p> <p><b>Key skills/concepts taught</b></p> <ul style="list-style-type: none"> <li>• Intermediate sprint starts.</li> <li>• Progressive throwing techniques</li> <li>• Advanced jumping techniques.</li> </ul>	<p>Swimming, Tennis, Softball, Dance, Futsal</p> <p><b>Key skills/concepts taught</b></p> <ul style="list-style-type: none"> <li>• One handed retrieval in fielding.</li> <li>• Advanced batting techniques</li> <li>• Ground fielding and overarm throwing.</li> <li>• Etiquette and sportsmanship</li> </ul>

<p>been used.</p> <ul style="list-style-type: none"> <li>• Exploring the importance of physical activity and sport to health and well-being.</li> <li>• Application of fundamental movements in multi skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Recap previous strokes and apply advanced skills e.g., tumble turns and diving.</li> <li>• Accurate replication of gymnastics skills</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Implementing basic tactics in competition</li> <li>• .</li> <li>• Exploring advanced skills, techniques and tactics for invasion.</li> <li>• Advanced navigations skills with use of compass and grid references</li> <li>• Exploring and implementing own dance techniques and themes independently.</li> <li>• Serving and returns in badminton</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring advanced skills, techniques and tactics for invasion.</li> </ul>	<ul style="list-style-type: none"> <li>• Post work and tactical development in rounders</li> <li>• Exploring advanced skills, techniques and tactics for invasion</li> </ul>	<p>through sport</p> <ul style="list-style-type: none"> <li>• Competition and intellectual challenge</li> <li>• Recap previous strokes and apply advanced skills e.g., tumble turns and diving.</li> <li>• Analysing and replicating movements used in Dance.</li> </ul>
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**Year 9 PE**

<b>Autumn Term 1</b>	<b>Autumn Term 2</b>	<b>Spring Term 1</b>	<b>Spring Term 2</b>	<b>Summer Term 1</b>	<b>Summer Term 2</b>
<p><b>Football, Rugby, Netball, Badminton, Multi-Skills, Fitness.</b></p> <p><b>Key concepts</b></p> <ul style="list-style-type: none"> <li>• Attacking and defensive strategies for invasion.</li> <li>• Creative application of fitness towards individual training.</li> <li>• Selecting and combining skills in complex situations.</li> <li>• Leadership in officials and coaching roles.</li> <li>• Attacking and defensive principles in netball.</li> <li>• How to develop personal fitness and apply FITT principles</li> <li>•</li> </ul>	<p><b>Swimming, Badminton, Basketball.</b></p> <p><b>Key concepts</b></p> <ul style="list-style-type: none"> <li>• Application of advanced skills in complex situations. E.g. net play and variation of serving.</li> <li>• Formations and strategies in attacking and defensive situations.</li> <li>• Evaluating performance with understanding of improvement.</li> <li>• Application of rules and regulations as a leader</li> <li>• Advanced swimming technique including start, turns and finishes.</li> </ul>	<p><b>Basketball, gymnastics, Volleyball, Hockey, Tag Rugby.</b></p> <p><b>Key concepts</b></p> <ul style="list-style-type: none"> <li>• Creativity in performance through accurate replication in Gymnastics.</li> <li>• Serving and returns in tennis.</li> <li>• Leadership in officials and coaching roles.</li> <li>• Tactical elements to overcome opponents in team and individual sports</li> <li>• Defensive and attacking principles in basketball.</li> <li>• Set plays and screening</li> <li>•</li> </ul>	<p><b>Gymnastics, Handball, Volleyball, Hockey, Tag Rugby.</b></p> <p><b>Key concepts</b></p> <ul style="list-style-type: none"> <li>• Leadership in officials and coaching roles.</li> <li>• Independence in sport</li> <li>• Creativity in performance through accurate replication in Gymnastics.</li> <li>• Introduction of new sports and rules.</li> </ul>	<p><b>Athletics, Cricket, Rounders.</b></p> <p><b>Key concepts</b></p> <ul style="list-style-type: none"> <li>• Maximising individual performance against criteria. Personalised training programme in relation to fitness components.</li> <li>• Intermediate relays and changeovers.</li> <li>• Tactical scenarios in rounders.</li> <li>• Advanced swimming technique including start, turns and finishes.</li> </ul>	<p><b>Cricket, Volleyball, Rounders, Tennis, Softball, Handball.</b></p> <p><b>Key concepts</b></p> <ul style="list-style-type: none"> <li>• Batting techniques- cut and pull</li> <li>• Application of rules in competition.</li> <li>• Leadership in officials and coaching roles.</li> <li>• Training methods and how to apply to a training programme successfully.</li> </ul>

	<ul style="list-style-type: none"><li>• Advanced swimming technique including start, turns and finishes.</li></ul>				
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# Year 10 PE

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Netball, Football, Rugby</b> <ul style="list-style-type: none"> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Understanding how to improve in different phases of play.</li> <li>Linking competitive sport to a healthy active lifestyle.</li> </ul> <p>Application of rucking and mauling in rugby.</p> <ul style="list-style-type: none"> <li>Develop kicking techniques in rugby.</li> </ul>	<b>Basketball, Fitness, Badminton</b> <ul style="list-style-type: none"> <li>Attacking strategies in basketball, screens, blocks, and post play.</li> <li>Advanced shooting techniques- Jump shots and lay ups.</li> <li>The role of umpire and application of rules and regulations.</li> <li>Understanding how to create a training programme to suit individual needs.</li> <li>Participating in a personalised</li> </ul>	<b>Handball, Table Tennis, Volleyball</b> <ul style="list-style-type: none"> <li>To replicate the dig, serve, set, and spike.</li> <li>Apply fundamentals consistently in a game.</li> <li>To be able to officiate a game of volleyball.</li> <li>To learn the basics of outwitting strategies in volleyball.</li> <li>To learn how to time and perform a block effectively</li> <li>To learn rules of new sports such</li> </ul>	<b>Table Tennis, Dodgeball, Futsal</b> <ul style="list-style-type: none"> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Linking competitive sport to a healthy active lifestyle.</li> <li>The role of umpire and application of rules and regulations.</li> </ul>	<b>Cricket, Rounders, Softball</b> <ul style="list-style-type: none"> <li>The role of umpire and application of rules and regulations.</li> <li>Apply fundamentals consistently in a game.</li> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Understand formations</li> </ul>	<b>Cricket, Rounders, Tennis</b> <ul style="list-style-type: none"> <li>The role of umpire and application of rules and regulations.</li> <li>Apply fundamentals consistently in a game.</li> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Understand formations</li> </ul>



<ul style="list-style-type: none"> <li>Practical of application in competitive sport.</li> </ul>	<p>training programme to improve overall fitness</p>	<p>as table tennis.</p> <ul style="list-style-type: none"> <li>The role of umpire and application of rules and regulations.</li> </ul>			
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## Year 10 PE (BTEC)

Autumn Term 1	Autumn Term 1	Spring Term 2	Spring Term 2	Summer Term 1	Summer Term 2
<p><b><u>Component A</u></b></p> <ul style="list-style-type: none"> <li>Types of sport and Physical activity.</li> <li>Benefits of taking part in sport</li> <li>Outdoor activities.</li> <li>Benefits of taking part in outdoor activities.</li> <li>Provision of sport</li> </ul>	<p><b><u>Component C</u></b></p> <ul style="list-style-type: none"> <li>Be able to prepare participants to take part in physical activity</li> <li>Planning a warm-up <ul style="list-style-type: none"> <li>Types of activities in a pulse raiser</li> </ul> </li> <li>Response of the cardiorespiratory system <ul style="list-style-type: none"> <li>Response of the musculoskeletal system.</li> </ul> </li> </ul>	<p><b><u>Component C</u></b></p> <ul style="list-style-type: none"> <li>Adapting a warm-up for different categories of participants and different types of physical activities.</li> <li>Delivering a warm-up to prepare participants for physical activity</li> </ul>	<p><b><u>Component B</u></b></p> <p><b><u>Examine equipment and technology required for participants to use when taking part in sport.</u></b></p> <ul style="list-style-type: none"> <li>Different types of sport clothing and equipment required.</li> </ul> <p><b><u>Component B</u></b></p> <ul style="list-style-type: none"> <li>Different types of technology</li> </ul>	<p><b><u>Start of Component 2</u></b></p> <ul style="list-style-type: none"> <li>Taking Part and Improving Participants Sporting</li> <li>Components of physical and skill fitness.</li> <li>Performing in own sport.</li> </ul>	<p><b><u>Component 2</u></b></p> <ul style="list-style-type: none"> <li>Taking Part and Improving Participants Sporting</li> <li>Leading drills in own sport.</li> <li>Delivering drills to other participants.</li> </ul>

<p>Characteristics of the sectors.</p> <ul style="list-style-type: none"><li>• Advantages and disadvantages of the provision of sport in each of the different sectors to the participant</li><li>• Types and needs of sport and physical activity participants</li><li>• Barriers to participation</li></ul>	<ul style="list-style-type: none"><li>• Types of activities in the mobiliser.</li></ul>		<p>and their benefits to improve sport.</p> <ul style="list-style-type: none"><li>• The limitations of using technology in sport.</li></ul>		
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# Year 11 PE

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p><b>Netball, Football, Rugby</b></p> <ul style="list-style-type: none"> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Understanding how to improve in different phases of play.</li> <li>Linking competitive sport to a healthy active lifestyle.</li> <li>Application of rucking and mauling in rugby.</li> <li>Develop kicking</li> </ul>	<p><b>Basketball, Fitness, Badminton</b></p> <ul style="list-style-type: none"> <li>Attacking strategies in basketball, screens, blocks, and post play.</li> <li>Advanced shooting techniques- Jump shots and lay ups.</li> <li>The role of umpire and application of rules and regulations.</li> <li>Participating in a personalised training programme to improve</li> </ul>	<p><b>Handball, Table Tennis, Volleyball</b></p> <ul style="list-style-type: none"> <li>To replicate the dig, serve, set, and spike.</li> <li>Apply fundamentals consistently in a game.</li> <li>To be able to officiate a game of volleyball.</li> <li>To learn the basics of outwitting strategies in volleyball.</li> <li>To learn how to time and perform a block effectively</li> </ul>	<p><b>Table Tennis, Dodgeball, Futsal</b></p> <ul style="list-style-type: none"> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Linking competitive sport to a healthy active lifestyle.</li> <li>The role of umpire and application of rules and regulations.</li> </ul>	<p><b>Cricket, Rounders, Softball</b></p> <ul style="list-style-type: none"> <li>The role of umpire and application of rules and regulations.</li> <li>Apply fundamentals consistently in a game.</li> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Understand formations</li> </ul>	<p><b>Cricket, Rounders, Tennis</b></p> <ul style="list-style-type: none"> <li>The role of umpire and application of rules and regulations.</li> <li>Apply fundamentals consistently in a game.</li> <li>Developing own tactics and strategies through attacking and defensive play</li> <li>Understand formations</li> </ul>

<p>techniques in rugby.</p> <ul style="list-style-type: none"><li>• Practical of application in competitive sport.</li></ul>	<p>overall fitness</p> <ul style="list-style-type: none"><li>• . Under standing how to create a training programme to suit individual needs.</li></ul>	<ul style="list-style-type: none"><li>• To learn rules of new sports such as table tennis.</li><li>• The role of umpire and application of rules and regulations.</li></ul>			
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## Year 11 BTEC Sport

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<ul style="list-style-type: none"> <li>• Understand how different components of fitness are used in different physical activities</li> <li>• Be able to participate in sport and understand the roles and responsibilities of officials</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate ways to improve participants sporting techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</li> </ul>