



Moor House School & College Curriculum Map

YEAR GROUP/PATHWAY: KS4		SUBJECT AREA: PE	
Autumn	Topic 1	Topic 2	
Knowledge	Tag Rugby	Basketball	
Skills	<ul style="list-style-type: none"> • To know & understand the importance of a warm up. • Introduction to TAG rugby, passing and tags. • Develop finding and moving into space. <ul style="list-style-type: none"> ○ Learn to carry the ball securely. ○ Develop accuracy of passing by targeting the hands and ○ Moving into space. • Developing reaction speed, <ul style="list-style-type: none"> ○ Running forward ○ Changing direction. • Learn attack strategies – <ul style="list-style-type: none"> ○ Beating defenders and ○ Develop in teams. • Learning to back pass <ul style="list-style-type: none"> ○ Developing the skill through large group interactions. • Introduce and develop the concept of support and continuity. <ul style="list-style-type: none"> ○ By playing conditioned games and ○ Altering the defence ○ The players will use decision-making skills. • To put skills learnt into a full game scenario. 	<ul style="list-style-type: none"> • To know & understand the importance of a warm up. <ul style="list-style-type: none"> ○ Dynamic flexibility stretching; 3 Passing methods and linked principles. • Recollection of dynamic flex.; Ball Handling; Dribbling. • Learning lay-up technique. • Learning of performance fitness and health. <ul style="list-style-type: none"> ○ Learning set shot technique. ○ Coaching techniques for analysing own techniques and that of their peers. • Learning of performance fitness and health (L1-3). <ul style="list-style-type: none"> ○ 3 Passing methods and linked principles. ○ Speed and direction. ○ Spacing. ○ Tactics and composition. • Recollection of pivoting and passing. <ul style="list-style-type: none"> ○ Emphasis of verbal and visual communication. ○ Defensive stance and ○ Game strategies. • To develop and refine footwork showing basic control. <ul style="list-style-type: none"> ○ To select and apply the appropriate footwork combination in response to the situation. • Evaluate how to improve their performance in a game situation. <ul style="list-style-type: none"> ○ To understand the need to prepare properly for games. 	



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	<ul style="list-style-type: none"> • To develop showing basic control of the ball technique and how efficient this can be in a game situation. <ul style="list-style-type: none"> ○ To select and apply the appropriate type of defending skill to the situation. • To develop the range of skills they use showing basic precision, control and fluency. <ul style="list-style-type: none"> ○ Develop skills learnt and place into a game situation. ○ Identify basic strengths and weakness of their own and others performance 	<ul style="list-style-type: none"> • To develop and refine passing skills on the move. <ul style="list-style-type: none"> ○ To be able to apply and perform the correct passes in a game situation. ○ Students will evaluate each other's passes. • To adapt and create space to increase opportunities for attack. <ul style="list-style-type: none"> ○ Understand the principle of creating and moving forward into space to receive the ball. ○ Develop the dodging technique and apply this in a game situation to gain possession of the ball. ○ Observe each other's attacking technique and provide areas for improvement • To develop the defending technique of marking a player. <ul style="list-style-type: none"> ○ To select and apply the appropriate type of defending skill to the situation. ○ To observe, evaluate and feedback to their group and how defence can be better applied in a small game situation. ○ Develop skills learnt and place into a game situation. • Make and apply the appropriate type of skill throughout the game. • Students will select and apply the appropriate pass according to the situation. <ul style="list-style-type: none"> ○ Identify the strengths and weaknesses of others performance ○ Identify and develop different roles within netball.
Vocabulary	<ul style="list-style-type: none"> • Rugby balls • Cones • Bibs • Tags 	<ul style="list-style-type: none"> • Passing • Shooting • Basketballs • Bibs



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	<ul style="list-style-type: none"> • Belts • Mouth guards • Try • Pass • Tackle 	<ul style="list-style-type: none"> • Cones • Net • Backboard
Spring	Topic 1	Topic 2
Knowledge	Lifesaving	Water Polo & Swimming
Skills	<ul style="list-style-type: none"> • Learn about pool safety. <ul style="list-style-type: none"> ○ Learn how to classify a casualty. ○ Learn what to say to a casualty. ○ Learn to enter water safely. ○ Develop treading water technique using arms and legs. • Learn and practice lifesaving backstroke. <ul style="list-style-type: none"> ○ Recollect water entry. • Learn swim technique to observe casualty whilst swimming. <ul style="list-style-type: none"> ○ Learn help position and reasons for use. ○ Identify and demonstrate a non-swimmer in water, a weak swimmer and an unconscious casualty ○ Learn Old English breast stroke. • Learn technique for exiting deep water safely. <ul style="list-style-type: none"> ○ Learn safe entry into deep water. ○ Enter deep turbid water safely & confidently. • Learn to give clear instructions to casualty to perform self-rescue. <ul style="list-style-type: none"> ○ Demonstrate a 'shout and signal' rescue to a casualty 5meters away. 	<ul style="list-style-type: none"> • Learn to swim safely. • Learn to tread water. • Familiarization with the ball and learn to pass <ul style="list-style-type: none"> ○ One can move up and down the pool by walking, running, or swimming. ○ If in possession of the ball the only way of progressing the ball is by swimming with it doing freestyle. ○ The ball must stay above the water at all times. ○ To defend a player with the ball, one may not contact the attacker. ○ The defensive player may only knock the ball out of the attacking player's hand. (Similar to basketball). • Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. <ul style="list-style-type: none"> ○ Treading water technique. • Develop passing and shooting techniques <ul style="list-style-type: none"> ○ Learn to pass with fakes. ○ Learn basic Shooting & Egg Beater ○ Learn fake to shot. ○ Learn to pass on the move (whilst swimming). ○ Learn cross-pass shooting ○ Learn counter attack technique.



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| | <ul style="list-style-type: none">○ Throw a buoyant aid to a casualty 5 meters away and instruct the partner to kick to the edge● Learn how it feels to swim with clothing on.<ul style="list-style-type: none">○ Use clothing to create a buoyant aid.● Learn how to perform a reach rescue safely.<ul style="list-style-type: none">○ Demonstrate a reach rescue to a casualty 2 meters away.○ Throw a non-buoyant aid (rope) to a casualty 8 meters away.○ Enter shallow water and wade to a casualty 5 meters away. Throw a buoyant aid to the casualty. Instruct the casualty to kick their legs to the side, instruct your casualty how to get out of the water without using the steps● Develop sculling technique, both feet and head-first.● Review and recall the key learning points and techniques required against the Rookie Lifeguard assessment criteria. | <ul style="list-style-type: none">○ Learn the triangle shooting technique.● Learn game formations.<ul style="list-style-type: none">○ General Game Skills○ Creating space○ Moving to keep the passing lanes clear○ Team communication● Understand how to improve swimming technique in front crawl (FC).<ul style="list-style-type: none">○ FC 1 x leg kicks, head up.○ FC 1 x leg kicks, head down breath to side.○ FC 2 x arms only.● Understand how to improve swimming technique in back crawl (BC).<ul style="list-style-type: none">○ BC 1 x leg kicks, head up.○ BC 1 x leg kicks, head down breath to side.○ BC 2 x arms only.● Understand how to improve swimming technique in breaststroke (BS).<ul style="list-style-type: none">○ BS 1 x leg kicks, head up.○ BS 1 x leg kicks, head down breath to side.○ BS 2 x arms only.● Understand how to improve swimming technique in butterfly (BF).<ul style="list-style-type: none">○ BF 1 x leg kicks, head up.○ BF 1 x leg kicks, head down breath to side.○ BF 2 x arms only.● Develop stamina and endurance.<ul style="list-style-type: none">○ Distance swimming for all students. Distance judged on ability level and past weeks of performance. |
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		<ul style="list-style-type: none"> ○ Dive and swim 1 length.
Vocabulary	<ul style="list-style-type: none"> • Safety • Casualty • Reach • Throw • Buoyant • Sculling • Edge 	<ul style="list-style-type: none"> • Abilities assessed for swimming gala. • Balls • Goal • Goggles • Swim Hats • Pass • Shoot • Front Crawl • Back Crawl • Breast stroke • Butterfly
Summer	Topic 1	Topic 2
Knowledge	Outdoor Gym and Track	Javelin & Cricket
Skills	<ul style="list-style-type: none"> • Induction and safe use of outdoor gym equipment. <ul style="list-style-type: none"> ○ Students to watch demonstrations and listen to instructions for each piece of equipment. ○ Dependent on number of students, students in pairs. One spots whilst other participates on equipment. ○ Students work for allocated time (between 30 to 60 seconds). Guidance provided by teacher and STAs. ○ Students swap with partners. After each has had a go on the equipment, the students change round to the next piece of equipment. • Developing running technique and tolerance through low impact activities • 100m <ul style="list-style-type: none"> ○ Correct sprint technique, including posture, starts and finishes. 	<ul style="list-style-type: none"> • The importance of safety and rules. Observing others. <ul style="list-style-type: none"> ○ Designated throwing area, throwing line, taking turns, holding javelin, removing from ground safely and returning to throw line etc • Safety first and body positioning. <ul style="list-style-type: none"> ○ Demo body positioning for throwing Shot-put. Positioning of javelin resting in hand and practice static throw. Second throw measured and recorded. • Low to high technique. <ul style="list-style-type: none"> ○ Low to high and angle of throw. Students practice with Javelin. • Slow to fast technique. • Shot-put throw progress and identifying coaching points. <ul style="list-style-type: none"> ○ Recap slow to fast, low to high and throwing angle.



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- Low impact activities. Use variety of students to point out/demonstrate techniques. Others to feedback positives and room for improvement. Discuss development from low to high impact. Activity-specific warm-up on grass (low impact), then sprint drills, teacher-led.

- **200m**

- Pacing the run. Breathing technique
- Importance of developing correct technique for speed and injury avoidance.
- Repeat sprint drills but alter distance and ask students to recollect drill activities with visual prompts.
- Students to practise 200m sprint. 4 racing each time.

- **Relay batons**

- Baton exchanges, team work and communication.
- Baton exchanges drills, focusing on technique.
- Emphasise team work and communication.
- Students grouped into teams to carry out 400m relay practise.

- **Long jump**

- Skills development through practice.
- Introduce/remind students of no jump. Launch from white blank, don't step on black strip, otherwise no jump.
- Students focus on increasing pace using arms and legs, and to launch off strongest leg.
- Students to develop landing on two feet simultaneously and landing with feet and arms forwards.

- Groups of 3. 3 throws each, 1 Student observes thrower and provides (specific) positive verbal feedback relating to technique.
- 2nd observer records throw distances and puts furthest throw in final column.
- Final throw recorded

- **Cricket.**

- **To improve the accuracy and distance of over arm throws**

- Demonstrate correct technique of throw including, leading foot, wrist position and follow through
- In pairs, throw a variety of throws to each other focussing on accuracy
- Repeat last step but throwing ball along ground

- **To develop confidence in the correct fielding technique**

- Demonstrate correct low field technique, leg across ground, crouching foot beside knee
- More advanced can use incredi-balls
- Demonstrate correct catching technique, thumbs up, fing cupped hands, eyes on ball to the chest

- **To improve eye and coordination when striking/batting**

- Using t-ball stand, demonstrate correct technique; stand side on, feet shoulder width apart, eyes on ball, looking for pitch knees to shoulder height
- Divide class into 2 teams, 2-2 batters hitting different coloured balls
- Fielders to return ball to stand it was hit from (use coloured hoops to show)

- **To improve correct batting technique**



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		<ul style="list-style-type: none">○ Batters are to use straight bat. Aim is to swing in line with the ball, not to play a side ways bat shot. The bat should be vertical at all times throughout the shot
Vocabulary	<ul style="list-style-type: none">• Gym• Track• Baton• Pace• Breathing• Start• Finish	<ul style="list-style-type: none">• To play final class test match• Safety• Low• High• Fast• Slow• Positioning